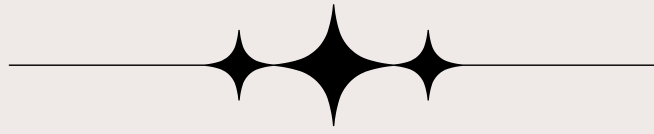


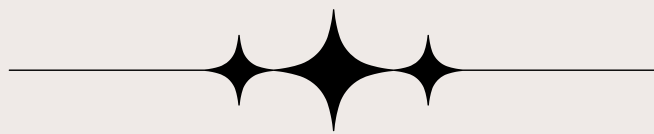


DAILY *journal*





The whole secret to a successful life is to find out what one's destiny is to do, and then do it. - Henry Ford





5 minute journaling

WHAT ARE 3 MAJOR PEAKS, ACHIEVEMENTS, OR HIGHLIGHTS SO FAR IN MY LIFE?

WHAT QUALITIES OR CHARACTERISTICS WERE NEEDED TO MAKE THOSE ACHIEVEMENTS HAPPEN?

I am (write the 3 or 4 main strengths that resonate with you).

Example:

I am brave. I am strong. I can set goals and achieve them.



5 minute journaling

WHAT ARE 3 MAJOR VALLEYS, LOW POINTS, OR CRISIS MOMENTS IN MY LIFE?

WHAT DID I LEARN FROM THOSE LOW POINTS OR WHAT AM I LEARNING RIGHT NOW?

How am I a better person because of those lesson? How have those lessons made me a better health professional?

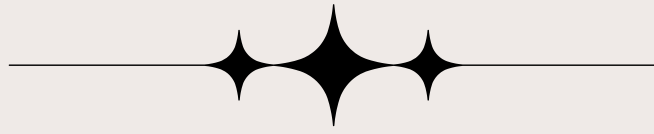


5 minute journaling

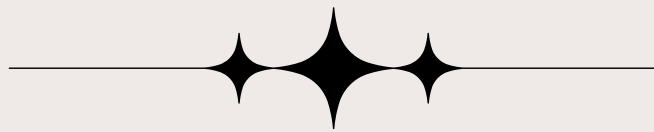
WHAT WERE MY MOST SUCCESSFUL CASES?
WHAT CASES HAVE I LOVED WORKING WITH?

HOW DO THOSE PATIENTS AND CLIENTS FEEL BECAUSE OF
HOW I HELPED THEM? HOW HAS THAT IMPACTED THEIR
LIFE?

When I think about the patients or clients that I helped
and their success stories, how does that make me feel?



You are uniquely designed
to solve a problem or meet
a need. People are
waiting on you to shine
your unique light.





5 minute journaling

WHAT ARE MY UNIQUE QUALIFICATIONS? WHAT
CONTINUE EDUCATION COURSES MAKE ME
UNIQUE IN MY FIELD?

WHAT AM I REALLY GOOD AT THAT NOT A LOT OF PEOPLE
ARE?

Based on my unique knowledge, my skillset, and
experience, what problems am I uniquely designed to
solve?



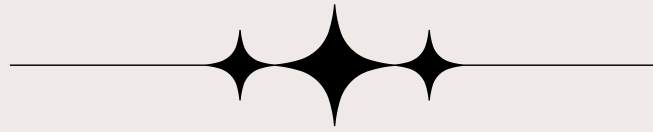
In one word or sentence, answer the following questions:

What need do I want to meet?

What problem do I want to solve?

Based on my strengths, how do I plan to do it?





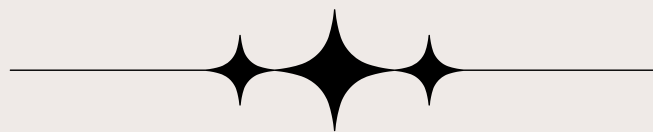
*Time management is a
misnomer, the challenge is to
manage ourselves*

Stephen R. Covey

*Time management requires
self-discipline, self-mastery,
and self- control.*

Brian Tracy

**What you do with your time
MATTERS.**





5 minute journaling

WHAT DO I DO EVERY DAY? WHAT ARE YOUR DAILY TASKS?







5 minute journaling

WHAT ARE MY BIGGEST TIME SINKS? THESE ARE TASKS YOU DO THAT DON'T MAKE YOU MONEY AND DISTRACT YOU FROM YOUR GOALS. EXAMPLE: EMAIL OR SOCIAL MEDIA

WHAT IS ON MY "TO-DO" LIST?





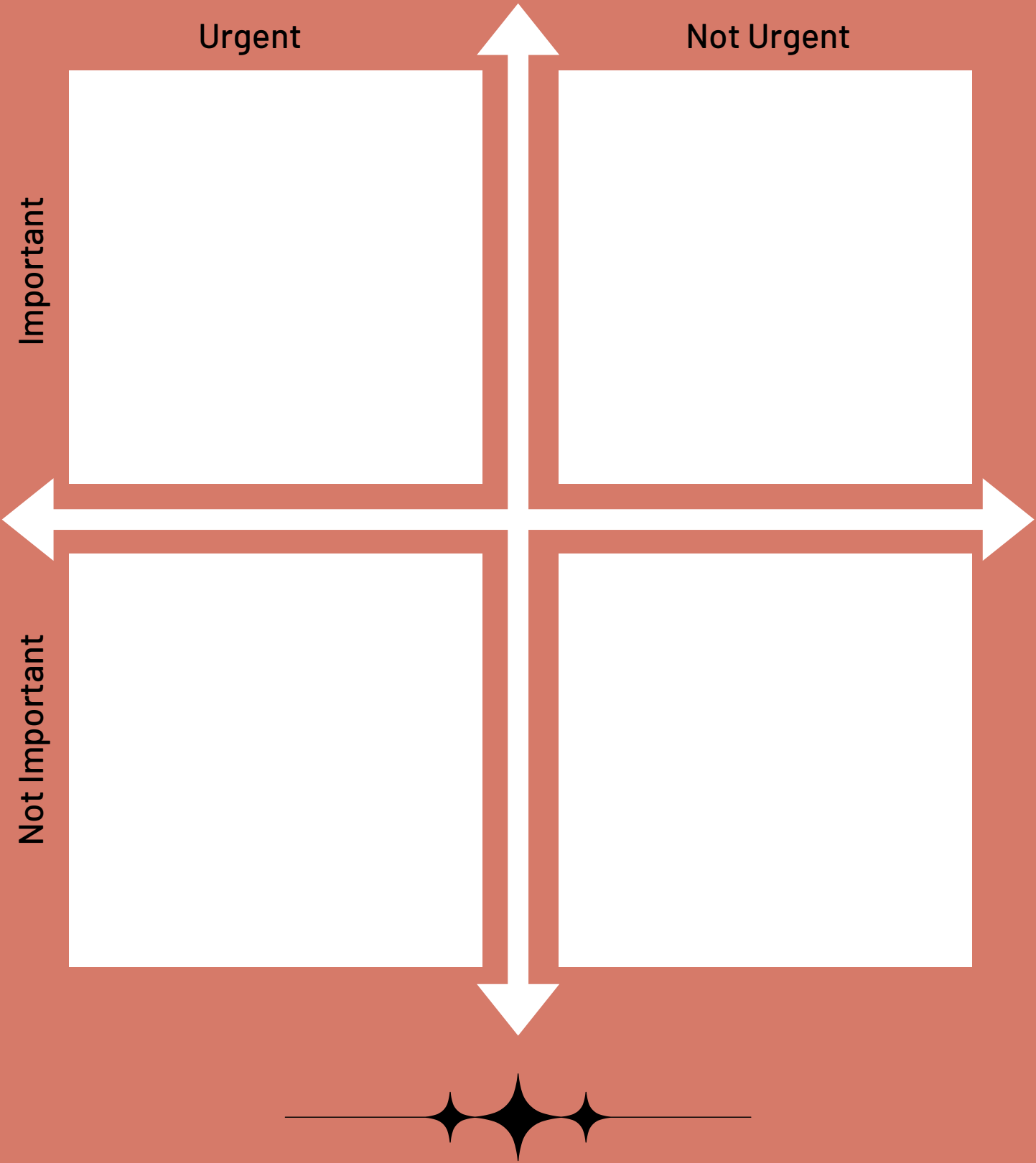
5 minute journaling

WHAT AM I DOING DAILY THAT IS HELPING ME CREATE
THE KIND OF PRACTICE OR LIFE THAT I WANT?

WHAT CHANGES CAN I MAKE TO MY SCHEDULE TO
MAKE IT LESS DRAINING?



Organize your "to-do" list into 4 categories: Urgent and important, Urgent but not Important, Not Urgent but still important, and not urgent and not important. This will help you when you time block and re-design your schedule. I suggest doing this task weekly and sometimes daily.





Schedule what's most important FIRST.

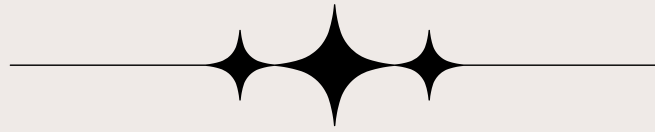
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
You/Family Time or Other							
Morning Schedule							
Midday Lunch							
Afternoon							
You/Family Time or Other							

Spiritual/Personal Development

Family

Your Health

Tasks that will generate the most money and are in alignment with your purpose



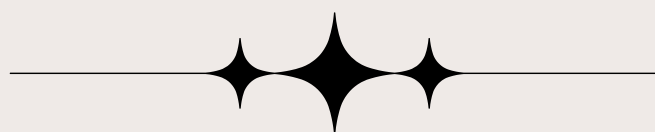
*Create your own tomorrows with
your thoughts and
actions...TODAY*

Catherine DeVrye

*The secret to change is to focus
all your energy not on fighting
the old, but on building the new*

Socrates

**What ACTIONS will you start
taking?**





5 minute journaling

I LOVE WORKING WITH PEOPLE WHO _____
_____AND I AM UNIQUELY
CAPABLE OF HELPING THEM BY DOING/OFFERING:

THIS IS FULFILLING TO ME BECAUSE....

BY DOING WHAT IS FULFILLING TO ME, I WILL HAVE
MORE...



5 minute journaling

WHAT CAN I BE DOING TO CREATE AND ATTRACT MORE OF WHAT I WANT? THINK ABOUT THE KIND OF PATIENTS YOU WANT TO SEE OR WHAT YOU WANT TO BE DOING.





5 minute journaling

FROM THE IDEAS YOU'VE JUST LISTED, WHAT ARE THE TOP 3 THAT STICK OUT TO YOU THE MOST? WRITE THEM DOWN.

OUT OF THE TOP 3 IDEAS, PICK ONLY 1 THAT YOU WANT TO FOCUS ON FOR THE NEXT 30-90 DAYS. WRITE IT DOWN BELOW.

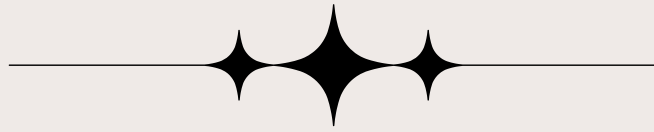




5 minute journaling

LIST ALL TASKS THAT YOU CAN COME UP WITH TO GET YOU STARTED IMMEDIATELY ON YOUR #1 IDEA AND GOAL.





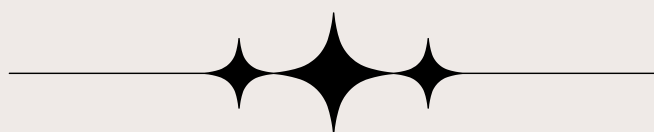
The biggest challenge in business is not the competition, its what goes on inside your own head.

Barbara Corcoran

The greatest achievement of the human spirit is to live up to one's opportunities and make the most of one's resources.

Luc De Clapiers

Obstacles and challenges are inevitable, what resources do you have to help you along the way?





5 minute journaling

WHAT OBSTACLES ARE YOU CURRENTLY FACING THAT ARE KEEPING YOU FROM MANIFESTING WHAT YOU WANT?

WHAT ARE YOUR LIMITING BELIEFS KEEPING YOU FROM MOVING FORWARD? EXAMPLE: FEAR, LACK OF CONFIDENCE, DOUBT, REASON WHY YOU CAN'T, ETC...

WHAT CAN YOU START DOING TO REMOVE THESE CURRENT OBSTACLES AND CHALLENGES?

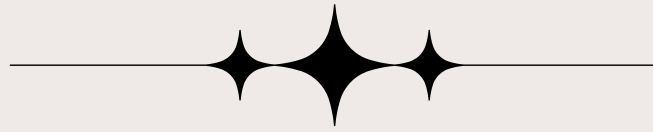




5 minute journaling

WHAT ARE OBSTACLES OR CHALLENGES YOU FORESEE
FACING AS YOU BEGIN TO IMPLEMENT YOUR MAIN IDEA
YOU CAME UP WITH IN DAY 3?



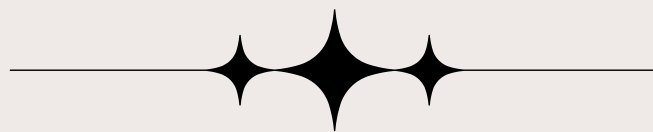


Resourcefulness

To be able to create useful and unique solutions in challenging situations.

Useful means your solution works and is practical. Unique means the solution is interesting, unexpected, and clever.

-LinkedIn Learning





5 minute journaling

LIST THE RESOURCES YOU CURRENTLY HAVE THAT WILL HELP YOU TO OVERCOME THESE FORESEEN CHALLENGES?
EXAMPLE: PEOPLE, KNOWLEDGE, TECHNOLOGY, COMMUNITY

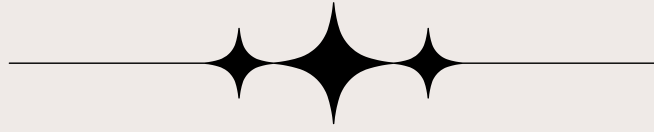




5 minute journaling

LIST THE RESOURCES YOU WILL NEED TO START IMPLEMENTING YOUR TOP IDEA FOR ATTRACTING THE PATIENTS YOU WANT OR THE LIFE YOU DESIRE. EXAMPLE: COACHING, A MASTERMIND GROUP, HIRED TALENT





You must take personal responsibility. You can not change the circumstances, the seasons, or the wind, but you can change yourself.

Jim Rohn





*Knowledge of any kind brings
about a change in awareness
from where it is possible to create
new realities.*

Deepak Chopra

*Knowledge will bring you the
opportunity to make a difference.*

Claire Jagan

KNOW what it is your are working towards, have
CLARITY on how you will get there, and start
ACTING on your **PLAN**





Fire needs 3 things

Fuel

Oxygen

A SPARK





5 minute journaling

I AM PASSIONATE ABOUT

THIS MAKES ME PASSIONATE BECAUSE

I WILL FUEL THIS PASSION EVERYDAY BY:



What is my next step?

Keep the momentum going!

Join Dr. Lexi in a live webinar to dive deeper into these concepts, connect with other health professionals, and have accountability to keep moving forward!

Check out

www.drlexilain.com/getyoursparkback





It's up to you and
only you
To create the life
that you want.

