Food Journal

BREAKEAST

As the old adage goes, you are what you eat.

We all have the best intentions, but often don't realize all that we consume. Clarity occurs by journaling our consumption.

LUNCH
-
DINNER
SNACKS
ALCOHOL
NATED
WATER

Physical Fitness

If physical fitness is not part of your daily routine, think of it as a boat anchor. You don't need to lift the anchor completely out of the water for the boat to move. It just needs to be lifted a little for forward movement. Point being, commit to it even if it is a walk around the block and build upon it.

Just lift the anchor a little and begin the forward momentum.

Capture your day's fitness activities. If you have goals, benchmark them here.

Learnings

Look back over your Journal. What learnings can you take from it. What excites you? What would you like to do differently?

Make your learnings greater than the experience.

Personal Analytics Journal

Capture | Learn | Adjust Repeat...

Name		

Date__

Positive Focus

Can dark and light occupy the same space? No. Neither can positive and negative thoughts.

Throughout the day, we encounter many positives and negatives. As a society, we tend to focus more on the negative than the positive.

Focus on the positive and forget the negative.

Capture your Positive Focus Here:

1	 		
2			
3			

Three Crucials

Throughout each day, we fill our time with important activities, often to the neglect of crucial activities. Here, capture your three crucial activities that regardless of what else gets done today, these three will:

1	 	 	
2	 	 	

Activity Inventory

Are you making the most of your time? Do you know how you spend your time? Are there better or more efficient ways to accomplish those activities and tasks - freeing yourself to focus on activities that are most meaningful and where you find your passion?

First, capture a day's activities. Then circle those activities that you have no passion for, don't enjoy doing, or can easily eliminate or delegate. Work to eliminate the circles.

Mind Food Journal

A Food Journal captures what you feed your stomach, a Mind Food Journal captures what you feed your mind. What television do you watch, what magazines do you read, who do you surround yourself with? Are they a useful and positive influence or a negative or useless influence.

Is local news positive or is it filled with house fires, car crashes, scandals, and celebrity gossip?

Capture what you feed your mind. At the end of the day, circle all that was negative or useless. Work to eliminate the circled consumptions.

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