

# PERSISTANCE

*Post It Notes*

- ☐ **Express Daily Gratitude**
- ☐ **Set Your Daily Goals**
- ☐ **Prioritize Tasks**
- ☐ **Identify Distractions**
- ☐ **Action Steps to Pivot**





# Today's Gratitude List

Date:

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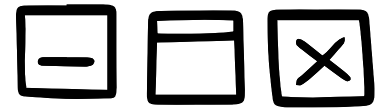
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# Today's Goal

Date:



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# LET'S CRUSH TODAY!

Tasks

Date:

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**STARVE  
YOUR DISTRACTIONS,  
FEED  
YOUR  
FOCUS.**

**DATE:**

**PERSONAL**

Family / Friends Issues

**PROFESSIONAL**

Co-Workers / Tasks

**MENTAL**

Thoughts / Beliefs

**FINANCIALLY**

Bills / Unexpected Expenses

# TAKE ACTION

DATE:



Action Steps

DEFINE YOUR OBJECTIVES

SET YOUR GOALS

PREPARE A VISUAL PLAN

ASSESS YOUR RESOURCES

WATCH, MEASURE, AND UPDATE



# End of the Day Reflection

Reflection

3 Positives

