



LIFE CREATOR **JOURNAL**

GET CLARITY ON YOUR GOALS,
AND YOUR DAILY STRUCTURE
AND ACHIEVE MORE IN LESS TIME



LIFE CREATOR

Date:

LET'S REVERSE ENGINEER

- YOUR OBJECTIVES -

MY LIFE GOAL:

(HOW WOULD YOUR PERFECT LIFE LOOK LIKE WITH 70 YEARS OR OLDER?)

A large, empty rectangular box with a thin black border, intended for the user to write their response to the life goal question.

Date:

LET'S REVERSE ENGINEER

- YOUR OBJECTIVES -

MY GOALS FOR THIS YEAR:

DATE OF ACHIEVEMENT:

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Date:

LET'S REVERSE ENGINEER

- YOUR OBJECTIVES -

WHAT COULD I HAVE DONE BETTER THE PREVIOUS MONTH?

HAVE I REACHED MY GOALS THE PREVIOUS MONTH?

IF NOT, HOW CAN I MAKE SURE TO REACH MY GOALS THE COMING MONTH?

MY GOALS FOR THE COMING MONTH:

Week 1:

Week 2:

Week 3:

Week 4:

Date:

MORNING ROUTINE

How did I sleep? How do I feel emotionally this morning?

What am I grateful for?

1.

2.

3.

What would make today great?

1.

2.

3.

Today's positive affirmation:

Choose 3 morning rituals that you do now:

(e.g. reading 15min, drink warm lemonwater with pink salt, meditate...)

1.

2.

3.

Date:

EVENING ROUTINE

- YOUR DAILY DEBRIEF -

HOW WOULD YOU RATE THE DAY ON A SCALE FROM 1 TO 10?

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

WHAT WAS A SUCCESS TODAY? (NOTE MINIMUM 3).

TEMPLATE

- 1) What was a success today?

- 2) Why was it a success?

- 3) What could you have done better?

- 4) How can you extend/build on this success?

- 5) What is the exact next step?

- 1) SUCCESS 1:

- 2) _____
- 3) _____
- 4) _____
- 5) _____

- 1) SUCCESS 2:

- 2) _____
- 3) _____
- 4) _____
- 5) _____

- 1) SUCCESS 3:

- 2) _____
- 3) _____
- 4) _____
- 5) _____

- 1) SUCCESS 4:

- 2) _____
- 3) _____
- 4) _____
- 5) _____

- 1) SUCCESS 5:

- 2) _____
- 3) _____
- 4) _____
- 5) _____

Date:

EVENING ROUTINE

- BRAINDUMP -

BRAINDUMP: WRITE OUT ALL THE TASKS YOU CAN THINK OF DOWN HERE.
CHECK IF YOU HAVE DONE ALL THE TASKS TODAY & ALSO YOUR CALENDAR.

DID YOU ACHIEVE YOUR GOALS FOR TODAY? IF YES, HOW DO YOU FEEL?
IF NO, HOW DO YOU FEEL ABOUT NOT ACHIEVING THEM?

Date:

EVENING ROUTINE

- SUCCESSLIST -

PRIORITIZE YOUR TASKS:

CHECK
WHEN DONE



- What is my **top 1%** to do? (write down 1 task)

- What are my **top 4%** to dos? (write down 2 tasks)

- What are my **top 20%** to dos? (write down 2 tasks)

THE REMAINING TASKS:



Note all tasks in your calendar (do the most important one first except there is a specific time to it).

achieved
outcome

51%

64%

80%

100%

Date:

WEEKLY REVIEW

- PART 1 -

WHAT WAS GOOD THIS WEEK?

RATE YOUR WEEK

1 - 10



Add up the values you have determined daily for the last seven days and divide the result by 7 to get your weekly rating.

MO

TUE

WED

THU

FRI

SAT

SUN

WEEKLY RATING:

Date:

WEEKLY REVIEW

- PART 2 -

WHAT COULD I HAVE DONE BETTER THIS WEEK?

HAVE I REACHED MY GOALS THIS WEEK?

IF NOT, HOW CAN I MAKE SURE TO REACH MY GOALS NEXT WEEK?

MY GOALS FOR NEXT WEEK:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



STAY CONSISTENT & BECOME LASER FOCUSED

WITH YOUR DAILY LIFE
CREATOR JOURNAL!



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