

# PROSPERITY TOOLKIT DAILY JOURNAL

YOUR **3-MONTH** GUIDE TO  
GRATITUDE AND ACTION



# **PROSPERITY TOOLKIT DAILY JOURNAL**

**YOUR 3-MONTH GUIDE TO  
GRATITUDE AND ACTION**

**Brian L. Thomas**

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# **This Journal Belongs To:**

<b>Name:</b>	
<b>Phone:</b>	
<b>Email:</b>	

**Please contact me if you find this journal.**

*"Your act of kindness may be small to you, but  
it means the world to me"*

# Benefits of Journaling

Keeping a journal offers many benefits. Here are a few examples:

- Evokes mindfulness
- Helps you to set and achieve goals
- Unleashes your creativity
- Improves your writing skills
- Improves your self-discipline
- Builds your self-confidence
- Boosts your memory
- Relieves stress
- Helps you to maintain good habits

Handwriting sends signals to the brain, conditioning you to take what you write more seriously, as opposed to texting on a phone or typing on a computer. You become more aware of opportunities tied to your goals.

Whether you want to improve your relationships, take control of your finances, lose weight, or start a business, the Prosperity Toolkit Daily Journal can help you to achieve your goals, day by day.

# Using the Prosperity Toolkit Daily Journal

## Morning Focus:

### 1. Begin the Day with Gratitude

Identify one to three things that you are grateful for this morning. Starting each day with gratitude will improve your overall mood and establish a positive outlook on your day.

### 2. My #1 Task for Today

Decide on your most important task for the day. Accomplishing your top priority task is the best way to make significant and consistent progress towards your goals.

### 3. Other Key Tasks for Today

Decide on other key tasks that are important to accomplish today. Avoid including minor tasks that don't move you towards the completion of your goals.

### 4. Today's Inspirational Quote or Verse

Record an inspirational quote or verse to provide you with positive motivation to accomplish today's activities.

### 5. Positive Habits for Today

Identify a list of positive habits that you are currently working on to develop or reinforce. Here are a few suggestions:

- Read Daily Affirmations / Meditate
- Drink Plenty of Water
- Exercise or Walk for 20 or more Minutes
- Read for 30 Minutes Instead of Television
- Review Your Goals

# Using the Prosperity Toolkit Daily Journal

## Evening Reflection:

### 1. End the Day with Gratitude

Identify one to three things that you are grateful for this evening. Ending each day with gratitude will allow you to reflect on the positive events of the day and to create an open mind for tomorrow.

### 2. Creative Ideas or Emotions I Experienced Today

Record any new ideas that you thought of or any strong emotions that you experienced today. Expressing these ideas and emotions will encourage you to take action on them.

### 3. Challenges I Experienced Today

Identify any challenges that you faced today. Document your failures with enthusiasm understanding that they are the lessons required to keep you moving toward success.

### 4. Possible Solutions for Today's Challenges

Make a list of possible solutions for the challenges that you faced today. The solutions may be opportunities for you to grow, change direction, or to obtain support from others.

### 5. Plan Tomorrow's Activities

Take a few minutes to focus on your goals and to plan tomorrow's tasks. This allows you to see them as manageable and within your ability to get them done.

# MORNING FOCUS

BEGIN THE DAY WITH GRATITUDE

*This morning, I am grateful for:*

1.

2.

3.

MY #1 TASK FOR TODAY

OTHER KEY TASKS FOR TODAY

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INSPIRATIONAL QUOTE OR VERSE

POSITIVE HABITS FOR TODAY

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# EVENING REFLECTION

## END THE DAY WITH GRATITUDE

*Tonight, I am grateful for:*

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## *CREATIVE IDEAS OR EMOTIONS I EXPERIENCED TODAY*

## *CHALLENGES I EXPERIENCED TODAY*

## *POSSIBLE SOLUTIONS FOR TODAY'S CHALLENGES*

## *PLAN TOMORROW'S ACTIVITIES*

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# PROSPERITY TOOLKIT DAILY JOURNAL

The Prosperity Toolkit Daily Journal helps you to achieve your goals by showing gratitude daily, executing your most important task, and maintaining positive habits. By starting and ending each day with gratitude you will improve your overall mood and maintain a positive outlook on your life. Your success is measured by your ability to complete tasks and maintain good habits. The journal is structured in a simple format to allow you to plan and record your day in minutes!

## Morning Focus:

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- My #1 Task for Today
- Other Key Tasks for Today
- Today's Inspirational Quote or Verse
- Positive Habits for Today

## Evening Reflection:

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## AUTHOR

Brian Thomas is a personal and financial coach and co-founder of Prosperity Toolkit. His mission is to help others to achieve personal growth and financial independence to live a more prosperous life. Brian has a degree in Finance, is a Ramsey Certified Financial Coach, and has over 20 years of experience as a corporate executive in the areas of compensation, benefits and information systems.

Brian subscribes to the notion that success comes from having a vivid imagination, creating a vision of your future, and setting goals to realize your dreams. A goal without a plan remains a dream.

