

LIFE WITHOUT **LIMITS**

MIRACLE
reflection
JOURNAL

A guided practice to identify what's worked in the past and what needs work in the present, so you can create your best future.

SUCCESS

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HELLO! HEY, THERE! I'M JOSH...

WELCOME! AND CONGRATULATIONS FOR MAKING THE DECISION TO INVEST IN YOUR DEVELOPMENT.

The greatest gift is the gift of time. It isn't something you should give up freely. Benjamin Franklin is quoted as saying, "You may delay, but time will not."

The time you invest in your own growth will payoff exponentially. We're here to help make sure you collect the dividends.

While others charge full-speed ahead into the New Year without a plan, you are taking time to create a roadmap that will accelerate your growth.

See you have to take time to plan...



“Productivity is never an accident. It is always the result of a commitment to excellence, intelligent planning, and focused effort.” –PAUL J. MEYER

The essence of any progress you're going to make in personal development, first and foremost, is that it must be personal.

For you to get the most out of the time you're putting in, you've got to apply all of this stuff to your very own life and put in the work. To help you along this journey, we've created a reflection journal.

This journal is designed to help you discover the strengths you haven't yet identified, the pits you have ignored, and the tools you have in your arsenal to climb to the top. We know that the work isn't free, and that the work isn't easy. But we also know that it is worth it.

THIS EXERCISE WILL BE ONE OF THE MOST POWERFUL PRACTICES YOU'VE DONE THIS YEAR.

This exercise is to help you think about how the teachings apply in your life, and how you can use them to create an advantage for yourself, a little edge over the folks currently clicking through to their ninth straight cat video.

So now it's on you. Be on the lookout for our best ideas and strategies to hit your inbox.

You're going to love the future you create.

To your SUCCESS,

Josh

Josh Ellis
Editor in Chief, *SUCCESS*

GETTING STARTED ON YOUR REFLECTION JOURNAL

The best way to start anything is with a clean slate. Here are 4 tips on how to get the most out of your journaling experience.

1

LEARN ABOUT THE 4 PILLARS FOR SUCCESS.

These are the 4 areas in your life that are most important to your overall success. On page 4 of your journal, you will find more information on what the 4 pillars are, why they are so important to your success, and how to think about those 4 pillars as you journal.

2

PICK YOUR LOCATION.

Find a calming place where you feel your mind can wander the most. This could be a quiet, comfortable place in your house, or a corner table in a bustling coffee shop. Go where you can get lost in your thoughts and feel the most creative.

3

COLLECT YOUR SUPPLIES.

There are a few different ways you can complete this journal. You can download and print this workbook and journal by hand with pens, markers, stickers, etc. You can download this and complete everything digitally. Or you can do a combination of digital and print. That's our favorite way! You can follow along with the *SUCCESS* staff as they complete their journaling experience right along side you.

4

JOIN OUR FACEBOOK GROUP.

[Click this link](#), or search on Facebook for the group: Breakthrough by *SUCCESS*, and request to join the group. The team will add you to the community so that you can brainstorm, share, and network with other like-minded goal-setters, including the *SUCCESS* staff.



THE FOUR PILLARS OF SUCCESS

Success is not a goal. If that is how you see it, you need to reframe how you think of success. That is what you are here to do. Success is a process and a journey. Success is not defined by the achievement, but the growth on the way. We have found that the most 'successful' people achieved their greatest accomplishments through the consistent pursuit for these four cornerstones: Happiness, Health, Growth and Purpose.



Happiness

Happiness is crucial for your overall well-being. After all, what's the point of achieving any form of success if you aren't filled with joy and able to share it with others? Being truly happy, though, is about more than just smiling and laughing. It takes effort and discipline to be continually happy. But with the right mindset and behaviors in place, you can be well on your way to living your most abundant life.



Health

When most of us think of health, we think of eating fruits and veggies, working out several days a week, sleeping six to eight hours a night and taking steps to keep our bodies in tip-top shape. Although all of those are important, health is about more than just our physical state of being. It's about what's on the inside, too. Mental health is just as important as physical health.



Growth

Personal growth truly is the cornerstone of personal development. The small actions you take on a daily basis—coupled with the big-picture changes you make long-term—will set you on the path to true success. Complacency is the antithesis of personal growth. You should always be looking for ways to improve yourself.



Purpose

Research shows the world's happiest people report having a strong sense of purpose. Whether it comes from their work, their role as a parent, or even their hobby, they are happier because they have a purpose in life. If you don't feel like you already have a strong sense of purpose, that's OK. It's easy to find one!

JOURNAL: WHO WILL YOU BE?

Let's start this with a clean slate. Throughout this journal, you will be asked to work your way backwards. The first thing you will do is decide where you want to be in the future. This is your most ideal self. This is your ultimate dream. Take a deep, cleansing breath, and let your mind go wild. Write down all the things you want most in life. No matter how 'unattainable' you think they sound.

1. If I could do anything for work, no matter the skills I do or don't have, it would be

2. If money didn't matter, I would spend most of my time doing....

3. My perfect day starts with _____
and ends with _____ .

4. When I think of the healthiest version of myself, I feel and see

5. When you are 85 years old, sitting on your porch, what do you want to look back on?



Success is a personal standard, reaching for the highest that is in us, becoming all that we can be." -Zig Ziglar

JOURNAL: WHERE ARE MY GAPS?

Now that you have gone through the exercise of determining who you aspire to be, it is time to discover the gaps in your life right now that are holding you back. Dig deep in the journal prompts below and be radically honest with yourself during this exercise. Just because it is holding you today, doesn't mean you have to carry that with you on the journey ahead.

1. I could be happier today if I weren't distracted by...
2. Do you feel your most important relationships have been nurtured this year?
3. Something I've been wanting to change in my life, but haven't started because I feel I can't give it my all is...
4. The last training I participated in with the intention of personal growth was...
5. A habit I have been meaning to remove from my life, but I keep falling back is...



"Owning our story can be hard but not nearly as difficult as spending our lives running from it." - Brene Brown

JOURNAL: HOW WILL YOU GET THERE?

Now that you have written down what you hope to achieve in the distant future; it is time to discover what you can accomplish this year that will get you closer to an unlimited version of yourself. Use the prompts below to clarify what you most want to focus on this year.

1. A skill that I want to learn is...
2. Something that I always say I'm going to do, but don't have time for is...
3. A relationship I want to grow this year is...
4. My greatest strength is... And I will use it this year to...
5. The healthy habit I am most excited to try this year is...



"Successful people do what unsuccessful people are not willing to do. Don't wish it were easier; wish you were better." -Jim Rohn

JOURNAL: WHAT FUELS YOU?

You know where you want to end up. You know what you will do this year to make progress. Now look back at what has worked and hasn't worked in the past so you know what skills and habits to bring with you on your journey ahead and what to leave in the past.

1. I feel most energized when...

2. The last time I conquered a fear, I did it by...

3. A person I admire most is _____, because...

4. My 3 worst habits that I want to break are...

5. The last time I felt genuinely happy was...



*"Success is achieved and maintained by those who try and keep trying."
-W. Clement Stone*

DESIGN A FUTURE WITH A PURPOSE

Fill in the prompts on this page to best design what you want to be, what you want to achieve, and what your priorities are for your future self. It doesn't have to be perfect. You just have to start.

My name is _____ . Today, I am _____ .

In the past, I have prioritized _____ over myself. I am going to make changes in my life, starting this year, so that I can live more for me.

My journey to _____ begins today. I will get there by utilizing my greatest strength of _____ , work more on the skill of _____ , and start learning how to _____ .

I will make time to cultivate these skills by saying 'no' to _____ .

This year, I will create happiness by _____ .

The things that have robbed me of happiness in the past, that I will say 'no' to this year are _____ .

I won't allow my fear of _____ to hold me back anymore. I will overcome obstacles like this by doing things that worked for me in the past, like _____ .

When I need support to stay on track, I will rely on _____ .

365 days from now, I will be _____ .

Which gets me closer to becoming _____ .



*"You, and only you, are responsible for who you become and how happy you are."
- Rachel Hollis*



READY TO GO FURTHER?

Taking your goals and dreams off the page and implementing them in your life is hard work. Don't go after it alone. Join thousands of others and the *SUCCESS* team to go from goal-setting to goal-getting!

Join the Breakthrough Clarity Challenge by *SUCCESS* magazine.

During this 4-day challenge, you will learn how to take your purpose statement and turn it into a promise for the decade ahead.

SUCCESS will guide you through daily video trainings, an active accountability group, and 4 days of exclusive resources to help you shape your goals into action.

DURING THIS TRANSFORMATIVE 4-DAY CHALLENGE, YOU WILL EXPERIENCE BREAKTHROUGH MINDSET SHIFTS AROUND THE MOST IMPORTANT AREAS OF YOUR LIFE:

- Turn “who I am is what I do” into “who I am is HOW is serve”.
- Eliminate an all or nothing belief and discover the magic of consistency.
- Avoiding pain is not what makes you happy, instead discover happiness through pushing past your limits.
- Move from simple self-awareness to a pattern of incremental learning and growing for life!

[CLICK HERE TO JOIN](#)

**4 DAILY
LESSONS TO
AN UNLIMITED
2020**

**AN
ACCOUNTABILITY
GROUP TO STAY
ON TRACK**

**EXCLUSIVE
ACCESS TO
THE SUCCESS
RESOURCES**

NOTES
