

# DAILY MINDSET!

- FRIDAY -

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## CLEAR VISION GOALS

WRITE YOUR LONG TERM GOALS BELOW.  
BE SPECIFIC (EX, BUY HOME ON THE BEACH)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

## DAILY ACTIONS

WRITE 2 ACTIONS TO PERFORM TODAY WHICH WORK TOWARDS  
ACCOMPLISHING ANY OF YOUR LONG TERM GOALS ABOVE.

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## FLOW STATE HABITS

LIST DAILY HABITS/ROUTINES YOU DO DAILY TO KEEP YOU IN  
FLOW. (EX, WORKOUT, MEDITATE, READ, YOGA, JOURNAL, ETC...)

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## I AM AFFIRMATIONS

LIST YOUR AFFIRMATIONS & WHAT YOU ARE GRATEFUL FOR  
(EX, I AM STRONG, I AM BEAUTIFUL, I AM GRATEFUL FOR...)

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# DAILY MINDSET!

- SATURDAY -

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# DAILY MINDSET!

- SUNDAY -

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# DAILY MINDSET POCKET PLANNER

WEEK OF: \_\_\_\_\_

### DEFINE YOUR GOALS

Start each day by writing your long-term goal(s)/vision under the CLEAR VISION/GOALS section of the worksheet.

You will repeat the act of writing the same goal(s) each day to re-wire and reprogram your subconscious mind. Through repetition, your subconscious will begin to seek answers and solutions to bring you closer to achieving the goals you continue to write down daily.

### COMPLETE 2 ACTIONS PER DAY

Under the DAILY ACTIONS section, write down TWO actions to complete for that specific day. These should apply to one or two of your CLEAR VISION/GOALS you listed in the top section.

For example, if one of your goals is to start your own web design company, the first action you might take is to register the name of your company to get a tax ID#. A second action may be to secure the domain name you want for your new company website.

Regardless of what actions you decide to take, the key is to take two steps (actions) forward every day in the direction of your goals.

### GET IN FLOW

Under the FLOW STATE HABITS section, list the daily routines and rituals you will perform to help get you in flow state. For me those include, Planking (20min), Pray and Meditate (20min), Reading (20min), Writing (20min) and Intermittent Fasting.

Certain actions trigger flow, one of which is complete concentration on a certain task or action. I like to block off time in the early morning, preferably before the sun comes up to complete my flow state habits.

### REPEAT AFTER ME ... I AM

I believe a lot of the stress in the world could be significantly reduced if we made affirmations and gritudes part of our everyday lives.

There is power in writing down and getting in the habit of taking stock of all the things you are grateful for while also writing I AM statements. Positive self-talk is often overlooked. If someone says something out loud, it's ten times (10X) more powerful than if they think it.

For more tools and techniques to improve your mindset and performance, please visit [www.joeybonfiglio.com](http://www.joeybonfiglio.com).



# DAILY MINDSET!

- MONDAY -

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- TUESDAY -

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- WEDNESDAY -

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- THURSDAY -

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