

TOMORROW START TODAY

Your daily pages are where the magic happens. As mentioned before, you are 42% more likely to do something if you write it down.

You are advised to write down your day, the night before. There are several reasons for this. If you plan your day the night before, it allows you to enjoy your evening without worry. This includes sleep, because everything that was in your head is now on paper and will be there for you in the morning.

When you wake up the next morning you follow what your best self has written down the night before. By doing this, you don't have to use as much willpower because you have already made the decisions. Willpower is like a muscle, we only get a certain amount each day. By writing things down you get to save more willpower for the unexpected things that may pop up during the day.

We live in a "go big or go home" society and we are "Expected" to do everything right now! If you follow this approach you will lose most of the time. It's consistency that wins the race...look at the story of the tortoise and the hare. If you are consistent in the things you set out to do, they become automatic or habit. Creating consistency in our lives allows life to become easier. Don't we all want life to be easier!

A little logic lesson...writing things down each day creates consistency. Consistency makes life easier. Therefore, writing things down daily makes life easier.

Many of the Monthly/Weekly sections are repeated in the daily section (hint: consistency/routines/habits). But, there are a few new ones and they are important!

HABITS AND REMINDERS

Each day write down what it is you need to remind yourself to do. If it is a habit you are trying to create or change, remember it takes an average of

66 days to create a new habit. If you are writing in the same thing every day it may seem repetitive, but remember repetition breeds consistency and...well, you know the rest.

TODAY

The day and date.

MOST EXCITED ABOUT

What are you most excited about tomorrow (remember you are writing this the night before).

TODAY I WILL MINDFULLY

I said there were a couple of new sections that were important? Yes, this is what I was talking about. Wait, what is Mindfulness?

Mindfulness is the act of paying attention on purpose.

We want to develop positive and healthy habits to live a better, easier life. But in order to develop or change a habit you need to be mindful.

This section will ask you to practice being mindful by focusing in on one thing that day. It can be anything you want. You can be mindful drinking your morning cup of coffee, listening to the news, talking with your family, friend, co-worker, eating lunch, listening to a song, driving home from work...you get the picture...anything you decide.

Remember, being mindful is the act of paying attention on purpose. How many times have you been talking with someone and your thoughts drift somewhere else...this is an example of not being mindful. How about driving...do you even remember the drive to and from work? Driving becomes a habit and your subconscious brain takes over, this allows your thoughts to wander off and ruminate on the past and the future instead of the present...driving.



Why is practicing being mindful important? It is one of the only ways you can strengthen your brain. Most of us exercise and strengthen our body, but very few do the same with our mind. Simply by paying attention a little more each day, we can help to increase our brain power. This increases mood, memory, focus, emotional regulation as well as decreases our stress and all the negative effects like a lowered immune system, anxiety, fear, and depression that comes with it.

In this section pick something you are going to actively pay attention to that day. Each week, there is a mindfulness lesson which will give you an area to focus on. Follow the area of focus or if you're feeling adventurous you can pick something on your own. It can be your breathing for 60 seconds, the taste of your morning cup of coffee or your drive to work.

This is a practice and like everything in life, the more you do it, the better you become. Start small, make this a habit, and before you know it you will become a more productive, healthier, happier person for it.

TO DO'S

This is covered in the monthly

GPA

The daily GPA consists of the actions you will be taking that day. Write down the specific actions you will be taking that day in order to get one step closer to your goal.

GRATITUDE

Here you can write down what you are thankful for. This section I recommend completing in the morning as you begin your day. Write down a word or sentence that reminds you of things you are thankful for. It can be family, friends, health, a cup of coffee or anything else that you are thankful for.

WIN MY MORNING

If you are going to “Win Your Day” you better “Win Your Morning.” To do this, set 3-5 things you do every morning that help you get ready for the day. They can be anything from making coffee to making your bed to feeding the dogs. They don’t have to be big things, just 3-5 small things that you do every morning when you first wake up. These are considered small wins and small wins lead to bigger ones...get it.

If you are trying to establish a morning routine, then write down your 3-5 actions below the “Win My Morning.” If you already have them established (habit), then cross out the “Win My Morning” once you have completed them. This gives you that small win and gets you ready for the rest of your day!

DAILY SCHEDULE

Your daily schedule is where you create your roadmap for that day. Here you can write in anything you are doing that day...work, gym, social events, anything...this is your schedule, use it as you need to keep yourself organized and prioritized.

NOTES/THOUGHTS/IDEAS

Here you get a large blank space to write down any thoughts, ideas, etc. that come to mind. You can also use this space if you need more room for your daily schedule.

DAY IN REVIEW

Before you fill out your next day, you want to look back at today. The first box has three categories...Food, Move and Social. I usually put a 1-10 score, but you can fill it in with good, bad, ok, whatever works for you.

Food = how did you eat today?

Move = How much did you move...did you exercise, lay on the couch all day...how much movement did your day consist of?



Social = our surroundings. We are a product of our environment. Did you hang around people that are positive and supportive, or negative and depressing?

Just like the week in review, there is a gray box where you score your day on a 1-10 scale. Then explain why you gave it that score.

What did you learn today? Remember, “If you are not learning, you’re losing.”

Finally, there is a small gray box in the bottom right corner. Put a check mark or X once you have filled out tomorrow’s page. This is your built-in reminder to stay on your TRUE PATH.

MORE INFORMATION/SUPPORT

I wish I could explain more of the “why’s” behind each section and how they impact your days as well as your life. But, if I did, this would turn into a book rather than Your TRUE PATH Planner.

What you can do is go to www.truepathplanner.com and find articles, tips, tricks, techniques on how to use different aspects of TRUE PATH and how they can impact your personal growth journey.