

## **ABT Mod 01.08 – Your Journal Day-By-Day**

Now that your journal is set up, it's time to fill out your journal on a nightly basis. Every night you use two new pages.

### **On the Left Side of the Journal**

At the top of the page on the left side of the journal, put the date and the dollar amount of your goal . . . **every night!** Every night you write the words “My monthly income is \$ \_\_\_\_\_” and you put in the dollar amount or if you prefer a yearly goal, you can write, “My yearly income is \$ \_\_\_\_\_.”

Under those words you list all of the activities from your Prosperity Event list, which you did that day, to propel your business forward and reach that goal. For example, you may write:

I wrote in my 10 minutes before bedtime journal (always on the list)  
Called three customers  
Talked to one potential customer today  
Designed a promotion for holiday specials  
Created 50 sample packages to hand out to customers

Next, put a star or happy face next to the items that you consider really big. In the case of the list I just read, we might put a star or a happy face next to “called three customers” and “talked to one potential”. Those might be high bonus activities, which we maybe don't always make a regular habit of doing and so we're going to use a symbol to trigger in our minds that it was really good for us to do that activity.

Again using symbols like stars, happy faces, and dollar signs is very powerful for the unconscious mind.

Next, on the same side of the page, (the left side) and underneath our Prosperity Events, we're going to write any Value Events we did that day. Our list of Value Events for the day might look like this:

Ate healthy food all day.  
Went to yoga.

Again, put a star or a happy face next to anything that is really big for you.

At the bottom of the left hand side of the page, write “Even small steps create big results. My monthly income is \$\_\_\_\_\_” (or your yearly income.) Then sign your name. Again, the signature at the bottom of this page every night is a powerful symbol for your unconscious mind.

By the way, you can use any positive phrase you’d like at the end. Other examples would be “miracles are happening now” or “I accept all the good in my life” or your own personal mantra. You don’t have to include a positive phrase at the end. It’s just nice to do if it feels right.

### **On the Right Side of the Journal**

Next, you want to fill out the right hand side of the journal. On the right hand side of the page, you make a list of everything during the day for which you feel appreciation and list anything you feel is going right for you now.

When you first start doing this, you may need practice and you may find yourself writing the same things over and over again, but try to stretch yourself and feel appreciation for new things each night and watch what happens!

While the left hand side of the journal must be done exactly the same way every night, the right hand side of the journal has more flexibility. Do the appreciation list for the first three months, but after the three month point you’ve earned the right to change up the right side if you like. Here are some other things you can do to change it up:

Do Mindware Experiment #20 covered in Train Your Brain – Generating Positive Expectation. In this Mindware Experiment you list what you want at the top of the page and then list all of the reasons you EXPECT it to happen underneath.

Another exercise you can do with this page on the right side is to write a new vision or a new story for how you see your life unfolding, but remember . . . you’ll write it as though it’s already happened. One of the best ways to do this is to start with the sentence, “It’s January 2014 and I’m so happy because I accomplished all I wanted to in 2013 and more. I . . . (and then fill in the blank.)

As you play with your journal, you’ll think of all sorts of exciting, positive exercises to do on the right side of the journal, but remember, during the first 90 days, use it for appreciation. Writing down your appreciation daily is a really powerful exercise and you want to get the full impact of it by doing it for 90 days.

You will write in your journal every night . . . every single night.