

# My Most Excellent Year Yet

52 Weekly Journal Prompts: Productive Year

A few of my daily habits that contribute to my 5-year goal are. . .

I would define procrastination as. . . I know I'm procrastinating when. . .

I will know I'm successful when. . .

To keep my workspace clean, some things I do daily/weekly/monthly/annually are. . .

I choose courage over comfort when. . .

When I'm feeling overwhelmed or need help, I know I can call. . .  
Because they will. . .

Opposite of a "To Do List", my "Stop Doing List" includes these ten things. . .

I stay focused on and enthusiastic about my goals by. . .

I will know I'm successful when. . .

In 3 years I will. . .

In 5 years I will (my 5-year goal). . .

In 10 years I will. . .

This week I will. . .

I feel best when. . .

I love to. . .

I am successful because. . .

My secret weapon is. . .

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Some lessons I've learned from recent mistakes are. . .

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Fears I've conquered so far this year are. . . Fears I hope to have conquered by the end of the year are. . .

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A few of my proudest moments of this quarter have been. . .

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I would define productivity as. . . I know I'm being productive when. . .

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My top priority of today is. . . This week. . . This month. . . This quarter. . . This year. . .

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I would define procrastination as. . . I know I'm procrastinating when. . .

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I help others achieve their goals by. . . I help myself achieve my own goals by. . .

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My friends say that I am. . . My colleagues say that I am. . . I think that I am. . . (positive only!)

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I would describe my decision-making process as. . .

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I am my best in the [morning/afternoon/evening/late night]. . . because of this, the best use of my time during those hours would be to. . .

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If I had an extra hour a day I would. . .

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To add that hour back into my day, some time-zapping habits I could try limiting are [Facebook on the phone, binge watching, emails outside of work hours, etc.] . . .

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To keep my workspace clean, some things I do daily/weekly/monthly/annually are. . .

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My most productive days happen when. . .

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I can better plan for productive days by. . .

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# Mid-Year Deep-Dive

Some of my biggest distractions this year have been. . . I will better avoid and/or resolve these for the rest of the year by doing. . .

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Five (at least) things that are NOT working well in my business are. . .

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A few of my daily habits that contribute to my 5-year goal are. . .

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A few of my daily habits that actively sabotage my 5-year goal are. . .

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A few daily habits that I'd like to learn in this year are. . .

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I am genuinely grateful for. . .

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Three people I most admire are. . . Five qualities they have in common are. . .

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If I knew I couldn't fail I would do/be/try/etc. . .

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Ten adjectives I would use to describe my work are. . .

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Ten adjectives I would use to describe myself are (be positive!). . .

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The 20% of my work that leads to the 80% of my results is (Pareto principal). . .

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I have chosen my top goal because. . . Because. . . Because. . . Because. . . Because (answer the "because" all five times, one after another). . .

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I choose courage over comfort when. . .

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I am different today than I was on this day last year because. . . A few ways I am different are. . .

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My response to failure is. . .

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Five things that make me happy are. . .

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I track my goals by. . .

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I track my time with/by (Toggl and App Detox are great apps for this). . .

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I limit the amount of distractions I can see/hear/receive in my workspace by. . .

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During my daily scheduled short breaks I like to. . . Because. . .

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I make sure my body is in its best state to work on my goals by. . .

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Ten tasks that I can delegate might be. . .

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A few things I could say "no" to that would make time for my own goals would be. . .

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It's important to put myself first because. . .

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When I'm feeling overwhelmed or need help, I know I can call. . . Because they will. . .

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If I fail, the worst that could happen is. . .

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Opposite of a "To Do List", my "Stop Doing List" includes these ten things. . .

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I stay focused on and enthusiastic about my goals by. . .

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I know when to go for "progress" versus "perfection" when. . .

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Something from my business I could automate next year is. . . From my personal life. . .

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