

# 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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# Today's Goal

Date: [-] [ ] [X]

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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

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3 Positives

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