

DATE 05/04/09 DAY Thursday TIME 7:50 am

I am journaling to cultivate the habit of creating each day my as my ideal day.

What do I like about myself, my life, and the people in it today?

1. I like that I picked up a new client yesterday without even trying.
2. I am excited about getting the house clean and the peace it will provide.
3. I love that I set my schedule.
4. I like that Kathleen is my friend and partner in developing myself as a leader.

What good things am I expecting and preparing for today (or tomorrow)?

1. Having a fun girls' weekend with my cousin.
2. Feeling energized and creative as I work on my book today.
3. Michael offering me a new level of responsibility within his organization.
4. Having dinner with my husband, alone.

Looking over all that I have planned for my day, what would be some ideal outcomes?

1. I complete the two tax returns I am working on today.
2. I eat five servings of fruits and vegetables today.
3. Susan says yes to the proposal and is ready with all the info I need to get started.
4. An old client calls with new work.

What did I do right in the last 48 hours?

1. I published my newsletter on time.
2. I acknowledged a friend with a nice compliment.
3. I ran four miles.
4. I reorganized my filing system.

Now go talk to at least one person about what you discovered today!