

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

I am journaling today to cultivate habits of thought that will make me a magnet for momentum and productivity in all areas of my life.

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

1. I like that my customers appreciate me.
2. I am actually excited about going for a run today.
3. I love the neighborhood I get to live in.
4. I like that Kathleen is my friend and partner in developing myself as a leader.

What would the fulfillment of my plans provide for me? What would life look like today?

1. Orders in my inbox when I wake up every morning.
2. More tee time.
3. A four-week vacation at the beach every year.
4. More time and leisure with my family and friends.

What are a few simple steps I could take toward the fulfillment of my plans today?

1. Call Robert to set up a meeting.
2. Write down the 4 things I want to accomplish with PMPC before the meeting.
3. Take 20 minutes at lunch for a relaxing walk.
4. Jot down the main points of this week's blog, in preparation for the 1<sup>st</sup> draft.

When did I recently notice myself taking inspired action toward the fulfillment of my plans?

1. Sharing the intro letter with Wendy and getting her feedback.
2. Going to bed on time last night.
3. Revising the draft on Sunday was inspiring - I took it to the next level.
4. Leading the group call yesterday was exhilarating, fun and every informative.

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