

One Month Master Mind Journal

Many people fail to grow their business not because of ambition or drive...

...they fail because of the lack of a well-structured and properly executed plan.

This 30 Day Journal aims to ensure that you set a monthly and weekly plan and then take daily actions to ensure you achieve your goals for your business.

Goals

Week 1

Week 2

Week 3

Week 4

Review

Your Month Goals

Describe in as much detail as you can exactly where you see your business one month from now.

"Setting goals is the first step in turning the invisible into the visible."

Tony Robbins

This Month:

In Seven Days, I Will Have
In Fourteen Days, I Will Have
In Twenty-One Days, I Will Have
In Twenty-Eight Days, I Will Have

"In business, you don't get what you deserve, you get what you negotiate and plan for."

Chester L. Karrass

This Month:

I declare that this month I will take committed action toward achieving Monthly tasks.

This month I am committed to the following actions...

Signed:

Week One Focus Points

Marketing:
Finance:
Operations:

Towards Your Weekly Goal Date:

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Who do I Need to Talk to Today	
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My Biggest win today was	
My Biggest lesson today was	
My Biggest distraction today was	
What did I do to grow today	

Towards Your Weekly Goal Date:

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Who do I Need to Talk to Today	

My Biggest win today was
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Towards Your Weekly Goal

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My Biggest distraction today was	
What did I do to grow today	
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Towards Your Weekly Goal

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What did I do to grow today	
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Towards Your Weekly Goal

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What did I do to grow today	

Weekly Review Of Your Focus Points

Did You Achieve your Marketing Aims:
Did You Achieve your Finance Aims:
Did You Achieve Your Ops Aims:
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Weekend Thoughts

"Without goals, and plans to reach them, you are like a ship that has set sail with no destination."

Fitzhugh Dodson

Week Two

Focus Points

Marketing:
Finance:
Operations:
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Towards Your Weekly Goal

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Who do I Need to Talk to Today	

My Biggest win today was	
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What did I do to grow today	

Towards Your Weekly Goal

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Towards Your Weekly Goal

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Towards Your Weekly Goal

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What did I do to grow today	
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My Biggest distraction today was	
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Weekly Review Of Your Focus Points

Did You Achieve your Marketing Aims:
Did You Achieve your Finance Aims:
Did You Achieve Your Ops Aims:



Weekend Thoughts

"Good fortune is what happens when opportunity meets with planning."

- Thomas Edison

Week Three Focus Points

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Finance:
Operations:



Towards Your Weekly Goal

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Towards Your Weekly Goal

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What did	I do to grow today	

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My Biggest distraction today was	
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My Biggest distraction today was	
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Did You Achieve your Finance Aims:
Did You Achieve Your Ops Aims:

Weekend Thoughts

"The best way to predict the future is to create it."

Peter Drucker

Week Four Focus Points

Marketing:
Finance:
Operations:

Towards Your Weekly Goal

Date:

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Who do I Need to Talk to Today	

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My Biggest I	lesson today was	
My Biggest o	distraction today was	
What did I d	lo to grow today	

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What did I d	lo to grow today	

Daily Actions

Towards Your Weekly Goal

Date:

List Your Top Three Priorities for Today, Only tick the box once the action is complete.

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Who do I Need to Talk to Today	

Daily Reflections

Review your day, what went right, what were the lessons and what can you improve on.

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Weekly Review Of Your Focus Points

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Did You Achieve your Finance Aims:
Did You Achieve Your Ops Aims:



Weekend Thoughts

Monthly Reflections

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Review your month, what went right, what were the lessons and what can you improve on.

My Biggest win this month was...

My Biggest lesson this month was...

Areas I need more help in are...

*

This month I rate my business as...out of 10

Marketing efforts are ____ Out Of 10

*

Financial health is ____ Out Of 10

Operations are ____ Out Of 10

"By failing to prepare, you are preparing to fail."

Benjamin Franklin

"Our goals can only be reached through a vehicle of a plan, in which we must fervently believe, and upon which we must vigorously act. There is no other route to success."

- Pablo Picasso

