



1-page ACHIEVER

Day:

Name:

Your 3 words (core values):

The feelings that I want to experience today:

Long-term goal or life purpose			
Prioritised daily goals/outcomes to achieve long-term goals	Goal 1:	Goal 2:	Goal 3:
Prioritised actions to achieve daily goals/outcomes	1. 2. 3.	1. 2. 3.	1. 2. 3.
<i>Evaluation of the progress</i>			
Contact list	- Reaching out to: - Waiting on: - Daily recorded important contacts:		
Daily to-do list following hours			
<i>When you wake up</i>	Healthy morning habits (water lemon, stretching and exercise, journaling, gratitude practice, planning your day by using this tool, reading or listening to inspirational materials)		
<i>Before you go to sleep</i>	Healthy evening habits (Journaling, reflection and reading)		
GRATITUDE: 3 things that you feel thankful for	GIVING: 3 things can be contributed to others	GROWTH or COURAGE: 3 things can be done differently or out of comfort zone	

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