

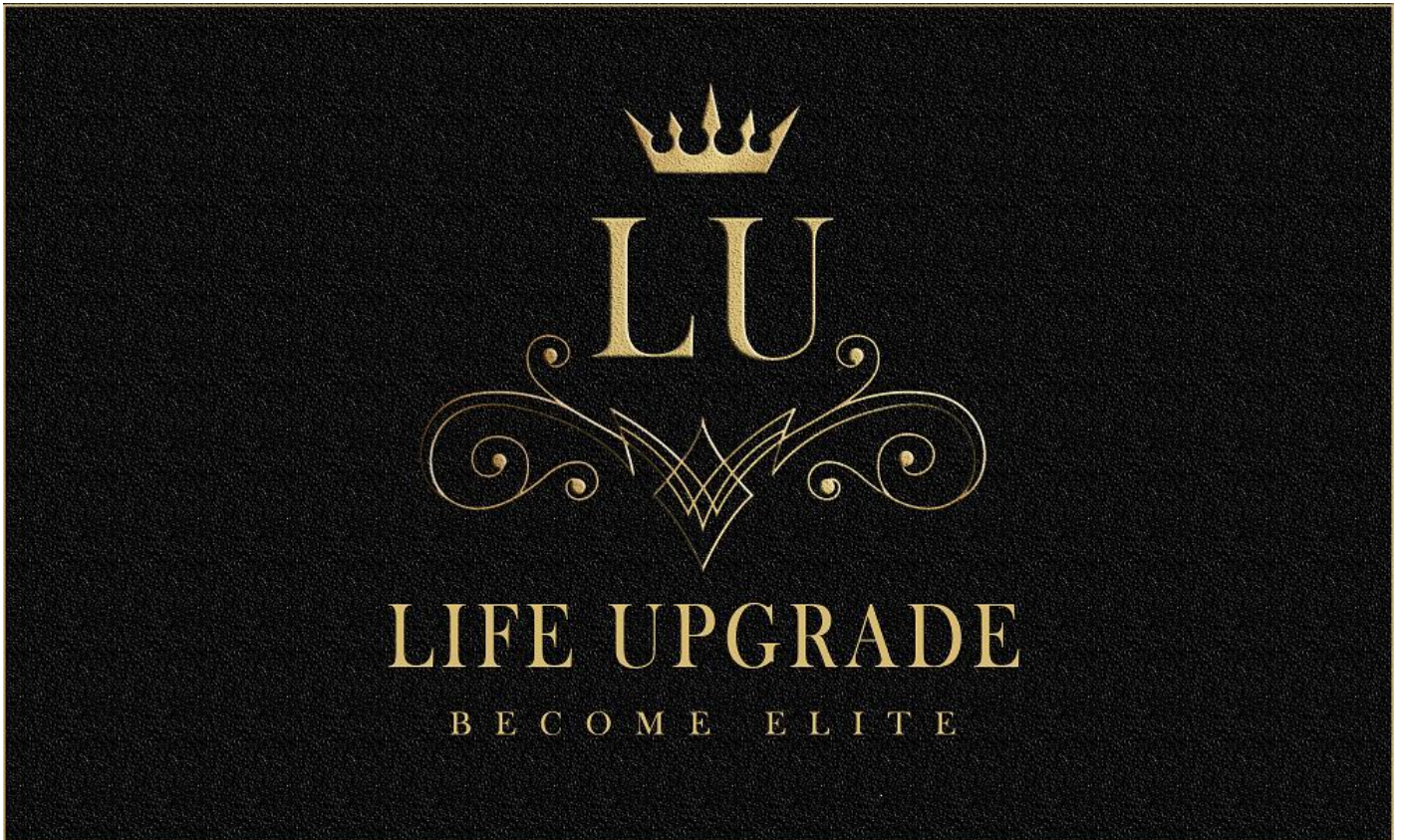
MIND TRAINING

Upgrade your thinking



MIND TRAINING

21 Day Progress Journal





21 DAY PROGRESS JOURNAL

The following is my statement of intent:

My intention for this Mind Training is:

Achieving this will change my life in the following way:

I will notice the following as feedback that lets me know I am beginning to change:

How I feel right now as a result of choosing to Upgrade my thinking and my Life is as follows:

I intend to bring about the change I desire by listening to my Mind Training track every day and update my Daily Progression Journal for 21 Days starting from today.

Signed _____

Date _____



21 DAY PROGRESS JOURNAL

DAY 1

Today I listened to my training track _____ times.

I noticed the following about my thinking today:

I noticed the following about my behaviour today:

Today I did the following to get closer to my goal:

Tomorrow I will do the following to get closer to my goal:

My successes for today are:

My insights for today are:



21 DAY PROGRESS JOURNAL

DAY 2

Today I listened to my training track _____ times.

I noticed the following about my thinking today:

I noticed the following about my behaviour today:

Today I did the following to get closer to my goal:

Tomorrow I will do the following to get closer to my goal:

My successes for today are:

My insights for today are:



21 DAY PROGRESS JOURNAL

DAY 3

Today I listened to my training track _____ times.

I noticed the following about my thinking today:

I noticed the following about my behaviour today:

Today I did the following to get closer to my goal:

Tomorrow I will do the following to get closer to my goal:

My successes for today are:

My insights for today are:



21 DAY PROGRESS JOURNAL

DAY 4

Today I listened to my training track _____ times.

I noticed the following about my thinking today:

I noticed the following about my behaviour today:

Today I did the following to get closer to my goal:

Tomorrow I will do the following to get closer to my goal:

My successes for today are:

My insights for today are:



21 DAY PROGRESS JOURNAL

DAY 5

Today I listened to my training track _____ times.

I noticed the following about my thinking today:

I noticed the following about my behaviour today:

Today I did the following to get closer to my goal:

Tomorrow I will do the following to get closer to my goal:

My successes for today are:

My insights for today are:



21 DAY PROGRESS JOURNAL

DAY 6

Today I listened to my training track _____ times.

I noticed the following about my thinking today:

I noticed the following about my behaviour today:

Today I did the following to get closer to my goal:

Tomorrow I will do the following to get closer to my goal:

My successes for today are:

My insights for today are:



21 DAY PROGRESS JOURNAL

DAY 7

Today I listened to my training track _____ times.

I noticed the following about my thinking today:

I noticed the following about my behaviour today:

Today I did the following to get closer to my goal:

Tomorrow I will do the following to get closer to my goal:

My successes for today are:

My insights for today are:



21 DAY PROGRESS JOURNAL

DAY 8

Today I listened to my training track _____ times.

I noticed the following about my thinking today:

I noticed the following about my behaviour today:

Today I did the following to get closer to my goal:

Tomorrow I will do the following to get closer to my goal:

My successes for today are:

My insights for today are:



21 DAY PROGRESS JOURNAL

DAY 9

Today I listened to my training track _____ times.

I noticed the following about my thinking today:

I noticed the following about my behaviour today:

Today I did the following to get closer to my goal:

Tomorrow I will do the following to get closer to my goal:

My successes for today are:

My insights for today are:



21 DAY PROGRESS JOURNAL

DAY 10

Today I listened to my training track _____ times.

I noticed the following about my thinking today:

I noticed the following about my behaviour today:

Today I did the following to get closer to my goal:

Tomorrow I will do the following to get closer to my goal:

My successes for today are:

My insights for today are:



21 DAY PROGRESS JOURNAL

DAY 11

Today I listened to my training track _____ times.

I noticed the following about my thinking today:

I noticed the following about my behaviour today:

Today I did the following to get closer to my goal:

Tomorrow I will do the following to get closer to my goal:

My successes for today are:

My insights for today are:



21 DAY PROGRESS JOURNAL

DAY 12

Today I listened to my training track _____ times.

I noticed the following about my thinking today:

I noticed the following about my behaviour today:

Today I did the following to get closer to my goal:

Tomorrow I will do the following to get closer to my goal:

My successes for today are:

My insights for today are:



21 DAY PROGRESS JOURNAL

DAY 13

Today I listened to my training track _____ times.

I noticed the following about my thinking today:

I noticed the following about my behaviour today:

Today I did the following to get closer to my goal:

Tomorrow I will do the following to get closer to my goal:

My successes for today are:

My insights for today are:



21 DAY PROGRESS JOURNAL

DAY 14

Today I listened to my training track _____ times.

I noticed the following about my thinking today:

I noticed the following about my behaviour today:

Today I did the following to get closer to my goal:

Tomorrow I will do the following to get closer to my goal:

My successes for today are:

My insights for today are:



21 DAY PROGRESS JOURNAL

DAY 15

Today I listened to my training track _____ times.

I noticed the following about my thinking today:

I noticed the following about my behaviour today:

Today I did the following to get closer to my goal:

Tomorrow I will do the following to get closer to my goal:

My successes for today are:

My insights for today are:



21 DAY PROGRESS JOURNAL

DAY 16

Today I listened to my training track _____ times.

I noticed the following about my thinking today:

I noticed the following about my behaviour today:

Today I did the following to get closer to my goal:

Tomorrow I will do the following to get closer to my goal:

My successes for today are:

My insights for today are:



21 DAY PROGRESS JOURNAL

DAY 17

Today I listened to my training track _____ times.

I noticed the following about my thinking today:

I noticed the following about my behaviour today:

Today I did the following to get closer to my goal:

Tomorrow I will do the following to get closer to my goal:

My successes for today are:

My insights for today are:



21 DAY PROGRESS JOURNAL

DAY 18

Today I listened to my training track _____ times.

I noticed the following about my thinking today:

I noticed the following about my behaviour today:

Today I did the following to get closer to my goal:

Tomorrow I will do the following to get closer to my goal:

My successes for today are:

My insights for today are:



21 DAY PROGRESS JOURNAL

DAY 19

Today I listened to my training track _____ times.

I noticed the following about my thinking today:

I noticed the following about my behaviour today:

Today I did the following to get closer to my goal:

Tomorrow I will do the following to get closer to my goal:

My successes for today are:

My insights for today are:



21 DAY PROGRESS JOURNAL

DAY 20

Today I listened to my training track _____ times.

I noticed the following about my thinking today:

I noticed the following about my behaviour today:

Today I did the following to get closer to my goal:

Tomorrow I will do the following to get closer to my goal:

My successes for today are:

My insights for today are:



21 DAY PROGRESS JOURNAL

DAY 21

Today I listened to my training track _____ times.

I noticed the following about my thinking today:

I noticed the following about my behaviour today:

Today I did the following to get closer to my goal:

Tomorrow I will do the following to get closer to my goal:

My successes for today are:

My insights for today are:



21 DAY PROGRESS JOURNAL

THE WAY FORWARD

I HAVE SUCCESSFULLY COMPLETED 21 DAYS OF UPGRADING MY THINKING!

I have experienced the following positive and profound changes in my thinking and behaviour:

My life has changed in the following way as a result of the changes I have made:

(Share your success story & changes with us by emailing us at info@LifeUpgrade.co.za)

I will continue to listen to my Training Track _____ times per week in order to maintain and improve the results I have already achieved.

The next areas I wish to work on are: