



# Success Journal

The key to success in any venture is taking the responsibility and accountability for your actions.

## Steps to Successfully Achieving Your Goals:

- Write down the goal you wish to accomplish.
- Focus on the goal for 28 days; it takes 28 days to create a habit.
- Chart your progress. Ask yourself if your daily actions are getting you closer or farther from reaching your desired goal.

## 28 Day Accountability Chart

Write down the specific goal you desire to accomplish:

Everyday rate your self on a scale of 1-10. 1 meaning you missed the opportunity by not doing the correct actions to help you achieve your goal, 5 is half your actions helped you reach your goal and half your actions prohibited you from your goal and 10 is you had the perfect day, your actions created an environment to achieve your ultimate goal.

Today's

Date:

	1	2	3	4	5	6	7	8	9	10
Day 1										
Day 2										
Day 3										
Day 4										
Day 5										
Day 6										
Day 7										
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Day 25										
Day 26										
Day 27										
Day 28										

How close did you come to accomplishing your desired goal?

- I was Successful & Now I Am Ready for Next Challenge!
- I am a little short of my goal; I need a few more days to reach success.
- I missed the mark and will start again at once.