

DREAM & BURN JOURNAL

Based upon the **SIX** categories (use as needed), write down **EVERYTHING** that you want to be, do, obtain, accomplish, or experience. Shed the comforts of hiding in the past, sports, TV, politics, your kids, vices, busyness, fear, doubt, comparison, gossip, etc. **and** step boldly towards YOUR dreams. Let's get ready to maximize YOUR life, hold nothing back. Display long obedience in the same direction with aggressive patience. The pursuit of purposeful PROMISES...**NOW*WE*GO!**

Personal (mind, body & character)

Professional

Financial

Family & Relationships

Material Items

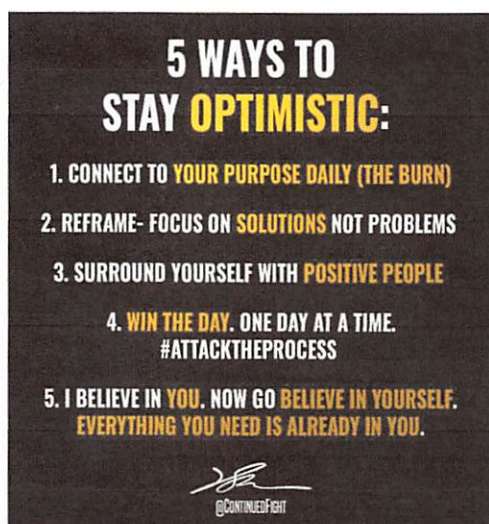
Spiritual

PRIORITIZE

Review **everything** you noted above and prioritize what is most important to you by placing a star next to your response(s) above. Double star the most important priorities to focus on FIRST. Lastly, create a daily **DREAM & BURN JOURNAL** with the following 7 categories: 1) YOUR Burn...print or sign their names or YOUR BURN idea; 2) Things You're Grateful For **Yesterday** ; 3) Personal Promises 4) Professional Promises; 5) Act(s) of Service (HOPE = Help One Person Everyday); 6) What Is My Biggest Opportunity To Improve **TODAY** (4P's of The Standard) ?; 7) Daily Notes...'To Do' list, inspirational quotes, ideas, artwork, pics, podcast/webinar notes, etc.

DREAM & BURN JOURNAL with the following 7 categories:

- 1) Connect to YOUR Burn Daily...print or sign their name(s)
- 2) Things You're Grateful for **YESTERDAY**
- 3) Personal Promise(s)
- 4) Professional Promise(s)
- 5) Act(s) of Service (HOPE = Help One Person Everyday)
- 6) What Is My Biggest Opportunity to Improve **TODAY** (4P's of The Standard)?
- 7) Daily Notes...'To Do' list, inspirational quotes, ideas, artwork, pics, etc.



Discuss **'1-5 Weekly Ratings'** in your journal
(do on Saturday or Sunday but be consistent with day/time)
AND WHY the rating for each area...celebrate **WINS** too 😊

- A. Personal PROMISE ()
- B. Professional PROMISE ()
- C. Finances ()
- D. Family/Relationships ()