

**THE 90-DAY SUCCESS
CONDITIONING
PROGRAM**

DAISY M. SAUNDERS

ABOUT THE AUTHOR

Daisy Saunders is a speaker, author, life coach, and certified personal trainer with over 20 years of experience in training and development. She works with organizations that want to create a culture that allows people to flourish and maximize their potential; and with individuals that want to improve the quality of their lives.

Daisy's vision is to inspire women and girls to be **fit**, **fabulous**, and **fearless**. Her mission is to empower women and girls to be advocates for themselves. As advocates, they will gain greater confidence, dignity, and a sense of self-worth thus enabling them to:

- Meet life's challenges
- Develop their hidden potential, and
- Tap into their natural ability to take control of and direct the course of their lives.

Daisy fulfills her mission by providing personal growth/empowerment, wellness and lifestyle education workshops and seminars, personal coaching and a variety of informational resources. All workshops, seminars, activities, and resources are designed to educate, inspire, and motivate individuals to make better lifestyle choices.

Daisy is a fitness and healthy lifestyles enthusiast. An avid runner, she participates in several half marathons and other races annually. She has written articles on personal empowerment and healthy lifestyles. She is the author of two books, *Big Eyes™...Big Eyedeads for Achieving Optimum Success in Business and in Life* and *Empowerment: How to Chart and Shape Your Future*. Daisy's personal motto is "envisioning the possibilities". She believes that possibilities are infinite.



WELCOME

Welcome to the 90 day Success Conditioning Program. This program, based on my book *Big Eyes...Big Eyedeas: Achieving Optimum Success in Business and in Life*, is designed to give you the motivation you need to achieve success in your life and career, get healthier, build relationships that work, and find focus, peace of mind, and a sense of purpose. It's based on the premise that in order to achieve success you must, first, develop a success consciousness. And, you must believe that you can have the desires of your heart. This program helps you to develop that consciousness.

It has been said that it takes 21 days to develop a new habit. So, it may take you at least 21 days to get use to following this program. To make it a bit easier, you are to make participating in this program a daily routine even when your mind tells you that you are too tired, too busy, or don't have anything to write about. If you miss a day, don't beat yourself up. Simply start again the next day.

Why 90 days? Research shows that having a daily routine for a period of at least 90 days is the most effective way to really create new patterns in our thinking.

*"Your attitude today determines your success tomorrow."
- Keith Harrell*

INTRODUCTION

Success is not an accident. It's not a rare gift given only to a few. It's a gift that's within everyone's capacity to achieve. How many times have you wondered, "What is the key to success?" If you stood on a busy street corner and asked the average person the key to success, you will more often than not hear: ***hard work or luck***. Regarding hard work, think on this: How many *hard working* people do you know? Like most of us, many. And, yet, they do not consider themselves successful. So, on some level, we all know that hard work is only a part of the equation. This is not to say that hard work is not important. But, I can unequivocally say that hard work, alone, has never brought success. And, when it comes to "luck", you make your own luck by being prepared and by recognizing and taking advantage of opportunities. I am sure you have heard it before. "It is better to be prepared for an opportunity that never comes than to be unprepared when one comes."

"It is better to be prepared for an opportunity that never comes than to be unprepared when one does come."

SUCCESS: WHAT I KNOW FOR SURE

What, then, is the key to success? While there is no one specific key, here are five things about success *I know for sure*.

- 1) **Know what it looks like.** To achieve success, you must have a clear idea of what it looks like. If you don't know what it looks like, it is difficult to achieve or to recognize when you have reached it. Success is personal. It means different things to different people. For some, it is money, power, prominence, or excellence. For others, it may be meaningful relationships, being debt free, or meeting specific goals. So, know what success looks like to you.
- 2) **Have clear intention.** Marva Collins, an American educator, once said, "Success doesn't come to you – you go to it." This statement tells me that success starts with an intention. You must "intend" to be successful. You must make a deliberate and conscious effort to be successful and have a hunger and desire to have more, be more, and do more.
- 3) **Envision the possibilities.** See it, picture it, and imagine it. And, keep the picture in your mind's eye – no matter the circumstances or what your own mind or others may say. When negative messages enter into your consciousness, simply respond by saying, "thank you for sharing". And, continue to see the possibilities.
- 4) **Commit to lifelong learning.** The more you know, the more you grow. So, become addicted to learning. Keep your mind and your heart open to learning new things – big things and small things. At the end of each day, ask yourself, what did I learn today?
- 5) **Take action.** Success is available to all who want it, believe they deserve it, and are willing to take some definite actions. You must make a conscious effort every day to do something (no matter how small) to move you toward your ultimate goal.

THE SUCCESS CONDITIONING PROCESS

The entire success conditioning process (morning and afternoon activity) takes less than 20 minutes.

This program is to serve as your journal. It is best to begin your day with journaling. This way you can be sure to get it done. As a reminder, keep your journal (this program) in a location where it's the first thing you see when you open your eyes or shortly thereafter. This will serve as a reminder to start the day by working in your journal. After a few weeks, journaling will come almost as naturally to you as walking.

As soon as you get up, open this program, and fill in the date. Review and reflect on the previous day's entry. Then, fill in the day's date and complete the success conditioning process for the morning. The entire process will take less than 10 minutes. **DON'T LOOK FOR INSTANT RESULTS, JUST WRITE!**

When you complete the success conditioning process for the morning, repeat 3 times an affirmation that truly reflects who you are or your deepest desire. An affirmation (also referred to as self-talk) is a strong positive statement that declares something as true. It is written and spoken in the present tense as if it is true. For example, "I am healthy, happy, successful, and wealthy." Or "I am a child of God". "I radiate energy, enthusiasm, and love." "I am confident."

Go to bed with your mind focused on the positive. Therefore, complete the evening activity right before you go to bed. Let this be the last thing you do before retiring for the night. As with the morning process, the evening process takes less than 10 minutes.

MORNING ACTIVITY

1. Daily success quote:

Each day begins with a success quote. You are to reflect on the quote for a few moments and, if you choose, write down some thoughts as to what it means to you. For example, take the quote by James Allen, “By the thoughts we choose, consciously and unconsciously, we author the circumstances in our lives.”

To me, this means that 1) I have complete power over where I choose to focus my attention; and 2) where I have focused my attention, in the past, has brought me to where I am today. In other words, my thoughts have played a major role in my current circumstances. Therefore, if I want to change my circumstances, all I need to do is change my thoughts.

2. Clarify your intention for today:

Next, you are to clarify your intention(s) for the day. One of the reasons many people start (and end) their day in a haphazard way is because they have no specific intention (or goal) for the day. As a result, they spend the day wandering aimlessly—doing whatever or nothing. Now, your daily intention does not have to be earth shattering. It could be something as simple as “Today, I intend to spend 5 minutes doing absolutely nothing.” Or, it could be something bigger such as “Today, I intend to only focus on the positive.” Or, “Today, I intend to spend at least 2 hours working on my book outline.”

3. Affirmation to reinforce true self:

Often times, we do not accomplish our goals because we doubt ourselves. So, this section (affirmation to reinforce your true self) is a part of your morning and evening routine because it is designed to help you build confidence and self-esteem. And, it is intended to instill in you an unwavering belief that you can have (and deserve) the desires of your heart. For example, if your deepest desire is to be a bestselling author, your affirmation may be “I am a bestselling author.” If your true self is a person of confidence, you might affirm this by saying, “I am calm, confident, and self-assured.”

Repeat your affirmation at least 3 times with energy and enthusiasm. You can do this aloud or silently. Whatever way works best for **you**. However you do it, *feel* your words. In other words, assume the *feeling* you would have if the desired state had already manifested. Ask yourself, how it would feel to be a bestselling author; to have more confidence. Then, act accordingly - i.e., act “*as if*”.

EVENING ACTIVITY

1. Acknowledge successes:

Success breeds success. At the end of the day, before bedtime, sit quietly and reflect on your day. Ask yourself these questions: What did I do today? What did I enjoy today? What were my accomplishments or successes? Only concentrate on what you **did** not what you didn't do. There is value in almost everything we do. So, never underestimate your successes no matter how small. Your success for the today does not have to be earth shattering. Again, it could be something as simple as "I found a penny." "I walked 2 miles." "I woke up feeling great."

2. Gratitude

Gratitude is the key to cultivating ultimate success. Research by psychologist, Martin Seligman, found that people who recall three things they are grateful for each day, experience significantly higher levels of happiness. And, Ralph H. Blum stated, "There is calmness to a life lived in gratitude, a quiet joy." So, each day find at least three things for which you are grateful. An example may be, "I am grateful that I have a loving family." "I am grateful for my ability to walk." "I am grateful that I can see."

3. Affirmations to reinforce true self

Just as you did with the morning activity, end the day with your affirmations. The best times to say your affirmations are when you first wake up in the morning and right before you go to sleep at night. These are the times when the subconscious mind is most susceptible to the messages. Fall asleep telling your subconscious mind good things about yourself. If you wake up in the middle of the night or just can't sleep, bombard your mind with positive thoughts about yourself or about others.

CONCLUSION

If you follow this program to the letter, there is no doubt in my mind that you will develop a success consciousness that will take you to higher levels. You will become more aware of yourself and of others. You will begin to notice things that you never noticed before. This program will open up your mind and your heart to the little things. And, there will be many lessons learned.

Remember: The only thing keeping you from experiencing and enjoying optimum success is YOU!

“Success is a state of mind. If you want success, start thinking of yourself as a success.”
- Dr. Joyce Brothers

Day 1

Date: _____

“Success is the progressive realization of predetermined, worthwhile goals.”
- Paul J. Meyer

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 2

Date: _____

“To succeed, we must first believe that we can.”

- Michael Korda

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 3

Date: _____

“Success often comes to those who have the aptitude to see way down the road.”
- J. Laing Burns, Jr.

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 4

Date: _____

“No one ever attains very eminent success by simply doing what is required of him; it is the amount and excellence of what is over and above the required that determines the greatness of ultimate distinction.”

- Charles Kendall Adams

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 5

Date: _____

“In order to succeed, your desire for success should be greater than your fear of failure.”
- Bill Cosby

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 6

Date: _____

“Success is a journey, not a destination.”

- Ben Sweetland

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 7

Date: _____

“The size of your success is measured by the strength of your desire; the size of your dream, and how you handle disappointment along the way.”

- Robert Kiyosaki

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 8

Date: _____

"The great successful men of the world have used their imagination. They think ahead and create their mental picture in all its details, filling in here, adding a little there, altering this a bit and that a bit, but steadily building - steadily building."

- Robert Collier

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 9

Date: _____

*"Most successful men have not achieved their distinction by having some new talent or opportunity presented to them. They have developed the opportunity that was at hand."
- Bruce Barton*

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 10

Date: _____

"The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather in a lack of will."

-Vincent T. Lombardi

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 11

Date: _____

"Desire is the key to motivation, but it's the determination and commitment to an unrelenting pursuit of your goal - a commitment to excellence - that will enable you to attain the success you seek."

- Mario Andretti

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 12

Date: _____

*"The secret of success in life is for a man to be ready for his opportunity when it comes."
- Benjamin Disraeli*

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 13

Date: _____

"My list of ingredients for success is divided into four basic groups: Inward, Outward, Upward and Onward."

- David Thomas

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 14

Date: _____

"I believe the greater the handicap, the greater the triumph."

- John H. Johnson

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 15

Date: _____

"Success is not permanent. The same is also true of failure."

- Dell Crossword

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 16

Date: _____

"A successful man continues to look for work after he has found a job."

- Anonymous

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 17

Date: _____

"Few men have the natural strength to honour a friend's success without envy."

- Aeschylus

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you. .

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 18

Date: _____

"Asked what his secret was for lasting so long and being so successful as the president of Yale University, Dr. James R. Angell explained: "Grow antennae, not horns."

- Dr. James Rowland Angell

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and Gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 19

Date: _____

"An Unfailing Success Plan: At each day's end write down the six most important things to do tomorrow; number them in order of importance, and then do them."

- Anonymous

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 20

Date: _____

"As you climb the ladder of success, check occasionally to make sure it is leaning against the right wall."

- Anonymous

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 21

Date: _____

"Be self-reliant and your success is assured."

- Anonymous

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 22

Date: _____

"Confidence is the companion of success."

- Anonymous

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 23

Date: _____

"Choice, not circumstances, determines your success."

- Anonymous

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 24

Date: _____

"Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful."

- Herman Cain

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 25

Date: _____

"I believe that the true road to preeminent success in any line is to make yourself master of that line."

- Andrew Carnegie

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 26

Date: _____

People rarely succeed unless they have fun in what they are doing."

- Dale Carnegie

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 27

Date: _____

"Success depends upon previous preparation, and without such preparation there is sure to be failure."

- Confucius

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 28

Date: _____

*"The secret of success is constancy to purpose."
- Benjamin Disraeli*

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 29

Date: _____

"I don't know the key to success but the key to failure is to try to please everyone."

- Bill Cosby

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 30

Date: _____

“Somehow I can’t believe there are many heights that can’t be scaled by a man who knows the secret of making dreams come true. This special secret can be summarized in four C’s. They are: curiosity, confidence, courage, and constancy, and the greatest of these is confidence.”

- Walt Disney

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 31

Date: _____

*"As a rule, he or she who has the most information will have the greatest success in life."
- Benjamin Disraeli*

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 32

Date: _____

"Sometimes a noble failure serves the world as faithfully as a distinguished success."

- Dowden

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 33

Date: _____

"Women will never be as successful as men because they have no wives to advise them."

- Dick Van Dyke

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 34

Date: _____

"Many of life's failures are people who did not realize how close they were to success when they gave up."

- Thomas Edison

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 35

Date: _____

"Self-trust is the first secret of success."

- Ralph Waldo Emerson

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 36

Date: _____

"Achievement seems to be connected with action. Successful men and women keep moving. They make mistakes, but they don't quit."

- Conrad Hilton

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 37

Date: _____

“Develop success from failures. Discouragement and failure are two of the surest stepping stones to success.”

- Dale Carnegie

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 38

Date: _____

"You don't become enormously successful without encountering and overcoming a number of extremely challenging problems."

- Mark Victor Hansen

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 39

Date: _____

"I do not think there is any other quality so essential to success of any kind as the quality of perseverance. It overcomes almost everything, even nature."

- John D. Rockefeller

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 40

Date: _____

“A successful man is one who can lay a firm foundation with the bricks others have thrown at him. “

- David Brinkley

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 41

Date: _____

“Action is the foundational key to all success. “

- Pablo Picasso

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 42

Date: _____

“Always bear in mind that your own resolution to succeed is more important than any other.”
- Abraham Lincoln

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 43

Date: _____

“I couldn't wait for success, so I went ahead without it.”

- Jonathan Winters

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 44

Date: _____

“Success is not an accident. You must intend to be successful. You must make a deliberate and conscious effort to be successful and have a hunger and desire to have more, be more, and do more.”

- Daisy Saunders

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 45

Date: _____

“Most people give up just when they're about to achieve success. They quit on the one yard line. They give up at the last minute of the game one foot from a winning touchdown.”

- Ross Perot

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 46

Date: _____

“Success is the progressive realization of predetermined, worthwhile goals.”

- Paul Meyer

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 47

Date: _____

“Pray that success will not come any faster than you are able to endure it.”

- Elbert Hubbard

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 48

Date: _____

“Success is a lousy teacher. It seduces smart people into thinking they can't lose.”

- Bill Gates

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 49

Date: _____

“Success is dependent on effort.”

- Sophocles

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 50

Date: _____

"The ladder of success is best climbed by stepping on the rungs of opportunity."

- Ayn Rand

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 51

Date: _____

“To establish true self-esteem we must concentrate on our successes and forget about the failures and the negatives in our lives.”

- Dennis Waitley

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 52

Date: _____

“The most important single ingredient in the formula of success is knowing how to get along with people.”

- Theodore Roosevelt

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 53

Date: _____

“What is success? I think it is a mixture of having a flair for the thing that you are doing; knowing that it is not enough, that you have got to have hard work and a certain sense of purpose.”

- Margaret Thatcher

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 54

Date: _____

“Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy.”

- Norman Vincent Peale

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 55

Date: _____

"Concentration of effort and the habit of working with a definite chief aim are two of the essential factors in success which are always found together. One leads to the other."

- Napoleon Hill

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 56

Date: _____

"Any fact facing us is not as important as our attitude toward it, for that determines our success or failure."

- Norman Vincent Peale

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 57

Date: _____

"Attach yourself to your passion, but not to your pain. Adversity is your best friend on the path to success."

- Unknown

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 58

Date: _____

“Before success comes in any man's life he is sure to meet with much temporary defeat and, perhaps, some failures. When defeat overtakes a man, the easiest and most logical thing to do is to quit. That is exactly what the majority of men do.”

- Napoleon Hill

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 59

Date: _____

“Success on any major scale requires you to accept responsibility... in the final analysis, the one quality that all successful people have... is the ability to take on responsibility.”

- Michael Korda

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 60

Date: _____

"Success consists of going from failure to failure without loss of enthusiasm."

- Winston Churchill

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 61

Date: _____

“Success attracts more success, while failure attracts more failure.”

- Unknown

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 62

Date: _____

“Success is not a lucky break. It is not a divine right. It is not an accident of birth. Success is a choice.”

- Rick Patino

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 63

Date: _____

“Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed.”

- Booker T. Washington

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 64

Date: _____

“Poor people will do almost anything to avoid problems. They see a challenge and they run...the secret to success, my friends, is not to try to avoid or get rid of or shrink from your problems; the secret is to grow yourself so that you are bigger than your problems.”

- T. Harv Eker

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 65

Date: _____

“To succeed, one must be creative and persistent.”

- John H. Johnson

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 66

Date: _____

“Before everything else, getting ready is the secret of success.”

- Henry Ford

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 67

Date: _____

“Wanting something is not enough. You must hunger for it. Your motivation must be absolutely compelling in order to overcome the obstacles that will invariably come your way.

- Les Brown

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 68

Date: _____

“It's fine to celebrate success but it is more important to heed the lessons of failure.”

- Bill Gates

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 69

Date: _____

“Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome.”

- Booker T. Washington

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 70

Date: _____

“Success isn't a result of spontaneous combustion. You must set yourself on fire.”

- Arnold H. Glasow

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 71

Date: _____

“Success seems to be largely a matter of hanging on after others have let go.”

- William Feather

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 72

Date: _____

“Success without honor is an unseasoned dish; it will satisfy your hunger, but it won't taste good.”

- Joe Paterno

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 73

Date: _____

“Successful people see a challenge as simply another opportunity to excel.”
- Daisy Saunders

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 74

Date: _____

“Success: To laugh often and much, to win the respect of intelligent people and the affection of children, to earn the appreciation of honest critics and endure the betrayal of false friends, to appreciate beauty, to find the best in others, to leave the world a bit better, whether by a healthy child, a garden patch, or a redeemed social condition; to know even one life has breathed easier because you have lived. This is to have succeeded!”

- Ralph Waldo Emerson

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 75

Date: _____

“Success is more permanent when you achieve it without destroying your principles.”
- Walter Cronkite

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 76

Date: _____

“There is only one success - to be able to spend your life in your own way.”

- Christopher Morley

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 77

Date: _____

“Some people succeed because they are destined to; others succeed because they are determined to.”

- Steven Jacobson

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 78

Date: _____

“The harder you work, the easier it is for success to find you.”
- Unknown

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 79

Date: _____

“Run behind excellence and success will follow you.”
- Unknown

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 80

Date: _____

“When a man feels throbbing within him the power to do what he undertakes as well as it can possibly be done, this is happiness, this is success.”

- Orison Swett Marden

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 81

Date: _____

“Truth, self control, asceticism, generosity, non-injury, constancy in virtue; these are the means of success, not caste or family.”

- Mahabharata

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 82

Date: _____

"Health, happiness and success depend upon the fighting spirit of each person. The big thing is not what happens to us in life - but what we do about what happens to us."

- George Allen

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 83

Date: _____

"Seventy percent of success in life is showing up."
- Woody Allen

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 84

"Act as though it is impossible to fail."

- Anonymous

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 85

Date: _____

"Persistence gives confidence and continued right mental attitude followed by consistent action will bring success. When you have that knowing inside of you, fear has vanished and the obstruction to a life of all good removed."

- Anonymous

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 86

Date: _____

"The two hardest things to handle in life are failure & success."

- Anonymous

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 87

Date: _____

"You cannot sit on the road to success for if you do, you will get run over."

- Anonymous

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 88

Date: _____

“The worst bankrupt in the world is the man who has lost his enthusiasm. Let a man lose everything else in the world but his enthusiasm and he will come through again to success.”
- H.W. Arnold

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 89

Date: _____

"One important key to success is self-confidence. An important key to self-confidence is preparation."

- Arthur Ashe

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 90

Date: _____

“Success and happiness are not matters of chance, but choice.”
- Daisy Saunders

MORNING ACTIVITY

1. Quote for today: Reflect on the quote for today and write down some thoughts as to what it means to you.

2. Clarify your intention for today:

3. Affirmation (s) to reinforce true self:

EVENING ACTIVITY

1. Acknowledgment of successes: What did you accomplish today?

2. Appreciation and gratitude: List at least 3 things you are grateful for.

3. Affirmation (s) to reinforce true self:

Day 91 and Beyond

CONGRATULATIONS!!! You have just completed 90 days of your success conditioning program. I now challenge you to keep it up for another 30 days. Encourage your family members and friends to join you by keeping a success journal. To facilitate this process as well as to encourage others to maintain a success journal, you have my permission to share this journal (and process) with others. Simply use blank sheets of paper and follow my format.

Remember, the potential for success lives within each of us. It is not a rare gift given only to a few. Achieving it takes determination, good planning and perseverance. This program ends with H. Jackson Brown, Jr.'s, *21 Suggestions for Success*. Mr. Brown is an American author, best known for his book, *Life's Little Instruction Book*.

1. Marry the right person. This one decision will determine 90% of your happiness or misery.*
2. Work at something you enjoy and that's worthy of your time and talent.
3. Give people more than they expect and do it cheerfully.
4. Become the most positive and enthusiastic person you know.
5. Be forgiving of yourself and others.
6. Be generous.
7. Have a grateful heart.
8. Persistence, persistence, persistence.
9. Discipline yourself to save money on even the most modest salary.
10. Treat everyone you meet like you want to be treated.
11. Commit yourself to constant improvement.
12. Commit yourself to quality.
13. Understand that happiness is not based on possessions, power or prestige, but on relationship with people you love and respect.
14. Be loyal.
15. Be honest.
16. Be a self-starter.
17. Be decisive even if it means you'll sometimes be wrong.
18. Stop blaming others. Take responsibility for every area of your life.
19. Be bold and courageous. When you look back on your life, you'll regret the things you didn't do more than the ones you did.
20. Take good care of those you love.
21. Don't do anything that wouldn't make your Mom proud."

- H. Jackson Brown Jr.

**I added this asterisk since some people do not want to be married. You don't have to be married to be considered a success.*

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