

The image shows the front cover of a red leather-bound journal. The cover is textured and features gold and white text. The number '360' is prominently displayed in a large, white, serif font at the top. Below it, the words 'Days to' are in a smaller, white, serif font. The word 'Change' is in a large, gold, serif font. Below 'Change', the word 'Your' is in a smaller, gold, serif font. The word 'Life' is in a large, gold, serif font at the bottom. The journal is placed on a wooden surface with a visible grain.

360  
Days to  
Change  
Your  
Life

A Personal Journal for Living  
*The Twelve Core Action Values*

JOE TYE

**360 Days to Change Your Life**  
**Transforming People through the Power of Values**  
***Transforming Organizations through the Power of People™***

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# 360 Days to Change Your Life

A Personal Journal for Living  
*The Twelve Core Action Values*

By Joe Tye, CEO and Head Coach



**Values Coach Inc.**

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[www.ValuesCoach.com](http://www.ValuesCoach.com)

# **CONTRACT BETWEEN ME AND MYSELF FOR THE REGULAR PRACTICE OF WRITING IN MY JOURNAL**

*“The longest journey begins with a single step.”*

~Lao Tzu

Today I am taking the first step in a process of self-understanding and personal growth by writing in this journal. By signing this contract with my inner self, I am making a commitment to take this exercise seriously and work in good faith. Therefore:

- I will write in this journal every day for one year. If I miss days, I will make them up until I have an entry for every day.
- I will write freely and without allowing censorship by any of my critical inner voices (including those that may right now be criticizing me for wasting my time or accusing me of a lack of discipline.)
- I will not worry about what anyone else would think if they were to find my journal, and I will strive to keep it safe from any prying eyes.
- Before I write I will endeavor to establish a calm and peaceful state of mind using meditation, music, exercise, prayer, a cup of tea, or whatever else might work for me.
- As I bring about this calm state of mind, I will reflect upon my day: the things I did, the people with whom I interacted, my accomplishments and disappointments, and the emotions that I felt during the day.
- I will allow myself a full and complete catharsis, to honestly express any feelings of anger, guilt, fear, resentment, or other negative emotion.
- After I have written about my feelings, however, I will try to consider the situation rationally and objectively: I will admit to myself where my own ego, emotions, or ambitions might be distorting my view of reality.

- If I find that a particular subject is too painful to write about, I will put it away and bring it back out when I'm ready.
- I will not give in to –writers' block, other demands, or the urgings of laziness or procrastination.
- On any day that I'm unable to write something intelligent I'll just keep my pen moving until the pages are filled: *sometimes in moments when motivation is lowest and blocks are highest the deepest subconscious gives you something of great value*
- I will not allow myself or my journal to become unbalanced on the side of negativity and self-criticism.
- When I do recount the inevitable problems and failures, I will do so in a spirit of understanding and forgiveness for myself.
- I will conclude each day's writing by mentally preparing for the next day.
- Once I have completed this book I'll decide whether or not to continue.
- There is not right or wrong way to keep a journal. I will do what works for me.

# Authenticity

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 1

*Take the basket off your inner candle and let it shine for the world, and never cheat yourself by settling for anemic dreams and goals because you don't think you are capable or deserving of more.*

# Authenticity

## Morning Reminders:

*This is my most important goal for today:*

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## Evening Reflections:

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 2

*Build upon the foundation of your strengths rather than spending too much time and energy trying to compensate for your weaknesses.*

# Authenticity

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 3

*Do not compare yourself against others – more often than not, you are unfairly comparing you at your worst against them at their best, comparing your weaknesses against their strengths.*

# Authenticity

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 4

*Don't worry so much about what other people think of you (you'd worry a lot less about what other people think of you if you would admit to yourself how infrequently they think of you).*

# Authenticity

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 5

*Never pretend to be someone other than the real you because you think you will make more money or gain more status by being a fraud than you would by being genuine.*

# Authenticity

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 6

*Pay attention to the inner dialog between your best self and your lesser self (aka soul vs. ego); ego is the loud and self-indulgent voice, soul is the quiet and self-sacrificing voice. You will often regret following the voice of ego and rarely regret following the voice of soul.*

# Authenticity — Self-Awareness

## Morning Reminders:

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## Evening Reflections:

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 7

*Keep writing in your journal, and periodically go back and review what you've been saying to yourself.*

# Authenticity — Self-Awareness

## Morning Reminders:

*This is my most important goal for today:*

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## Evening Reflections:

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## Rules for the Journey—Day 8

*Pay careful attention to the inner dialog that goes on in your head, and recognize that virtually all negative and disempowering self-talk is not really your own voice, but rather the echoes of hurtful and inhibiting things that others said to you in the distant past.*

# Authenticity — Self-Awareness

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 9

*In setting your course for the journey of life, the questions you ask are far more important than the answers you receive.*

# Authenticity — Self-Awareness

## Morning Reminders:

*This is my most important goal for today:*

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## Evening Reflections:

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## Rules for the Journey—Day 10

*What is the biggest lie that you are telling yourself? And how can telling yourself the truth instead help you be happier and more successful?*

# Authenticity — Self-Awareness

## Morning Reminders:

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## Evening Reflections:

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## Rules for the Journey—Day 11

*Be constantly aware that the core mission of Madison Avenue advertisers, movie and television producers, news broadcasters, and the rest of the media is to convince you that being you is not sufficient. The more you buy into this falsehood, the less likely it is that you will discover and become the meant-to-be you.*

# Authenticity — Self-Awareness

## Morning Reminders:

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## Evening Reflections:

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## Rules for the Journey—12

*When people ask you the universal icebreaker question, see how long you can put off telling them what you do for a living and instead tell them about some of the things that make you who you really are.*

# Authenticity — Self-Mastery

## Morning Reminders:

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## Evening Reflections:

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## Rules for the Journey—Day 13

*Clean up your language; profanity and trash-talk are the vernacular of your lesser self, and when you talk that way, you are letting the rest of the world know that your lesser self is currently running your show.*

# Authenticity — Self-Mastery

## Morning Reminders:

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## Evening Reflections:

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## Rules for the Journey—Day 14

*Be conscious in selecting your reference group, which is the fancy name that sociologists give to the people you choose to spend time with. Over time, you will be ineluctably influenced by their beliefs, attitudes, and behaviors, so choose wisely.*

# Authenticity — Self-Mastery

## Morning Reminders:

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## Rules for the Journey—Day 15

*Absolutely refuse to be party to rumor-mongering; as soon as the gossiping starts, either stop the conversation or walk away from it.*

Day 16 of the Values Journey — Core Action Value #1

# Authenticity — Self-Mastery

## Morning Reminders:

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## Evening Reflections:

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## Rules for the Journey—Day 16

*Be careful to distinguish between gut feel and intuition. Gut feel is an emotional reaction that says more about you than whatever it is you are reacting to, and will often cause you to act in ways that are counterproductive and self-sabotaging. Intuition, on the other hand, is the apparently-sudden coalescing of observations collected over time into a conclusion or decision; intuition will rarely serve you wrong.*

# Authenticity — Self-Mastery

## Morning Reminders:

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## Rules for the Journey—Day 17

*Visualize negative self-talk for what it really is: mental graffiti. Create a mental image of a janitor who lives up there in the attic of your mind (The Janitor in Your Attic™), then visualize your janitor making rounds to erase the graffiti of negative self-talk and take down the distorted reflections of poor self-image, and replace them with words and images that are positive and supportive of your ideal self and your authentic dreams.*

# Authenticity — Self-Mastery

## Morning Reminders:

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## Evening Reflections:

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## Rules for the Journey—Day 18

*Commit yourself to always being an energy faucet who lifts up the people around you with a spark of your energy, and to never be an energy drain who drags people down by sucking the life out of them with your own negativity and pessimism.*

# Authenticity — Self-Belief

## Morning Reminders:

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## Evening Reflections:

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 19

*Stay out of the victim spiral where Learned Helplessness descends into Blame Game which deteriorates into Victim Syndrome.*

# Authenticity — Self-Belief

## Morning Reminders:

*This is my most important goal for today:*

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## Evening Reflections:

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## Rules for the Journey—Day 20

*Be tough with yourself, not tough on yourself.*

# Authenticity — Self-Belief

## Morning Reminders:

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## Evening Reflections:

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 21

*Self-belief is not arrogance. People who need to put down others in order to puff up themselves are not reflecting high self-esteem, but rather trying to cover up their own insecurity. Even worse, arrogance often underlies hubris – the pride that comes before the fall – because arrogant people are not particularly objective about what’s really going on around them, open to legitimate criticism, or willing to make needed changes in their approach to life and to other people.*

# Authenticity — Self-Belief

## Morning Reminders:

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## Evening Reflections:

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 22

*Dare to never compare. When you compare yourself against someone else, you are almost always being unfair — usually by comparing them at their best against you at your worst.*

# Authenticity — Self-Belief

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 23

*Avoid negative people, and go out of your way to seek out positive people.*

# Authenticity — Self-Belief

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 24

*Whether consciously or not, in order to understand ourselves and the world around us, we rely heavily upon metaphors. With self-awareness, you can become more cognizant of the metaphors that you subconsciously use to define and describe yourself; changing those metaphors can be a powerful way of building self-belief.*

# Authenticity — Self-Truth

## Morning Reminders:

*This is my most important goal for today:*

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## Evening Reflections:

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 25

*Accept yourself as you are, warts and all. Then work on removing the warts.*

# Authenticity — Self-Truth

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 26

*What is your most important goal right now — and what DDQ (Direction Deflection Question) could help you motivate yourself to take the actions necessary to achieve that goal?*

# Authenticity — Self-Truth

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 27

*Take complete and absolute responsibility for your circumstances and your outcomes. You are where you are today because of choices you have made in the past, and you will be where you are tomorrow as a result of choices you make in the future.*

# Authenticity — Self-Truth

## Morning Reminders:

*This is my most important goal for today:*

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## Evening Reflections:

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## Rules for the Journey—Day 28

*Become a more effective time manager. People with low self-esteem are notoriously poor time managers, especially to the extent they waste their time (and their lives) in front of the boob tube. One of the most immediate ways you can begin raising your self-esteem is by putting your time to more effective use.*

# Authenticity — Self-Truth

## Morning Reminders:

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 29

*Avoid negative people, and go out of your way to seek out positive people. Over time, you take on the attitudes of the people you spend your time with; make sure that you're investing in yourself by spending time with people who are positive and optimistic.*

# Authenticity — Self-Truth

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

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## Rules for the Journey—Day 30

*Believe in other people. Be a Dionarap – which is the word paranoid spelled backwards. It's easier to believe in yourself when you also believe in other people.*

# Integrity — Integrity

## Morning Reminders:

*This is my most important goal for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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## Rules for the Journey—Day 31

*Avoid people of questionable integrity, people who are not trustworthy, and people who seem to get their greatest joy by putting other people down. Not only do you risk seeming guilty by association, over time it is virtually inevitable that you will absorb some of the attitudes and begin to mimic the behaviors of these people.*

# Integrity — Integrity

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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## Rules for the Journey—Day 32

*Do not participate in gossip, not even as a passive listener. Passing rumors and talking about people behind their backs is, without exception, a violation of integrity.*

# Integrity — Integrity

## Morning Reminders:

*This is my most important goal for today:*

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## Evening Reflections:

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## Rules for the Journey—Day 33

*Use Direction Deflection Questions (DDQs) to guide you along the path with integrity by doing an internal check to prevent you from saying or doing things that you will later regret because these words and actions were not—in integrity with your best self.*

# Integrity — Integrity

## Morning Reminders:

*This is my most important goal for today:*

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## Evening Reflections:

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## Rules for the Journey—Day 34

*Look past superficialities (including what someone does to make a living, the kind of car they happen to drive, and their physical appearance); avoiding such snap judgments protects their dignity and your integrity.*

# Integrity — Integrity

## Morning Reminders:

*This is my most important goal for today:*

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## Evening Reflections:

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## Rules for the Journey—Day 35

*Think about the difficult situations you might face in the future – with your job, with your finances, with your family. By anticipating such events, and visualizing how your best self would handle them, you are more likely to allow that best self to take command when they do arise.*

# Integrity — Integrity

## **Morning Reminders:**

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## **Evening Reflections:**

*This was my most important accomplishment today:*

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## **Rules for the Journey—Day 36**

*Remember that the root of the word —integrity is —integer — which means one undivided whole. Be consistent in your attitudes and behaviors wherever you are, at home and at work.*

# Integrity — Honesty

## Morning Reminders:

*This is my most important goal for today:*

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## Evening Reflections:

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## Rules for the Journey—Day 37

*Beware of arrogance, rationalization, self-justification, and all other forms of self-deception; honesty with others begins with honesty with self.*

# Integrity — Honesty

## Morning Reminders:

*This is my most important goal for today:*

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## Evening Reflections:

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## Rules for the Journey—Day 38

*Be cautious to distinguish between opinions and facts, and to remain humble and open to the possibility that no matter how fervently you happen to believe something, it does not mean that people who believe differently are necessarily wrong, or even that you might be wrong yourself. True honesty (as opposed to true believing) mandates that you acknowledge the possibility that you are wrong.*

# Integrity — Honesty

## Morning Reminders:

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## Evening Reflections:

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## Rules for the Journey—Day 39

*Challenge your own self-confining beliefs and self-imposed limitations, which are often reflected in the utterance of the toxic two words —I can't.*

# Integrity — Honesty

## Morning Reminders:

*This is my most important goal for today:*

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## Evening Reflections:

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## Rules for the Journey—Day 40

*If you catch yourself in the act of self-deception, or of being dishonest with others, take immediate action to return to the truth. Honesty with honors begins by being honest with yourself; likewise, deception of others most often begins with deception of self.*

# Integrity — Honesty

## Morning Reminders:

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## Evening Reflections:

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## Rules for the Journey—Day 41

*Do a reality check on yourself: in what ways are you currently practicing self-deception (if you don't think you are, it's probably a pretty good sign that you are).*

# Integrity — Honesty

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 42

*Just because you have an honest opinion doesn't necessarily mean that you have to share it with anyone else. This especially applies to matters of taste (such as a wife's new hairdo or a husband's new mustache).*

# Integrity — Reliability

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 43

*Learn how to say no more often so that you can finish on time with the things you're already said yes to; saying —I'll think about it when someone asks you to do something is a way of buying time so that you can decide if you really have the time to keep the commitment.*

# Integrity — Reliability

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 44

*—Under promise and over deliver is often held out as a formula for excellent customer service, and it is a good one. One of the best ways to become more reliable is to make fewer promises, but to complete the ones you have made on (or ahead of) schedule, and do it with extravagant attention to quality.*

# Integrity — Reliability

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 45

*Do the things that you need to get done before you do the things that you want to get done; if you start to get behind, be quick to ask for help.*

# Integrity — Reliability

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 46

*Two things that often get people into trouble on the integrity front are being behind in their obligations and being over their heads in debt. Make a list of areas where you are behind, either with regard to time or money. Which of these issues have the greatest potential to put so much pressure on you that you might feel pushed to act in ways that you later regret? What can you do now to prevent this from happening?*

# Integrity — Reliability

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 47

*Make a list of all the promises you've made, the deadlines you're expected to meet, the debts you owe (excluding major things such as home mortgage and car loans). Now, do not make any more promises, do not commit your- self to any more deadlines, or take on any new debts until each and every one of the obligations you've already made has been satisfied.*

# Integrity — Reliability

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 48

*Think about how making a more personal and sustained commitment to living and working with integrity can change your life. What commitments are you willing to make to reinforce your own integrity? What sacrifices are you willing to make?*

# Integrity — Humility

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 49

*Keep in mind the paradox of servant leadership: the most successful leaders combine professional competence and confidence with personal humility.*

# Integrity — Humility

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 50

*Be honest and aware of how the external environment, including people with whom you associate, influences your attitudes and behaviors.*

# Integrity — Humility

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 51

*Make time for reading, reflection, and prayer, all of which help you take your focus off yourself and shift it onto the people and the world around you.*

Day 52 of the Values Journey — Core Action Value #2

# Integrity — Humility

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 52

*As your income and wealth increase, keep your life frugal and simple as you increase your commitment to charity for others.*

# Integrity — Humility

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 53

*Laugh loudest when the joke's on you; genuine humility is often reflected in an ability to laugh at yourself.*

# Integrity — Humility

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 54

*Jim Collins says that the best leaders — those who practice what he calls Level 5 Leadership — have the paradoxical blend of great professional competence coupled with sincere personal humility.*

# Integrity — Stewardship

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 55

*Effectively managing resources (waste not, want not) is not merely a matter of prudence and common sense, it's a matter of integrity.*

# Integrity — Stewardship

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 56

*Personal stewardship means managing your personal resources so that, should adversity happen, you won't become a burden to your family or our society. Develop a financial plan that helps you achieve financial independence as quickly as possible; this will probably mean making short-term sacrifices.*

# Integrity — Stewardship

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 57

*Organizational stewardship requires us to work as efficiently and as productively as possible so that resources can be invested in people (employees and customers). Take to heart the Biblical advice of Ecclesiastes: —Whatever your hand finds to do, do with all your might. Go to work with a positive attitude and a willingness to extend yourself for coworkers.*

# Integrity — Stewardship

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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## Rules for the Journey—Day 58

*Environmental stewardship mandates us to make whatever sacrifices are necessary today so future generations can appreciate the divine world with which we have been blessed, and will have the natural resources with which to build upon the accomplishments of previous generations. Do your part to assure future generations do not suffer through the widely-predicted global environmental crisis by reducing, reusing, and recycling.*

# Integrity — Stewardship

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 59

*Productivity is an important form of stewardship — making the most effective use of time (i.e. not being wasteful of your most precious resource) at home and on the job.*

# Integrity — Stewardship

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 60

*We don't own the earth, we are borrowing it from our grandchildren. Thinking about Chief Seattle's admonition could change a whole range of behaviors — from the car we drive to a choice to bring our own water bottles and filling them up at the fountain instead of adding more plastic to the landfill.*

# Awareness

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 61

*Take the advice of Betty Smith (author of *A Tree Grows in Brooklyn*), who said: —Look at everything as though you were seeing it either for the first or last time. Then your time on earth will be filled with glory.*

# Awareness

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 62

*Devote a bit of time every day to some form of meditation. There are many different forms (Zen, transcendental, centering prayer, walking meditation), and one will feel right to you. You don't need to wear orange robes, and if you can't find half an hour, then give yourself five or ten minutes.*

# Awareness

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 63

*Hold your breath. I find that periodically taking and holding a deep breath helps me be more alert and more awake to my surroundings. Don't overdo it – you're not trying to make it into the Guinness book of world records, just enough to stretch your lungs and stretch your mind.*

# Awareness

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 64

*Stand on one foot. A friend taught me this exercise as a way of helping me concentrate and stay focused while in meetings. It is very difficult for your mind to wander, not to mention for you to fall asleep, if you are standing on one foot (unless you happen to be a bird).*

# Awareness

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 65

*Travel light. The less your sense of self depends upon material possessions, and the less your experience of time depends upon external sensations, the more authentic, the more true to your authentic self, you will be able to be.*

# Awareness

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 66

*Carry something in your pocket or wear something on your wrist to serve as an ancillary alarm clock — something to help you stay awake to the beauty of your day, since for most of us the morning alarm clock never quite finishes the job.*

# Awareness — Mindfulness

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 67

*Past and future are just the bookends – it's in the present that the real story is written. It's a good thing to dream and plan, but you are most likely to succeed if those dreams and plans are based on an accurate and objective assessment of the current reality.*

# Awareness — Mindfulness

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 68

*Set aside daily —sacred time for yourself to be devoted to reflection, prayer, meditation, and reading that inspires you.*

# Awareness — Mindfulness

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 69

*Take up a meditative practice; Zen or transcendental meditation (they are very different approaches), yoga, walking meditation, or other practices can help you enhance your mindfulness, and your joy in the world.*

# Awareness — Mindfulness

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 70

*Pay attention to what is going on inside of you; your moods and emotions and self-talk can be painful and self-limiting if they are not perceived in a mindful way, but rather just reacted to.*

# Awareness — Mindfulness

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 71

*Consciously fill open blocks of time with constructive reading and positive thinking so that depressing thoughts are crowded out.*

# Awareness — Mindfulness

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 72

*Use Direction Deflection Questions to help you act with greater awareness in how you spend your time and money, and how you invest your emotional energy.*

# Awareness — Objectivity

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 73

*Just because you believe something doesn't make it true. Have the mental flexibility and the spiritual honesty to be objective about your own opinions and beliefs. And as the humorist Artemus Ward said, —It ain't so much the things we don't know that get us into trouble. It's the things we know that just ain't so.*

# Awareness — Objectivity

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 74

*Try to see yourself as others see you. Whether you do it as part of a formal management process where you work or as a personal initiative on your own, undertaking a 360-degree evaluation will help you gain this objective picture of —you, as seen by the people around you.*

# Awareness — Objectivity

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 75

*Have the courage to ask others how you are doing, and the humility to listen to their answers with an open mind.*

# Awareness — Objectivity

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 76

*Train yourself to have fewer opinions and more questions. Asking good questions, and then sincerely listening to the responses, is far more conducive to objectivity than is expressing your opinions on the matter.*

# Awareness — Objectivity

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 77

*Train your doubt. This was the advice given by the great German poet Rainer Maria Rilke in Letters to a Young Poet. When doubt says, —It will never work, train it to instead ask good questions. Like this: —Whose support do I need to make it work, and what can I say that will gain that support? Or this: —What do I not know now that if I did know would allow me to move ahead with confidence, and how can I learn what I need to know?*

# Awareness — Objectivity

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 78

*Change your questions to get at root causes. For example, instead of asking yourself, —Why does he make me so mad? ask yourself this: —What is it about me that causes his behavior to make me so angry?*

# Awareness — Empathy

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 79

*Take the advice of Mary Kay Ash and visualize the letters MMFI stenciled on the people's foreheads — for Make Me Feel Important; making people feel important, special, and even sacred is the highest form of empathy.*

# Awareness — Empathy

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 80

*One thing I've found particularly helpful is to simply recall the instructions we all learned about crossing a street – stop, look and listen. First, to stop my own inner chatter and desire to quickly fix whatever problem has been presented. Second, to look at the bigger context in which the problem has been presented. And third, to listen for what the person speaking is really trying to say, which might not have much to do with the problem as first presented.*

# Awareness — Empathy

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 81

*One often overlooked blessing is that the tribulations of your life not only make you stronger, they give you a more profound sense of empathy for others who experience similar trials.*

# Awareness — Empathy

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 82

*People in AA adhere to the principle of —mutuality. It's not one drunk helping another because he needs help, but rather two drunks helping each other because each needs the help. Without this spirit of mutuality – we need each other – empathy can be perceived as being condescending.*

# Awareness — Empathy

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 83

*Let yourself be interrupted. It will help you be a better listener. It can also go a long way toward resolving arguments – especially those in which you are dead certain that you are right, until you've shut up both your outer and inner voices and listened with genuine empathy to the other person, at which time the flaws in your argument started to reveal themselves.*

# Awareness — Empathy

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 84

*Judgmentalism is the enemy of empathy. Any time you catch yourself mentally judging someone else on the basis of their situation, remind yourself that you do not know the whole story (and that, as the old saying goes, there but for the grace of God go you).*

# Awareness — Reflection

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 85

*No one on their deathbed ever said they wished they'd spent more time watching television, surfing the internet, shopping at Wal-Mart, or pumping nickels into a casino slot machine. Reflection can help you focus your time and energy on the things that really matter.*

# Awareness — Reflection

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 86

*When is the last time you were in a place that was completely free of the sights and sounds of human civilization noise machine? No television or radio, no passing trucks or ambulance sirens, no crying children or airplanes overhead? Time spent alone in a quiet place for prayer, meditation, and re- flection is profoundly good for your soul.*

# Awareness — Reflection

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 87

*Prayer can be an important form of reflection, especially when it is prayer for guidance rather than a prayer of petition. (Gilda Radner asked why it is that if we see someone on his knees talking to God we call it prayer, but if we see that same person on his knees listening to God talk back to him we call it schizophrenia).*

# Awareness — Reflection

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 88

*Commit yourself to constant renewal, and that always begins with reflection, with asking questions about what is working, what is not working, what is important, where you want to go and who you want to be.*

# Awareness — Reflection

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 89

*You will never FIND time for Reflection. You must MAKE time. If you don't, the routine and the urgent will perpetually crowd out the time you'd hope to find for the creative and important that are the realm of reflection.*

# Awareness — Reflection

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 90

*Winston Churchill said that every leader must spend some time alone in the desert. While he meant that as a metaphor, the truth behind it is that time alone is essential for anyone who wants to achieve their full potential and become their ideal best selves.*

# Courage

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 91

*Accept the fact that anxiety, fear, and worry are natural human emotions that everyone feels; don't play the role of victim because you're feeling them, and don't beat yourself up emotionally because you think that if you were stronger, you wouldn't feel them.*

# Courage

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 92

*When you're feeling emotionally distressed, ask yourself whether the predominant emotion is anxiety (nonspecific dread about the uncertain future), fear (acute alarm about a current situation), or worry (anticipating problems in the future).*

# Courage

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 93

*Get the facts. Fear breeds in ignorance and dissipates when you shine the light of knowledge upon it. What do you not know that if you did know would make your fear more manageable, and how can you find it out?*

# Courage

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 94

*Talk back to your fear. When fear is trying to prevent you from taking risks that could in fact eliminate the source of the fear, you need to put on your bravest face, rebut your fears with your bravest affirmations, then fake it till you make it. As Mark Twain said – act brave, even if you're not, because nobody can tell the difference.*

# Courage

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 95

*Fear is a reaction; courage is a decision!*

# Courage

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 96

*Courage is not the absence of fear — it is standing up to your fear and doing whatever it is you must do, even though you are afraid.*

# Courage — Confrontation

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 97

*Fear is a bully which you need to stand up to if you are going to achieve your most important goals; it is also a coward that will back down in the face of courageous determination.*

# Courage — Confrontation

## **Morning Reminders:**

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## **Evening Reflections:**

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## **Rules for the Journey—Day 98**

*If you give fear a name, it becomes just a problem; it's a lot easier to solve prob-blems than it is to conquer fear.*

# Courage — Confrontation

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 99

*Bolster your courage by replacing vague generalizations with specific statements of fact. Instead of —I'm running out of money! calculate how much extra you need to bring in to prevent that from happening. Then work on solving that problem.*

# Courage — Confrontation

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 100

*Fear is the most toxic of emotions; it can be a prison more constraining than any iron bars, but it's hard for fear to imprison you when you're laughing. Make a list of some of the things you can do to be more spontaneous, more outrageous, more adventurous, and more of the fun-loving person that you were as a child. Then pick one or two and actually go out and do them!*

# Courage — Confrontation

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 101

*Watch the metaphors that you use to describe (and define) yourself and your circumstances, and replace fearful and disempowering metaphors with metaphors that are encouraging and empowering (and frankly, more likely to be true).*

# Courage — Confrontation

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 102

*Visualize your fear as a hideous monster standing between you and the achievement of your goals. Put on your most ferocious face and roar at the phantom at the top of your voice. Visualize the monster turning tail and running away. Now do it again. And again. Keep doing it until it becomes an automatic reaction to the impulse of fear.*

# Courage — Transformation

## **Morning Reminders:**

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## **Evening Reflections:**

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## **Rules for the Journey—Day 103**

*One of the chief challenges in life is to overcome the old memories that hold you back from achieving what you are capable of achieving, from becoming the person you were born to be.*

# Courage — Transformation

## **Morning Reminders:**

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## **Evening Reflections:**

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## **Rules for the Journey—Day 104**

*Recognize that both fear and courage are contagious, and that the best way for you to gain courage is to share it with others, even if you think you don't have it.*

# Courage — Transformation

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 105

*Pay attention to the words, images, and metaphors that you use to define yourself and your circumstances; many of our greatest fears and doubts are self-inflicted by inappropriate choices in how we talk to ourselves.*

# Courage — Transformation

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 106

*Transform the negative energy of fear into the positive, catalytic energy for productive action. Courage without energy is little more than a good intention; energy without courage is more likely to run away than it is to stand and fight.*

# Courage — Transformation

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 107

*Think of some of the things that cause you the greatest fear – such as, perhaps, the fear that you might lose your job, you might go broke, you might wake up one morning and find that nobody likes you, whatever. Now, identify the underlying problems and write about some of the things you could do in order to solve those problem.*

# Courage — Transformation

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 109

*Words are Powerful! Be careful to distinguish between verbs, adjectives, and nouns. To have failed (verb) at keeping a job, or to have been part of a failing (adjective) business, does not make you a failure (noun).*

# Courage — Action

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 109

*Action is the difference between positive thinking (expecting something and working to make it to happen) and wishful thinking (hoping for something and waiting for someone else to make it happen).*

# Courage — Action

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 110

*—To see what is right and not to do it is cowardice, Confucius is quoted as saying in *The Analects*. We usually know what needs to be done in any given situation – the challenge is often getting ourselves to do it.*

# Courage — Action

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 111

*Dare most when times are darkest; it is precisely when things seem most hopeless that positive thinkers make great things happen*

# Courage — Action

## **Morning Reminders:**

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## **Evening Reflections:**

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## **Rules for the Journey—Day 112**

*Fear and anxiety are magnified by a lack of information; use research to shed a light on your fears.*

# Courage — Action

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 113

*Keep moving. Feeling out of control – of yourself, your environment, your future – can be terribly frightening. One of the simplest things you can do to re-exert a sense of control is to move. Just move. Go for a brisk walk or a jog. Pick up the phone and make a call. We know from the science of psychoneuroimmunology that not only does the mind talk to the body, the body talks to the mind.*

# Courage — Action

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 114

*Remember the words of Ralph Waldo Emerson: do the thing you fear and the death of the fear is certain.*

# Courage — Connection

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 115

*—Reach out in the darkness and you might find a friend, went the hit song from the sixties; fear breeds in isolation while connection inspires courage.*

# Courage — Connection

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 116

*Caring is the root of courage; remind yourself of who you care for, of why you care. That knowledge, the why and the who of your caring, will point you in the direction of what you must do to effectively express that caring, and give you the courage to do it.*

# Courage — Connection

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 117

*Fear and courage are contagious; take to heart advice of Robert Louis Stevenson: —Keep your fears to yourself, but share your courage with others.*

# Courage — Connection

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 118

*—Silo effect is a metaphor used to describe the gulf that separates divisions within an organization (—division – the very word implies separation); one of the challenges to —drive fear out of the workplace is to bring down the silo walls, enhance communication, and promote a spirit of community.*

# Courage — Connection

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 119

*Listening to first impressions can prevent you from really getting to know people who seem to be different from you, and unnecessarily limit your circle of friends to include only people who are pretty much just like you.*

# Courage — Connection

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 120

*Remember the words of Jonathan Swift: keep your fears to yourself and share your courage with others.*

# Perseverance

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 121

*Obstacles are not optional, and though they cannot be predicted with precision, they can be anticipated in general; the secret is to prepare in much the same way that a fire department prepares for the next fire.*

# Perseverance

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 122

*Every successful athletic coach knows this truth: spectacular success is always preceded by unspectacular preparation. No football team ever won a game because of the pre-game pep rally – victory is always founded upon a solid base of discipline and preparation.*

# Perseverance

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 123

*No adversity comes your way that does not have hidden within it the seeds of a future blessing; it is your challenge to find and capitalize upon that pro-verbial silver lining.*

# Perseverance

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 124

*The bigger your dream, the greater will be the challenges you'll face in transforming the dream of today into the reality of tomorrow.*

# Perseverance

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 12

*Every project can look like a failure in the middle — but it's only a failure if you quit.*

# Perseverance

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 126

*Every great accomplishment was one the —impossible dream of a dreamer who refused to quit when it appeared that all was lost.*

# Perseverance — Preparation

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 127

*Prepare for the worst, expect the best.*

# Perseverance — Preparation

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 128

*Take care of yourself physically by getting enough sleep, keeping yourself hydrated and eating a balanced diet, and making time for regular exercise so that when adversity strikes, you have the stamina to cope with it.*

# Perseverance — Preparation

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 129

*Conscientiously develops the habits and the character that are necessary for achieving your goals*

# Perseverance — Preparation

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 130

*Avoid analysis paralysis; at some point you need to stop preparing and start acting.*

# Perseverance — Preparation

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 131

*Your trajectory is more important than your current position. It follows directly that if you want to be better off in the future, you must change your trajectory today. Very often, you can do this immediately and dramatically simply by changing your frame of mind.*

# Perseverance — Preparation

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 132

*Harold Kushner was right (in his book of this title): bad things do happen to good people. In all likelihood, they will happen to you before it's all over. Prepare yourself mentally and emotionally now so that if and when they do, you can respond with strength and determination and not fall into the trap of feeling like a martyr or victim.*

# Perseverance — Perspective

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 133

*Best of times or worst of times? It's your choice, and the more disciplined you are at discerning the best of every situation, the more often you will obtain the best of outcomes.*

# Perseverance — Perspective

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 134

*The glass is neither half-empty not half-full; it's completely full. Half with the water you need to drink and half with the air you need to breathe. There are blessings everywhere if you pay attention for them.*

# Perseverance — Perspective

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 135

*Another name for perseverance could be the ability to tolerate frustration, to not allow frustration to deter you from pursuing your goals, whatever they are. In fact, if you're not routinely being frustrated, then either your goals are too small or you're not trying very hard to achieve them, or both.*

# Perseverance — Perspective

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 136

*Life is a motion picture, not a snapshot, and your trajectory is more important than where you are at any point in time. There's opportunity hidden in every adversity if you have the strength and courage to search for it and to pursue it when you've found it.*

# Perseverance — Perspective

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 137

*Any time one person helps another, two people are helped. Whenever you find yourself anxious, depressed, or frustrated, go out of your way to help someone else who is anxious, depressed and frustrated. Whatever you most need in life, the best way for you to get it is to help someone else who needs it even more than you do.*

# Perseverance — Perspective

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 138

*If you are reading this, you are almost by definition one of the wealthiest and best fed people in the world (for most Americans, the closest we'll ever come to starvation is the pizza delivery guy showing up late). Remember that whenever you catch yourself starting to complain about something.*

# Perseverance — Toughness

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 139

*Be tough on yourself by having high standards and expectations, but do not be tough on yourself by beating yourself up if you do not always live up to those standards and expectations.*

# Perseverance — Toughness

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 140

*Get into the habit of doing the difficult things first. Being tough with yourself means doing what you should do before you do what you want to do. It means tackling the unpleasant little problems before they have the chance to grow into big problems.*

# Perseverance — Toughness

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 141

*Surviving adversity is a great way to build self-confidence, and to give you a more positive perspective on future adversity (if we survived that we can survive anything!).*

# Perseverance — Toughness

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 142

*Any project or initiative can look like failure in the middle, but it only becomes a failure when you quit striving.*

# Perseverance — Toughness

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 143

*One of the most important things you can do to increase your mental and emotional toughness is change the way you talk to yourself. Most negative self-talk is false and self-sabotaging; so rewrite those scripts.*

# Perseverance — Toughness

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 144

*Positive enthusiasm and mental toughness are hardest to find at precisely those times where they are most important, which is why it's essential to cultivate the underlying strength of character before it's required.*

# Perseverance — Learning

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 145

*That which doesn't kill you will make you stronger, but only if you plumb the experience for its lessons. Times of difficulty build strong character.*

# Perseverance — Learning

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 146

*We learn and grow more from our setbacks than we do from our successes. Adversity prepares you for bigger challenges and accomplishments in the future.*

# Perseverance — Learning

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 147

*One door closes, another door opens, goes the old proverb. It's often in the face of seeming adversity that the greatest opportunities open before us. When things aren't working, it forces you to seek more creative solutions.*

# Perseverance — Learning

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 148

*Adversity connects us with other people in ways that are more meaningful than the connections that come through playing and working together.*

# Perseverance — Learning

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 149

*Adversity keeps on teaching; your setbacks can, if you're committed to learning from them, also be the source of great learning for others.*

# Perseverance — Learning

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 150

*One of the blessings of adversity is that it gives you experience, knowledge, and wisdom that you can share with others.*

# Faith

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 151

*Build your own inner strength and peace upon the four pillars of faith: faith in yourself, faith in other people, faith in the future, and faith in a higher power that is much bigger than the physical world.*

# Faith

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 152

*Let your faith and your gratitude for all that you have been blessed with shine through in your attitudes and in your actions (Sunday's Promise of The Self-Empowerment Pledge).*

# Faith

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 153

*Faith is bigger and deeper than belief; beliefs can, will and should change as one grows and learns, but faith endures.*

# Faith

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 154

*Remember that when we're talking about faith as a value, we are not talking about religion. People have many different religious beliefs, but everyone — regardless of their beliefs or non-belief — needs faith.*

# Faith

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 155

*Faith is the ultimate antidote to fear.*

# Faith

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 156

*Some of the most pathetic people in the world are those who seem to truly believe what the bumper sticker says, that whoever dies with the most toys wins.*

# Faith — Gratitude

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 157

*Gratitude is a central tenet of faith in most of the world's spiritual traditions. People make sacrifices, they fast, they meditate, and they pray in part to express their gratitude for the blessings (past, present, and future) of their lives.*

# Faith — Gratitude

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 158

*Gratitude is more than just saying thank you. It is choosing to see best of times, even in the worst of times. It is choosing to be grateful when you feel more like complaining.*

# Faith — Gratitude

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 159

*One of the great sources of anxiety in our society is the fear that we will not get what we want (or what we think we're entitled to), or that we will lose what we have. How can you, even for a few minutes each day, escape the clutches of our materialistic, entertainment-obsessed world and experience the true joy of the spirit unbound by such superficial trappings?*

# Faith — Gratitude

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 160

*It's easy to be grateful for the good things in your life, but probably more important to be grateful during the times that you don't get what you want.*

# Faith — Gratitude

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 161

*Gratitude is the foundation for hope and optimism. If you are grateful for what the past has brought into your life, you are much more likely to look ahead toward a positive future.*

# Faith — Gratitude

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 162

*For thousands of years, motivational speakers have been, one way or another, encouraging their listeners to adopt an attitude of gratitude.*

# Faith — Forgiveness

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 163

*The paradox of forgiveness is that it's not given for the benefit of the person being forgiven. The real beneficiary is the one doing the forgiving, the one who is finally laying aside the twin burdens of anger and hatred.*

# Faith — Forgiveness

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 164

*Forgiveness often begins with forgiving yourself. As tough as it can be to forgive others for their crimes and sins, it can be even more difficult for us to forgive ourselves. The failure of self-forgiveness is a major cause of low self-esteem, and of anemic dreams and goals for the future.*

# Faith — Forgiveness

## **Morning Reminders:**

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## **Evening Reflections:**

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## **Rules for the Journey—Day 165**

*To forgive does not necessarily mean to condone or to forget.*

# Faith — Forgiveness

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 166

In your journal, make a list of all the past grudges and grievances that you've been hauling around in the backpack of your life. Considering the costs and —benefits of each, ask yourself: is it worth it?

# Faith — Forgiveness

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 167

*The person in your life who might well be most in need of your forgiveness is the one you see looking back at you from the mirror.*

# Faith — Forgiveness

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 168

*Carrying a grudge is like drinking poison in hopes of hurting the person against whom you are carrying that grudge. (Do you suppose there's a reason that grudge rhymes with drudge?)*

# Faith — Love

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 169

*The Beatles were right! There's nothing you can do that can't be done, there's no one you can save that can't be saved, and all you need is love. They also added that it's within you and without you.*

# Faith — Love

## **Morning Reminders:**

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## **Evening Reflections:**

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## **Rules for the Journey—Day 170**

*Appreciate that genuine love is not a mushy, gushy emotion, but rather that it entails hard work and sacrifice on behalf of others.*

# Faith — Love

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 171

*You increase love by giving it away; hugs are a great metaphor, because the only way you can get a hug is by giving one away.*

# Faith — Love

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 172

*In his book *Reawakening the Spirit at Work* Jack Hawley points out that fear and anger always go together. They feed on each other until you can't tell them apart. They will destroy your objectivity and eventually your freedom of decision and action. That's why it's so important to confront your fear with courage, and to calm your anger with love.*

# Faith — Love

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 173

*One of the most emotionally corrosive words is —hate. Be careful how you use it, because it is malignant. The more things you —hate, the more your subconscious will view the world as a hateful (and thus frightful) place.*

# Faith — Love

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 174

*What can you do today to bring a little love into your workplace?*

# Faith — Spirituality

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 175

*Spirituality and religion are two distinct, though sometimes related, qualities, and there is a place for both in our world and in our lives.*

# Faith — Spirituality

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 176

*One of the great challenges in life is to subdue Ego sufficiently so that you can appreciate genuine spiritual experiences, but to do so without falling into the trap of debilitating guilt and low self-esteem (which is usually just another manifestation of Ego doing its dirty work).*

# Faith — Spirituality

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 177

*Faith is the ultimate antidote to fear. In what has been called —the age of anxiety for many people prayer can be a compass and a rudder; for many people, prayer is an important source of strength in adversity and courage for achievement.*

# Faith — Spirituality

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 178

*You will be helped by many people on your path through life. Don't believe that they came into your life by coincidence. You will also have many opportunities to help others. Don't believe that those needing your help came to you by coincidence.*

# Faith — Spirituality

## **Morning Reminders:**

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## **Evening Reflections:**

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## **Rules for the Journey—Day 179**

*When things look darkest, faith in yourself and in your mission will keep you going forward.*

# Faith — Spirituality

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 180

*Expect a miracle but don't give God a deadline.*

# Purpose

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 181

*Purposeful people are positive thinkers who expect the best from themselves and from others, and who are willing to make any contribution necessary to the successful achievement of their work.*

# Purpose

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 182

*Don't wait for God to —call you to a powerful and prestigious mission. Chances are, you will not find the cure for cancer, win the Nobel peace Prize, or become the next Bill Gates. Whatever work is before you — caring for patients in the nursing home, managing a corporate department, greeting customers at Wal-Mart, cleaning floors — do that work with passion.*

# Purpose

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 183

*From very early school days, we've learned not to be an apple-polisher, a curve-wrecker, quota-buster or over-achiever. We want to fit in, so we put a basket over our inner light. This is a challenge to remove the basket, to look inside and see the magnificent light that you have been hiding within yourself. It's a challenge to let that light shine through in your beliefs, your attitudes, and your behaviors.*

# Purpose

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 184

*Pursue your work with a sense of mission rather than concern for wealth or prestige, dive into your work with passion and make it your special joy to master the details, and empower yourself to perform at the highest levels of expectation and accountability.*

# Purpose

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 185

*A calling is something someone is born with; a mission is something a person is assigned to. But a purpose is something that one decides upon and commits to.*

# Purpose

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 186

*A real purpose transcends personal self-interest. As Rick Warren says at the beginning of *The Purpose Driven Life*, it's not about you.*

# Purpose — Aspiration

## **Morning Reminders:**

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## **Evening Reflections:**

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## **Rules for the Journey—Day 187**

*If no one aspired to a better world, we'd all still be hunting and gathering!*

# Purpose — Aspiration

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 188

*What would you do if...? Build a bridge from where you are now to where you want to be in your ideal future.*

# Purpose — Aspiration

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 189

*Purpose-guided people are positive thinkers who expect the best from themselves and from others, and who are willing to make any contribution necessary to the successful achievement of their work.*

# Purpose — Aspiration

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 190

*Purpose-guided people engage in positive thinking and don't delude themselves with wishful thinking.*

# Purpose — Aspiration

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 191

*Don't wait for God to –call you to a powerful and prestigious mission. Chances are, you will not find the cure for cancer, win the Nobel Peace Prize, or become the next Bill Gates. Whatever work is before you – caring for patients in the nursing home, managing a corporate department, greeting customers at Wal-Mart, cleaning floors – do that work with passion.*

# Purpose — Aspiration

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 192

*Use the 5-As to transform your dreams into memories of the future (articulation, affirmation, asking, action, adapting).*

# Purpose — Intentionality

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 193

*Be a positive thinker, not a wishful thinker. Positive thinking is expecting something and working to make it happen; wishful thinking is hoping for something and waiting for someone else to make it happen.*

# Purpose — Intentionality

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 194

*In one of his best-known sayings, management guru Peter Drucker wrote that wherever he finds important work being done, behind the scenes there is —a monomaniac with a mission. People who merely have a job merely make money; people with a sense of purpose make a difference.*

# Purpose — Intentionality

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day195

*The attitude you bring to your work is the most important choice you make on a daily basis. That choice defines the excellence with which you do your work, the impression you make on people around you, the perceived quality of your work, the personal and career goals you set for yourself, and whether you are happy and fulfilled in your work, or chronically stressed- out, burned-out, and put out.*

# Purpose — Intentionality

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 196

*Do or do not (there is no try); pay attention to your vocabulary and replace wishy-washy words with words that convey purpose and expectation.*

# Purpose — Intentionality

## **Morning Reminders:**

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## **Evening Reflections:**

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## **Rules for the Journey—Day 197**

*When you wish upon a star, it makes no difference who you are. But it makes a HUGE difference what you do!*

# Purpose — Intentionality

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 198

*Convey determined intentionality with body posture, the way you sit, the expression on your face, the speed of your walk, the tone of your voice, and everything that you do.*

# Purpose — Selflessness

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 199

*Here's a paradox found in most spiritual traditions: to find yourself you must lose yourself, to save your life you must lose your life. People who connect to a bigger cause than their own success —lose themselves to the mission, but in a larger sense —find themselves through the work and the relationships involved with the mission. As Joseph Campbell put it, when you stop thinking about yourself and devote yourself to a bigger cause, a truly heroic self-transformation takes place.*

# Purpose — Selflessness

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 200

*People with purpose seek more from their work than just a paycheck; they want to make meaningful contributions – to their organization, coworkers, and community. It's the ancient paradox that the more one contributes without expectation of return, the greater the return will be.*

# Purpose — Selflessness

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 201

*Selflessness is the foundation of real teamwork; purposeful people are more concerned about getting the job done than about getting credit.*

# Purpose — Selflessness

## **Morning Reminders:**

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## **Evening Reflections:**

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## **Rules for the Journey—Day 202**

*When you see the job description as a floor and not as a ceiling, you'll be astonished at the opportunities that open before you.*

# Purpose — Selflessness

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 203

*It's the paradox of servant leadership that the people who are most successful are often those who are the least concerned about their own success and most determined to helping others be successful.*

# Purpose — Selflessness

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 204

*Selflessness does not mean completely denying yourself. You cannot pour out of an empty pitcher.*

# Purpose — Balance

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 205

*Seek a sense of purpose in every dimension of your life — personal and professional, financial and temporal, physical and mental, emotional and spiritual.*

# Purpose — Balance

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 206

*In his book *Creativity in Business*, Michael Ray says we should do only that which is —easy, effortless, and enjoyable. Which of your activities meets the 3-E test, and what can you do to more fully engage in them?*

# Purpose — Balance

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 207

*Take care of yourself physically, including getting the sleep you need, so that you have the energy to experience the joy of life in every dimension.*

# Purpose — Balance

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 208

*Be vigilant about not putting yourself into double-bind situations (that's the psychologist term for a self-imposed lose-lose condition); the parent who brings home work and feels guilty for not playing with the kids, so then sets aside the work to play and feels guilty for not getting the work done, has put him or herself into a no-win position.*

# Purpose — Balance

## **Morning Reminders:**

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## **Evening Reflections:**

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## **Rules for the Journey—Day 209**

*Being purposefully balanced might mean shutting off the television and signing up for a night school class to learn a new hobby.*

# Purpose — Balance

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 210

*As author James A. Autry says, asking how to —balance your life and your work might be the wrong question. The right question would be how do you —integrate your life and your work.*

# Vision

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 211

*Don't waste your imagination on worry and fantasy; instead, exercise it and employ it to create the vision of the future you want to create and are willing to work to achieve.*

# Vision

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 212

*Distinguish between —vision and —visualization. Vision is a noun – a mental image of the desired outcome, an ideal future reality. Visualization is a verb – a mental rehearsal, a vivid picturing of you going through the steps that will take you to that future state. Vision and visualization work together hand-in-glove to help you create your future.*

# Vision

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 213

*As Lao Tzu said more than two thousand years ago, the longest journey begins with a single step. You don't need to have a detailed plan for everything that happens subsequently, but you do know that you'll never reach your desired destination if you don't take that first step, and then keep walking.*

# Vision

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 214

*Are you a victim or are you a visionary? You cannot be both simultaneously. Victims are focused on the past; visionaries are focused on the future. Trying to be a visionary while at the same time complaining about how you have been victimized by people or circumstances is no more possible than trying to inhabit two different rooms at the same time.*

# Vision

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 215

*A healthy dissatisfaction can be a powerful motivation for change (when you are sitting on a thumbtack, you are highly motivated to take action!), but only if it is focused. If you are complaining about everything, you're wasting the motivational power.*

# Vision

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 216

*Vision builds on faith, because the bigger the vision the less clear the path between your current reality and that future dream.*

# Vision — Attention

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 217

*Attention is the platform upon which dreams of the future are built.*

# Vision — Attention

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 218

*Without a healthy dissatisfaction, there is no motivation for change. What is the one (and only one) thing you would most like to change in your life? How can you restrict your dissatisfaction so that it is entirely focused on that one thing and nothing else, not complaining about anything else, until it becomes a fire of motivation that propels you into action?*

# Vision — Attention

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 219

*Remember, there is no free lunch. What is the price you will have to pay to achieve your dreams? Are you willing to pay that price?*

# Vision — Attention

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 220

*It's often said that time is your most precious resource, but that's not true. Everyone has the same 24 hours in a day. Attention is your most precious resource, because it is the decisions you make regarding how you allocate your time.*

# Vision — Attention

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 221

*Why do you think people say —pay when asking for your attention (has anyone ever asked you to —lend them your attention)? It's because they are asking for a nonrenewable precious resource.*

# Vision — Attention

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 222

*Put yourself on a strict bad news diet, especially when it comes to the evening news (aka the —tragitainment network where they sell advertising by turning tragedy into entertainment).*

# Vision — Imagination

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 223

*Mark Twain said you can't rely on judgment if your imagination is out of focus; how can you cultivate a better balance between left and right brain?*

# Vision — Imagination

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 224

*Creativity is something that can be cultivated. I love John C. Maxwell's definition of creativity: intelligence having fun. What can you do to take your intelligence to the playground?*

# Vision — Imagination

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 225

*Worry is imagining a horrible future that we do not want to have happen. Fantasy is imagining a beautiful future that we have absolutely no intention whatsoever of working to bring about. While worry and fantasy can both be beneficial in moderation, if that's the only use you're making of your imagination, you are wasting this precious God-given resource.*

# Vision — Imagination

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 226

*If you want to dream bigger dreams, focus your dissatisfaction by replacing complaining with gratitude, and replace pessimism and worry with optimistic expectancy.*

# Vision — Imagination

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 227

*If you were to pick up the magic genie's lamp and be granted three wishes, what would you wish for? How big can your imagination stretch?*

# Vision — Imagination

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 228

*Try being a 3-year-old for an evening — an age where everything is possible and nothing is impossible.*

# Vision — Articulation

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 229

*Become a more effective communicator, skilled in the arts of creating word pictures and mental images using metaphors and stories.*

# Vision — Articulation

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 230

*Transform dreams into Memories of the Future with the 5-A's:  
Articulation, Affirmation, Asking, Action, and Adaptation*

# Vision — Articulation

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 231

*Couple —impossible goals with —impossible deadlines to create the sense of urgency that leads to inevitable results.*

# Vision — Articulation

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 232

*One of the most effective ways to think big, start small (but start now) is to get into the habit of thinking in terms of prototypes; virtually any dream, no matter how big, is amenable to being represented and tested with some form of a prototype.*

# Vision — Articulation

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 233

*Think of an important goal or dream and draw a picture of it on a t-shirt to wear next to your heart. You'll be amazed at how the dream soaks into your skin. Don't worry if you don't think you can draw — you don't have to let anyone else see it.*

# Vision — Articulation

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 234

*Martin Luther King had a dream. He outlined that dream in his famous –Letter from a Birmingham Jail which was a long treatise complete with footnotes, and he outlined that dream in one of the most famous speeches of all time that was so simply that any parent could understand it. How many different ways can you articulate your dream?*

# Vision — Belief

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 235

*Vision becomes destiny; you'll see it when you believe it!*

# Vision — Belief

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 236

*Road blocks are sometimes nothing more than a message from God that it's time for you to draw and new (and better) road map!*

# Vision — Belief

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 237

*Reprogram negative self-talk and self-limiting images of who you are with affirmations and self-defining metaphors that are positive, nurturing, and affirming (and quite frankly, more likely to be true); after all, if you don't believe in yourself, how can you believe in your dreams; and if you don't believe in yourself, how can you expect others to believe in you?*

# Vision — Belief

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 238

*Appreciate the incredible power of collective belief; one of the best ways for you to bolster your own belief is to inspire belief in the people around you.*

# Vision — Belief

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 239

*It's hard for other people to believe in you if you don't believe in yourself; when you are sparked by belief in yourself and in your dream, though, you will galvanize the people around you.*

# Vision — Belief

## **Morning Reminders:**

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## **Evening Reflections:**

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## **Rules for the Journey—Day 240**

*Let every setback make your belief grow stronger, not weaker.*

# Focus

## **Morning Reminders:**

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## **Evening Reflections:**

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## **Rules for the Journey—Day 241**

*Define your vision; the more clear and tangible it is in your mind and in your vocabulary, the more likely it is to become real in your world.*

# Focus

## **Morning Reminders:**

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## **Evening Reflections:**

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## **Rules for the Journey—Day 242**

*Focus your attention on what's most important; have a small, manageable number of key priorities at one time, then concentrate all possible resources on their achievement.*

# Focus

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 243

*Don't be tempted by distractions. Learn to distinguish between a distraction and an unexpected but prudent opportunity to be pursued.*

# Focus

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 244

*Don't allow gossip or idle chatter to distract your focus from key priorities.*

# Focus

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 245

*I have a sign over my computer that says –The One Big YES Requires Lots of Little No’s to remind me that if I want to achieve my most important goals in life, I don’t have time for lots of television and I don’t have money for lots of shopping therapy.*

# Focus

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 246

*Think of yourself as a magnifying glass, focusing every minute and every penny on your most important goals and dreams.*

# Focus — Target

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 247

*The fewer goals you pursue at one time, the more goals you can pursue over time. But here's the payoff: self-imposed short-term limitations lay the groundwork for long-term abundance and freedom. It's the difference between having fun and being happy. Denying yourself fun now gives you time and money to invest in future happiness.*

# Focus — Target

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 248

*As you know from the Serenity Prayer, there are many things beyond your control. While you certainly can't ignore such things (taxes comes to mind), the greatest use of your time, talent and resources is getting a focus on the things that you can control.*

# Focus — Target

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 249

*Successful people tend to be highly diversified in their skills and interests, but tightly focused on the achievement of high priority business and professional goals. How can you diversify and focus like this?*

# Focus — Target

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 250

*Don't chase what you don't really want. No one on their deathbed ever says —I wish I'd watched more television. Rather, people regret not having spent time with friends and family, not having had more life experiences, and not having pursued their most authentic goals (writing the book, starting the business, etc.).*

# Focus — Target

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 251

*Know when to temper the impossible dream with a dose of reality. I will never be an NFL quarterback or president of the United States, and all of the motivational self-talk in the world will not change that.*

# Focus — Target

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 252

*Every book that's ever been written on setting and achieving goals will say this one thing: write them down. The more clearly you write them out, and the more often you write them out, the more certain they are to come about.*

# Focus — Concentration

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 253

*Concentration begins as an inside job, which is then manifested in an outside seriousness of purpose and determination of effort. Inner concentration is like the gyroscope that keeps you balanced, stable, and on target.*

# Focus — Concentration

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 254

*The Pareto Principle (better known as the 80/20 rule) states that as a general principle, 20% of activity is responsible for 80% of results. If you can identify the 20% that's highly productive and do more of that, and do less of the other 80%, you will accomplish a great deal more. To allow 80% of your time to be unproductive is what I call Pareto Prison.*

# Focus — Concentration

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 255

*To be creative requires the ability to concentrate on one thing, despite all distractions. Meditation exercises can help you train yourself to block out chatter, both internally- and externally-generated, and give your attention to the creative work at hand.*

# Focus — Concentration

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 256

*Nobody on their deathbed ever will say they wish they'd watched more television. The way to avoid future regrets is to be more aware and judicious when it comes to dribs and drabs of time, and putting them to better use.*

# Focus — Concentration

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 257

*Just Say No: The more you say —no to trivia, distractions, temptations, and diversions, the more you will have time, money, and energy to invest in the goals and dreams that are most important.*

# Focus — Concentration

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 258

*Everything counts. An hour wasted today might well come back and haunt you down the road when you are running up against a deadline.*

# Focus — Speed

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 259

*When you're moving quickly, there's less chance of being diverted from your course, and a greater certainty that you will achieve your goal sooner. The faster you achieve your goals, of course, the more time you have for additional goals, and/or for relaxation and rejuvenation.*

# Focus — Speed

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 260

*Procrastination is not only the source of missed opportunity and failure; it's also the cause of much emotional distress. Successful people have a sense of urgency to move quickly, before the opportunity slips away, before the problem gets out of hand, before it's too late.*

# Focus — Speed

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 261

*You'll never see a 300-pound jockey win the Kentucky Derby. You move faster if you travel light. Complexity is the enemy of focus, and simplicity is it's ally. The more you can simplify your life, physically and emotionally, the sooner you will achieve the goals that really matter to you.*

# Focus — Speed

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 262

*The more willing you are to ask for help, and to delegate to others, the more quickly you will achieve your goals.*

# Focus — Speed

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 263

*Moving faster doesn't mean taking shortcuts. Quite to the contrary, skipping essential foundation-building activities in your rush to get to the top will almost inevitably set you up for future failure and unhappiness.*

# Focus — Speed

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 264

*To accomplish great things requires the paradoxical blending of a sense of urgency with a spirit of patience. Think big, start small. Start now.*

# Focus — Momentum

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 265

*If you want to be a success, learn to create and sustain momentum. Attack every problem with more force than required, maintain standards higher than expected, and persevere beyond what's reasonable.*

# Focus — Momentum

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 266

*Momentum = Urgency + Patience. A sense of urgency is needed to overcome inertia and resistance, and patience allows that urgency to be continuously nourished and channeled.*

# Focus — Momentum

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 267

*Momentum is a key factors in the learning curve. As you get moving, you become more efficient and productive, and the quality of your work goes up. This notion can apply to just about any aspect of your life, from making widgets to parenting and prayer: the more you do it, the better you get.*

# Focus — Momentum

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 268

*Physical momentum is good for your mental health; stay active.*

# Focus — Momentum

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 269

*Keep moving — maintaining momentum is the antidote to entropy, complacency and arrogance.*

# Focus — Momentum

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 270

*As leadership expert John Maxwell says, momentum is the leader's best friend. Get on a roll and keep rolling.*

# #10 Enthusiasm

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 271

*Make the commitment to enthusiasm by choosing to be passionate, optimistic, and cheerful.*

# #10 Enthusiasm

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 272

*Money and material possessions won't buy you happiness, but enthusiasm and a joy for your work and your life will earn it for you.*

# #10 Enthusiasm

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 273

*Attitude is contagious. We've all had the experience of having someone walk into a room and suck the energy right out of it with their negativity. We've also had experiences where somebody energized the whole room with the power of a smile. Be an energy faucet, never an energy drain.*

# #10 Enthusiasm

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 274

*You tend to get what you expect out of life, so expect the best.*

# #10 Enthusiasm

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 275

*Enthusiasm is a master value. It is easier to be authentic, courageous, persevering, purposeful and focused when you are enthusiastic. And a lack of enthusiasm makes everything harder.*

# #10 Enthusiasm

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 276

*The word enthusiasm originally connoted the spirit within. We are all possessed by the spirits of passionate greatness, but we need to remind ourselves lest that spirit fall asleep.*

# #10 Enthusiasm — Attitude

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 277

*There is no -attitude gene determining whether you are going to be positive or negative, optimistic or pessimistic. It is a choice you make, many times each day.*

# #10 Enthusiasm — Attitude

## **Morning Reminders:**

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## **Evening Reflections:**

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## **Rules for the Journey—Day 278**

*One of the most important, and often overlooked, determinants of productivity (not to mention morale) within any organization is the collective attitude of the people who work there. When people are focused on that which is positive and constructive, morale and productivity are enhanced.*

# #10 Enthusiasm — Attitude

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 279

*Program your mental computer for positivity; erase and rewrite negative self-talk; avoid toxic emotional negativity (as reflected in criticizing, complaining, finger-pointing, and gossiping); get your body into the act; and inoculate yourself against Dilbert Disease.*

# #10 Enthusiasm — Attitude

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 280

*Any time you catch yourself whining about something, turn it into a blessing instead, as in: —My back is killing me... Thank God for ibuprofen.*

# #10 Enthusiasm — Attitude

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 281

*Turn every complaint into a call to action, then do it or drop it, but don't dwell on it. The best way to do this is to make The Pickle Pledge part of your life.*

# #10 Enthusiasm — Attitude

## **Morning Reminders:**

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## **Evening Reflections:**

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## **Rules for the Journey—Day 282**

*The most important choice you make every day — in fact, many times a day, every single day — is your choice of attitude. Choose wisely.*

# #10 Enthusiasm — Energy

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 283

*Enthusiasm requires energy; you can have more of the energy you need by taking care of yourself (e.g. diet, exercise, getting enough sleep), but you also need to acknowledge that you always have energy – the real question is whether you can bring yourself to tap into it. To a greater extent than many of us care to admit to ourselves, whether or not we have the energy to do the things we want to do and the things we must do is based on a decision made at a point of apparent fatigue.*

# #10 Enthusiasm — Energy

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 284

*Any time someone brings a coworker down with their toxic emotional negativity, they are stealing something far more precious than money; they are stealing energy. For the organization, energy is productivity; for the human being, energy is life.*

# #10 Enthusiasm — Energy

## **Morning Reminders:**

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## **Evening Reflections:**

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## **Rules for the Journey—Day 285**

*Take care of yourself by getting enough sleep (most of us require 8 hours a night), by eating a reasonably balanced diet and avoiding empty calories, getting some exercise every day, and drinking more water and less soda.*

# #10 Enthusiasm — Energy

## **Morning Reminders:**

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## **Evening Reflections:**

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## **Rules for the Journey—Day 286**

*Stress and fatigue are caused by inactivity, not by hard work. Do your work with passion; you'll be astonished at how much energy you have.*

# #10 Enthusiasm — Energy

## **Morning Reminders:**

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## **Evening Reflections:**

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## **Rules for the Journey—Day 287**

*The amazing paradox of energy: you create energy by using it.*

# #10 Enthusiasm — Energy

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 288

*Placebo yourself. Every clinician worth his or her degree deliberately uses the placebo effect to harness the power of their patients' belief. Why not do it yourself? Believe that eating a banana instead of a candy bar will give you more energy is a great first step toward having more energy when you do eat the banana (instead of the candy bar!).*

Day 289 of the Values Journey — Core Action Value

# #10 Enthusiasm — Curiosity

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 289

*Boredom is a major risk factor that not only results in an unfulfilling life, but also fosters depression; it can even cause serious and potentially fatal diseases, including heart disease. Curiosity is a great antidote.*

Day 290 of the Values Journey — Core Action Value

# #10 Enthusiasm — Curiosity

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 290

*Fear is a serious learning disability when it stops us from getting out of our comfort zones, from asking questions (especially -dumb questions), and learning from experience. One of the surest ways to overcome fear is to be more curious, to ask more and better questions.*

Day 291 of the Values Journey — Core Action Value

# #10 Enthusiasm — Curiosity

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 291

*Zen wisdom: In the expert's mind there are few possibilities (because the expert thinks he knows everything); in the beginner's mind the possibilities are endless. Be a beginner – be curious – be a questioner.*

Day 292 of the Values Journey — Core Action Value

# #10 Enthusiasm — Curiosity

## **Morning Reminders:**

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## **Evening Reflections:**

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## **Rules for the Journey—Day 292**

*The only dumb question is the one that's not asked.*

# #10 Enthusiasm — Curiosity

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 293

*One of the most effective ways you can keep your edge is to make a regular practice of going off on journeys – to the library, to professional meetings, to the distant reaches of your organization, to the Grand Canyon. The journey itself is less important than your state of mind in making it. Take a journal, take a camera, and take your native inquisitiveness.*

Day 294 of the Values Journey — Core Action Value

# #10 Enthusiasm — Curiosity

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 294

*Make use of Google, Wikipedia, and the wealth of other curiosity-satisfying resources available on the internet. Go ahead, ask why the sky is blue, the population of Kazakhstan, the year of the battle of Hastings. The internet will never accuse you of asking dumb questions!*

# #10 Enthusiasm — Humor

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 295

*Appreciate the value of humor in so many different dimensions of life: health and happiness; sales, career, and leadership effectiveness; and emotional equanimity and spiritual peace. Having a good sense of humor, a strong funny bone, can help you be more successful in your work.*

# #10 Enthusiasm — Humor

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 296

*Make yourself laugh. Read the funnies, go to the joke sections in Readers Digest, get the complete collection of Calvin & Hobbes cartoons, take a child to the zoo, read A Walk in the Woods by Bill Bryson. People like to hang around with other people who make them laugh; people who laugh a lot live longer and live happier. What's to lose — other than the Pickle?*

# #10 Enthusiasm — Humor

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 297

*It's not humor if it puts someone down. Most sitcom —humor is of this variety, which is why it depends on canned laughter.*

# #10 Enthusiasm — Humor

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 298

*What is one thing you can (and will) do to bring more fun, joy, and humor into your workplace?*

# #10 Enthusiasm — Humor

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 299

*Go to You Tube and type in —laugh clubs or —laughter therapy — when you see how great it makes people feel just to laugh for no reason, you might want to start a chapter of your own!*

# #10 Enthusiasm — Humor

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 300

*In his autobiography *Still Me*, Christopher Reeve said the turning point in his emotional recovery from being paralyzed was the day that Robin Williams came into his room playing the role of Dr. Patch Adams and made him laugh. In the truest sense of the word —healing, the clown played a more important role than the doctors, the nurses, and the therapists.*

# #11 Service

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 301

*Service begins with a sincere desire to help others, which is then followed up by action. It's an ancient paradox that the person who gives a helping hand often benefits as much or more than the person being helped.*

# #11 Service

## **Morning Reminders:**

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## **Evening Reflections:**

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## **Rules for the Journey—Day 302**

*Whether it is in giving wealth, wisdom or work, there is always a way that each of us can be of service to others.*

# #11 Service

## **Morning Reminders:**

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## **Evening Reflections:**

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## **Rules for the Journey—Day 303**

*Service lies at the heart of servant leadership.*

# #11 Service

## **Morning Reminders:**

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## **Evening Reflections:**

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## **Rules for the Journey—Day 304**

*Whatever you most need in life, the best way for you to get it is to help someone else get it who needs it more than you do.*

# #11 Service

## **Morning Reminders:**

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## **Evening Reflections:**

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## **Rules for the Journey—Day 305**

*One person cannot help another without two people being helped!*

# #11 Service

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 306

*When you think back on the people who were most memorable in your life, chances are it was not because of what they had or what they got, but rather because of who they served in the process.*

# #11 Service — Helpfulness

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 307

*Service begins with a sincere desire to help others, which is then followed up by action. It's an ancient paradox that the person who gives a helping hand often benefits as much or more than the person being helped.*

# #11 Service — Helpfulness

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 308

*Webster's Dictionary has two definitions for helpfulness: —1) the property of providing useful assistance; and 2) friendliness evidenced by a kindly and helpful disposition. Service is not so much what you do as the attitude with which you do it.*

# #11 Service — Helpfulness

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 309

*See your job description as a floor, not a ceiling, as the basic platform upon which you add your own special touches by bringing your particular strengths, talents, and passions to the work.*

# #11 Service — Helpfulness

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 310

*Service does not necessarily mean doing for others what they should do for themselves or rescuing them from the problems they created.*

# #11 Service — Helpfulness

## **Morning Reminders:**

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## **Evening Reflections:**

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## **Rules for the Journey—Day 311**

*Join the Random Acts of Kindness movement. The person who will benefit most is you.*

# #11 Service — Helpfulness

## **Morning Reminders:**

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## **Evening Reflections:**

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## **Rules for the Journey—Day 312**

*In retail they know that the most diehard loyal customer is the one who was terribly dissatisfied and then overwhelmed with an over-the-top service recovery effort. Who in your life needs for you do provide that sort of a personal service recovery?*

# #11 Service — Charity

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 313

*As you give, so you shall receive. You've heard that, I'm sure, but has it ever occurred to you that many of us have it the other way around? We think that we can't really give until we've first received. But of the ancient wisdom is correct, it's giving that sets the stage for receiving.*

# #11 Service — Charity

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 314

*Charity is the lovely marriage of gratitude, compassion and generosity; it is an attitude more than an act, an opening of the heart more than an opening of the wallet. True charity comes not from a sense of obligation, but rather is given willingly, generously, and in a spirit of spontaneity.*

# #11 Service — Charity

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 315

*Don't wait until your money troubles have all been resolved before you decide to support worthwhile charities. Many successful people date the beginning of their success to the moment that they made a personal commitment to giving away.*

# #11 Service — Charity

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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### *Rules for the Journey—Day 316*

*Charity begins with an attitude, and a generous attitude begins with a smile. You can give as many of these little gifts away as you want to, and they don't cost you a cent. The more of them you give away, the more of them you seem to have, and the more of them are returned to you.*

# #11 Service — Charity

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 317

*Here's a challenge for you: be extravagantly generous in small ways. When you are at a breakfast diner, leave a tip that's twice as big as the bill. If you check out of a hotel, leave a ten or twenty dollar bill on the bed for the housekeeper. You will for sure make their day — but I'm also quite sure that in ways that could never be predicted, that generosity will come back to you at some point in the future.*

# #11 Service — Charity

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 318

*Be generous with your time, not just your money.*

# #11 Service — Compassion

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 319

*Compassion, according to Webster's Dictionary, means —a feeling of deep sympathy and sorrow for another who is stricken by misfortune, accompanied by a strong desire to alleviate the suffering. Consider the fact that at some point or another, all of us are so stricken. Anyone you meet might need compassion. Indeed, on many an occasion the greatest service that you can render to another human being is the simple gift of compassion.*

# #11 Service — Compassion

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—320

*Catch yourself before you judge others on the basis of such superficial factors as physical appearance or what they happen to do for a living. To be compassionate is to honor the soul that lives underneath appearances.*

Day 321 of the Values Journey — Core Action Value

# #11 Service — Compassion

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 321

*My favorite definition of charisma is this – it's the ability to make someone else feel special. And one of the best ways to make someone feel special is to slow down and listen, really listen, when they're talking.*

# #11 Service — Compassion

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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*Rules for the Journey—Day 322*

*Genuine compassion entails mutuality, an understanding that service is a bilateral relationship; the hospital is a great metaphor, because caregivers need patients as much as patients need caregivers.*

# #11 Service — Compassion

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 323

*Unless it is backed up by action, compassion is just a good intention.*

# #11 Service — Compassion

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 324

*Broken down into its constituent parts, the word compassion means to share passion.*

# #11 Service — Renewal

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 325

*You cannot pour from an empty pitcher. People who do not take time for renewal, who do not take care of themselves, often end up cynical, burned out, and frankly not very caring. Be willing to do for yourself at least as much as you do for others.*

# #11 Service — Renewal

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 326

*A voyage of renewal is an adventure; you can never be sure of what you'll find or where you'll end up, but you can be sure that you will grow stronger and wiser through the journey.*

# #11 Service — Renewal

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 327

*Practice the golden rule in reverse – do for yourself at least as much as you're willing to do for others. Ask for help when you're overloaded, and make the time for reflection and rejuvenation.*

# #11 Service — Renewal

## **Morning Reminders:**

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## **Evening Reflections:**

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## **Rules for the Journey—Day 328**

*If we're paying attention, times of difficulty or adversity are (often well-disguised) opportunities for renewal. One reason that most people who have ever lost a job will look back and say it was the best thing that could have happened is that it can force the introspection and redirection that is central to the renewal process.*

# #11 Service — Renewal

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 329

*Rituals are a very powerful form of renewal. Such things as renewing wedding vows, lighting candles before dinner, saying a certain prayer at the end of the day, starting your day by thinking of ten points of gratitude can have a powerful restorative effect.*

# #11 Service — Renewal

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 330

*Reading a good book (by which I mean something inspirational, not a trashy barn-burner) can be a powerful source of rejuvenation and renewal.*

# #12 Leadership

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 331

*Leadership becomes a value in and of itself when it is not just an activity in a job description, but rather a philosophy and a way of life; the essential skills of leadership are first learned by practicing the skills of great follower-ship.*

# #12 Leadership

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 332

*A leader takes you to a place you didn't know you wanted to go; that implies both the vision itself and the ability to inspire others to work toward the fulfillment of that vision.*

# #12 Leadership

## **Morning Reminders:**

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## **Evening Reflections:**

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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*Rules for the Journey—Day 333*

*Build a winning team by teaching individual team members the skills and attitudes needed to think and act like winning players.*

# #12 Leadership

## **Morning Reminders:**

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## **Evening Reflections:**

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## **Rules for the Journey—Day 334**

*Real leaders are committed for the long-haul; they don't quit when faced with the obstacles and setbacks that are inevitable in any endeavor that is worth achieving.*

# #12 Leadership

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 335

*As James A. Autry says in his book *Love and Profit*, leadership is largely a matter of love and caring – a commitment to creating a community of people committed to each other and to the achievement of common goals.*

# #12 Leadership

## **Morning Reminders:**

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## **Evening Reflections:**

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## **Rules for the Journey—Day 336**

*Being a leader is the reward, and the responsibility, that comes from having lived the first eleven core action values.*

# #12 Leadership — Expectation

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 337

*Effective leaders expect a lot from themselves and from others. They create optimism that those expectations can be achieved, and give people the training, the tools, and the support they need to achieve them.*

# #12 Leadership — Expectations

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—338

*The acid test of leadership is imbuing people with a transcendent sense a purpose and meaning in the work itself. People didn't march with Martin Luther King because they wanted to take a walk. .*

# #12 Leadership — Expectations

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—339

*Leaders are clear in communicating their performance expectations, and quick to let people know when those expectations are not being met, but they also appreciate that the most important expectations are not dictated, but rather created through dialog. .*

# Day 340 of the Values Journey — Core Action Value #12 Leadership — Expectations

## **Morning Reminders:**

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## **Evening Reflections:**

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## **Rules for the Journey—Day 340**

*Deal with the uncertainty that creates resistance to change by equipping people with the skills they need to cope with anxiety, and by creating the expectation of a successful outcome for every change initiative.*

Day 341 of the Values Journey — Core Action Value

# #12 Leadership — Expectations

## **Morning Reminders:**

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## **Evening Reflections:**

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## **Rules for the Journey—Day 341**

*Expect the best, prepare for the worst. The more prepared you are for the worst to happen, the more likely it is that the best will happen instead. .*

Day 342 of the Values Journey — Core Action Value

# #12 Leadership — Expectations

## **Morning Reminders:**

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## **Evening Reflections:**

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## **Rules for the Journey—Day 342**

*Be reasonable — expect miracles!*

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Day 343 of the Values Journey — Core Action Value

# #12 Leadership — Expectations

## **Morning Reminders:**

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## **Evening Reflections:**

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## **Rules for the Journey—Day 343**

*More than anything, real leadership is about living your values; in this regard, The Twelve Core Action Values provide an trustworthy roadmap for becoming the best type of leader — one who leads by example.*

# #12 Leadership — Example

## **Morning Reminders:**

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## **Evening Reflections:**

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## **Rules for the Journey—Day 344**

*Leadership begins with a state of mind. Anyone can be a leader if they pay attention to opportunities to make a contribution and to make a difference – and then take the initiative to do something about it. Do that and people will follow your lead. .*

Day 345 of the Values Journey — Core Action Value

# #12 Leadership — Expectations

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 345

*To assume a position of leadership means giving up many freedoms: the freedom to criticize, complain, and gossip; the freedom to point fingers; the freedom to be a pessimist; the freedom to say —it's not my job.*

# #12 Leadership — Example

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 346

*One of the most important, and difficult, duties of leadership is to invite critical feedback and then to listen openly; the leader's willingness to do this sets the tone for everyone else in the organization.*

# #12 Leadership — Example

## **Morning Reminders:**

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## **Evening Reflections:**

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## **Rules for the Journey—347**

*Through his or her own example, the values-based leader establishes an ironclad expectation that everyone in your organization will treat others with respect, humility and dignity.*

# #12 Leadership — Example

## **Morning Reminders:**

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## **Evening Reflections:**

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## **Rules for the Journey—Day 348**

*The most important example anyone can set is the one that they set for the next generation.*

# #12 Leadership — Encouragement

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 349

*Values-based leaders know that the ability to effectively communicate their values and their expectations is crucial to their effectiveness, so the work hard at developing these skills, including the essential talent of story-telling.*

# #12 Leadership — Encouragement

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 350

*An important duty of leadership is to create an environment where people work together with a spirit of pride, collegiality, and friendship; you cannot effectively encourage people who are working in a toxic emotional environment.*

# #12 Leadership — Encouragement

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 351

*The best leaders help people believe in themselves and in their dreams; they encourage people to bring their best to work with them, and to share their gifts and their passions with others.*

# #12 Leadership — Encouragement

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 352

*When things go right, leaders give credit; when things go wrong, they take the blame.*

# #12 Leadership — Encouragement

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 353

*Transforming leadership is ultimately and at its foundation spiritual leadership, encouraging people to connect with the higher purpose and greater meaning in their work.*

Day 354 of the Values Journey — Core Action Value

# #12 Leadership — Encouragement

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 354

*As James O'Toole says in his book Leadership A-to-Z, the best leaders know that they need to be cheerleaders.*

Day 355 of the Values Journey — Core Action Value

# #12 Leadership — Celebration

## **Morning Reminders:**

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## **Evening Reflections:**

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## **Rules for the Journey—Day 355**

*Leaders foster teamwork, community, and a spirit of fellowship by celebrating personal and group achievements – and good faith failures.*

# #12 Leadership — Celebration

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 356

*According to the Gallup Organization, one of the most important determinants of whether employees are fully engaged in their work is if they have friends on the job. Effective leaders go out of their way to cultivate an empowering corporate culture and a positive and productive workplace environment.*

# #12 Leadership — Celebration

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 357

*Leaders take the time to celebrate both successes and good faith failures. If people are afraid of being punished for failure, you will eventually lose your most creative and talented people. On the other hand, when you have a reputation for standing behind the people even if they have failed spectacularly (and yes, for celebrating those good faith failures), you will attract more creative and daring people, and keep the ones you have.*

# #12 Leadership — Celebration

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 358

*Rituals have always been an important way for humans to bring a sense of structure and purpose to their work, yet in today's workplace we're too busy for rituals (we've replaced them with meetings). What can you do to restore the spirit and practice of rituals in your organization?*

# #12 Leadership — Celebration

## Morning Reminders:

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## Evening Reflections:

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## Rules for the Journey—Day 359

*—Drive fear out of the workplace is one of the 14 points for total quality management developed by TQM guru W. Edwards Deming; real leaders don't drive people with fear, they inspire, they encourage, they guide, and they celebrate.*

Day 360 of the Values Journey — Core Action Value

# #12 Leadership — Celebration

## **Morning Reminders:**

*This is my most important goal for today:*

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*This is my personal affirmation for today:*

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## **Evening Reflections:**

*This was my most important accomplishment today:*

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*This is the most important thing I learned today:*

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*This is my most important priority for tomorrow:*

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## **Rules for the Journey—Day 360**

*Capitalize on every opportunity to congratulate a coworker, celebrate a success (or a good attempt), and to astonish a customer. Spontaneity is not impulsivity – it is responding with joy to the surprises and delights of life, not thoughtlessly reacting to inner emotional conditions.*