

# The Success Principles

— 2017 12-Month Success Planner —

Get from where you are to where you want to be  
with this easy-to-follow fill-in-the-blank planner



“ Successful people maintain a positive focus in life no matter what is going on around them. They stay focused on their past successes rather than their past failures, and on the next action steps they need to take to get them closer to the fulfillment of their goals rather than all the other distractions that life presents to them. ”

– Jack Canfield

# Summary

## Introduction

The most successful people I know create superior results yet still maintain a balance among work, family, and recreation in their lives.

To achieve this, they use a unique planning system that structures their time into three very different kinds of days - best, rest, and prep days - that are prescheduled to assure the highest payoff for their efforts, while still allowing abundant amounts of free time to pursue their personal interests.

This planner has been designed for you for those very reasons, and I urge you to use this easy “fill-in-blank” planner regularly to help you maximize both your efforts and your time.

## How To Use The Planner

Take time in the beginning of each month to schedule and plan your best, rest, and prep days, and fill them in on the spaces provided in the calendar.\*

You will also want to take time to plan what audio or video motivational program you will listen to, as well what success book(s) you will read that month.

If you have any “messes” or “incompletes” to clean up, please list them in the space provided as well.\*

Additionally, you will find other fields to fill out when planning your month, such as: Best Success Principle, New Success Habit, Mastermind Group Meeting, etc.\*

Lastly, please fill out your scores as well as lessons learned at the end of each month in the sections provided.

\*Please see the below for definitions and clarification on each of the sections in the planner.

# Summary

## What Each Section Means

### What is the difference between a best, rest, and prep day?

A best day is where you spend at least 80% of your time operating in your core genius, or primary area of expertise – interacting with people or processes that give you the highest payoffs for the time you invest. To be successful, you must schedule more best days and hold yourself accountable for producing the results.

A rest day extends from midnight to midnight and involves no work-related activity of any kind. It's a day completely free of business meetings, business-related calls, emails, or reading work-related journals and documents. On a true rest day, you're not available to your staff, clients, or students for any kind of contact except for true emergencies. I believe everyone's ultimate goal should be 130-150 days off each year. It may take you a while to work up to that number, perhaps even years - but the main thing is to constantly work to increase your number.

A prep day is a day where you prepare and plan for a best or rest day – either by learning a new skill, locating a new resource, training your support team, delegating tasks and projects to others, or traveling to a work site. Prep days ensure your best days are as productive as possible.

### What's considered an “incomplete” or a “mess?”

Are there areas in your life where you've left uncompleted projects or failed to get closure with people? When you don't complete the past, you can't be free to fully embrace the present. So continually ask yourself, “what does it take to actually get this task completed?” Then, you can begin to consciously take the next steps to complete them.

### Best Success Principle

Choose any one of my success principles you're going to exemplify this month – then think about it, implement it, and live it – and set a positive example for others in the process. (If you're not familiar with each success principle, you can learn more about them in my book *The Success Principles*, [available here](#).)

### New Success Habit

Your habits determine your outcomes. Successful people don't just drift to the top. Getting there requires focused action, personal discipline, and lots of energy every day to make things happen. So, which success habit are you focusing on developing this month?

# Summary

## Mastermind Group Meeting

Imagine having a permanent group of five or six people who meet once every week or two for the purpose of problem solving, brainstorming, networking, encouraging, and motivating each other. This process, called masterminding, is one of the most powerful tools for success – so make time to create a mastermind group to meet with regularly.

(For more information on masterminding, see principle 46 in my book *The Success Principles*, [available here](#).)

## Skill to learn

This one is simple: Which skill will help you the most to achieve your goals? Think about this, come up with the answer, and spend the next 30 days working to develop this skill.

## Relationship to work on

Are any of your relationships strained? Do you wish you could spend more time with one person or get to know someone else more? Take an active approach to strengthen your relationships each and every month.

## Affirmation: How to form an affirmation

An affirmation is a statement of your goal or desire—now realized in present time. They are statements you can write down, then repeat regularly, to bombard your subconscious mind with the thoughts, images, and feelings you would be experiencing if your goal was already complete.

Affirmations sound like this: I am so happy and grateful that I live in a 4,000-square-foot oceanfront home on Ka'anapali Beach. Or: I'm so happy and grateful that I am effortlessly depositing \$10,000 a month into my bank account.

So, create your own affirmations and repeat them to yourself every single day.

# January

“ It’s time to start living the life you’ve imagined. ”

– Henry James

Su				Mo				Tu				We				Th				Fr				Sa			
1	Best	Rest	Prep	2	Best	Rest	Prep	3	Best	Rest	Prep	4	Best	Rest	Prep	5	Best	Rest	Prep	6	Best	Rest	Prep	7	Best	Rest	Prep
8	Best	Rest	Prep	9	Best	Rest	Prep	10	Best	Rest	Prep	11	Best	Rest	Prep	12	Best	Rest	Prep	13	Best	Rest	Prep	14	Best	Rest	Prep
15	Best	Rest	Prep	16	Best	Rest	Prep	17	Best	Rest	Prep	18	Best	Rest	Prep	19	Best	Rest	Prep	20	Best	Rest	Prep	21	Best	Rest	Prep
22	Best	Rest	Prep	23	Best	Rest	Prep	24	Best	Rest	Prep	25	Best	Rest	Prep	26	Best	Rest	Prep	27	Best	Rest	Prep	28	Best	Rest	Prep
29	Best	Rest	Prep	30	Best	Rest	Prep	31	Best	Rest	Prep																

# January

“ It’s time to start living the life you’ve imagined. ”

– Henry James

Success Book to Read:

\_\_\_\_\_

Motivational Audio/Video Program:

\_\_\_\_\_

Clean Up My Incompletes and Messes:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Face What Isn’t Working:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Best Success Principle: \_\_\_\_\_

New Success Habit: \_\_\_\_\_

Mastermind Group Meeting Date: \_\_\_\_\_

Skill to Learn: \_\_\_\_\_

Relationship to Work on: \_\_\_\_\_

Affirmation:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Breakthrough Goal:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Action Items:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Score

Best Result Days: \_\_\_\_\_

Rest/Relaxation Days: \_\_\_\_\_

Preparation Days: \_\_\_\_\_

## Lessons Learned

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# February

“ If a man for whatever reason has the opportunity to lead an extraordinary life, he has no right to keep it to himself. ”

– Jacques-Yves Cousteau

Su	Mo	Tu	We	Th	Fr	Sa
			1 Best Rest Prep	2 Best Rest Prep	3 Best Rest Prep	4 Best Rest Prep
5 Best Rest Prep	6 Best Rest Prep	7 Best Rest Prep	8 Best Rest Prep	9 Best Rest Prep	10 Best Rest Prep	11 Best Rest Prep
12 Best Rest Prep	13 Best Rest Prep	14 Best Rest Prep	15 Best Rest Prep	16 Best Rest Prep	17 Best Rest Prep	18 Best Rest Prep
19 Best Rest Prep	20 Best Rest Prep	21 Best Rest Prep	22 Best Rest Prep	23 Best Rest Prep	24 Best Rest Prep	25 Best Rest Prep
26 Best Rest Prep	27 Best Rest Prep	28 Best Rest Prep				

# February

“ If a man for whatever reason has the opportunity to lead an extraordinary life, he has no right to keep it to himself. ”

– Jacques-Yves Cousteau

Success Book to Read:

\_\_\_\_\_

Motivational Audio/Video Program:

\_\_\_\_\_

Clean Up My Incompletes and Messes:

\_\_\_\_\_

\_\_\_\_\_

Face What Isn't Working:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Best Success Principle: \_\_\_\_\_

New Success Habit: \_\_\_\_\_

Mastermind Group Meeting Date: \_\_\_\_\_

Skill to Learn: \_\_\_\_\_

Relationship to Work on: \_\_\_\_\_

Affirmation:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Breakthrough Goal:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Action Items:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Score

Best Result Days: \_\_\_\_\_

Rest/Relaxation Days: \_\_\_\_\_

Preparation Days: \_\_\_\_\_

## Lessons Learned

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# March

“ If we did all the things we are capable of doing, we would literally astound ourselves. ”

– Thomas A. Edison

Su	Mo	Tu	We	Th	Fr	Sa
			1 Best Rest Prep	2 Best Rest Prep	3 Best Rest Prep	4 Best Rest Prep
5 Best Rest Prep	6 Best Rest Prep	7 Best Rest Prep	8 Best Rest Prep	9 Best Rest Prep	10 Best Rest Prep	11 Best Rest Prep
12 Best Rest Prep	13 Best Rest Prep	14 Best Rest Prep	15 Best Rest Prep	16 Best Rest Prep	17 Best Rest Prep	18 Best Rest Prep
19 Best Rest Prep	20 Best Rest Prep	21 Best Rest Prep	22 Best Rest Prep	23 Best Rest Prep	24 Best Rest Prep	25 Best Rest Prep
26 Best Rest Prep	27 Best Rest Prep	28 Best Rest Prep	29 Best Rest Prep	30 Best Rest Prep	31 Best Rest Prep	

# March

“ If we did all the things we are capable of doing, we would literally astound ourselves. ”

– Thomas A. Edison

Success Book to Read:

\_\_\_\_\_

Motivational Audio/Video Program:

\_\_\_\_\_

Clean Up My Incompletes and Messes:

\_\_\_\_\_

\_\_\_\_\_

Face What Isn't Working:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Best Success Principle: \_\_\_\_\_

New Success Habit: \_\_\_\_\_

Mastermind Group Meeting Date: \_\_\_\_\_

Skill to Learn: \_\_\_\_\_

Relationship to Work on: \_\_\_\_\_

Affirmation:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Breakthrough Goal:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Action Items:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Score

Best Result Days: \_\_\_\_\_

Rest/Relaxation Days: \_\_\_\_\_

Preparation Days: \_\_\_\_\_

## Lessons Learned

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# 2017 12-Month Success Planner

# April

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

– Jim Rohn

Su	Mo	Tu	We	Th	Fr	Sa
30 Best Rest Prep						1 Best Rest Prep
2 Best Rest Prep	3 Best Rest Prep	4 Best Rest Prep	5 Best Rest Prep	6 Best Rest Prep	7 Best Rest Prep	8 Best Rest Prep
Breakthrough to Success - Philadelphia, PA						
9 Best Rest Prep	10 Best Rest Prep	11 Best Rest Prep	12 Best Rest Prep	13 Best Rest Prep	14 Best Rest Prep	15 Best Rest Prep
16 Best Rest Prep	17 Best Rest Prep	18 Best Rest Prep	19 Best Rest Prep	20 Best Rest Prep	21 Best Rest Prep	22 Best Rest Prep
23 Best Rest Prep	24 Best Rest Prep	25 Best Rest Prep	26 Best Rest Prep	27 Best Rest Prep	28 Best Rest Prep	29 Best Rest Prep

# April

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

– Jim Rohn

**Success Book to Read:**

---

**Motivational Audio/Video Program:**

---

**Clean Up My Incompletes and Messes:**

---

---

---

**Face What Isn't Working:**

---

---

---

**Best Success Principle:** \_\_\_\_\_

**New Success Habit:** \_\_\_\_\_

**Mastermind Group Meeting Date:** \_\_\_\_\_

**Skill to Learn:** \_\_\_\_\_

**Relationship to Work on:** \_\_\_\_\_

**Affirmation:**

---

---

---

**Breakthrough Goal:**

---

---

---

**Action Items:**

---

---

---

---

## Score

**Best Result Days:** \_\_\_\_\_

**Rest/Relaxation Days:** \_\_\_\_\_

**Preparation Days:** \_\_\_\_\_

## Lessons Learned

---

---

---

---

---

# 2017 12-Month Success Planner

# May

“ *Decide upon your major definite purpose in life and then organize all your activities around it.* ”

– Brian Tracy

Su	Mo	Tu	We	Th	Fr	Sa
	1 Best Rest Prep	2 Best Rest Prep	3 Best Rest Prep	4 Best Rest Prep	5 Best Rest Prep	6 Best Rest Prep
7 Best Rest Prep	8 Best Rest Prep	9 Best Rest Prep	10 Best Rest Prep	11 Best Rest Prep	12 Best Rest Prep	13 Best Rest Prep
14 Best Rest Prep	15 Best Rest Prep	16 Best Rest Prep	17 Best Rest Prep	18 Best Rest Prep	19 Best Rest Prep	20 Best Rest Prep
21 Best Rest Prep	22 Best Rest Prep	23 Best Rest Prep	24 Best Rest Prep	25 Best Rest Prep	26 Best Rest Prep	27 Best Rest Prep
28 Best Rest Prep	29 Best Rest Prep	30 Best Rest Prep	31 Best Rest Prep			

# May

“ *Decide upon your major definite purpose in life and then organize all your activities around it.* ”

– Brian Tracy

Success Book to Read:

\_\_\_\_\_

Motivational Audio/Video Program:

\_\_\_\_\_

Clean Up My Incompletes and Messes:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Face What Isn't Working:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Best Success Principle: \_\_\_\_\_

New Success Habit: \_\_\_\_\_

Mastermind Group Meeting Date: \_\_\_\_\_

Skill to Learn: \_\_\_\_\_

Relationship to Work on: \_\_\_\_\_

Affirmation:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Breakthrough Goal:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Action Items:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Score

Best Result Days: \_\_\_\_\_

Rest/Relaxation Days: \_\_\_\_\_

Preparation Days: \_\_\_\_\_

## Lessons Learned

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# 2017 12-Month Success Planner

# June

“ If you limit your choices only to what seems possible or reasonable, you disconnect yourself from what you truly want, and all that is left is a compromise. ”

– Robert Fritz

Su	Mo	Tu	We	Th	Fr	Sa
				1 Best Rest Prep	2 Best Rest Prep	3 Best Rest Prep
4 Best Rest Prep	5 Best Rest Prep	6 Best Rest Prep	7 Best Rest Prep	8 Best Rest Prep	9 Best Rest Prep	10 Best Rest Prep
11 Best Rest Prep	12 Best Rest Prep	13 Best Rest Prep	14 Best Rest Prep	15 Best Rest Prep	16 Best Rest Prep	17 Best Rest Prep
		Private Mastermind Retreat – Tuscany, Italy				
18 Best Rest Prep	19 Best Rest Prep	20 Best Rest Prep	21 Best Rest Prep	22 Best Rest Prep	23 Best Rest Prep	24 Best Rest Prep
25 Best Rest Prep	26 Best Rest Prep	27 Best Rest Prep	28 Best Rest Prep	29 Best Rest Prep	30 Best Rest Prep	

# June

“ If you limit your choices only to what seems possible or reasonable, you disconnect yourself from what you truly want, and all that is left is a compromise. ”

– Robert Fritz

**Success Book to Read:**

---

**Motivational Audio/Video Program:**

---

**Clean Up My Incompletes and Messes:**

---

---

**Face What Isn't Working:**

---

---

---

**Best Success Principle:** \_\_\_\_\_

**New Success Habit:** \_\_\_\_\_

**Mastermind Group Meeting Date:** \_\_\_\_\_

**Skill to Learn:** \_\_\_\_\_

**Relationship to Work on:** \_\_\_\_\_

**Affirmation:**

---

---

---

**Breakthrough Goal:**

---

---

---

**Action Items:**

---

---

---

---

## Score

**Best Result Days:** \_\_\_\_\_

**Rest/Relaxation Days:** \_\_\_\_\_

**Preparation Days:** \_\_\_\_\_

## Lessons Learned

---

---

---

---

---



# 2017 12-Month Success Planner

# July

“ You can be anything you want to be, if only you believe with sufficient conviction and act in accordance with your faith; for whatever the mind can conceive and believe, the mind can achieve. ”  
 – Napoleon Hill

Su	Mo	Tu	We	Th	Fr	Sa
30 Best Rest Prep	31 Best Rest Prep					1 Best Rest Prep
2 Best Rest Prep	3 Best Rest Prep	4 Best Rest Prep	5 Best Rest Prep	6 Best Rest Prep	7 Best Rest Prep	8 Best Rest Prep
9 Best Rest Prep	10 Best Rest Prep	11 Best Rest Prep	12 Best Rest Prep	13 Best Rest Prep	14 Best Rest Prep	15 Best Rest Prep
				Train the Trainer Live, Newport Beach, CA		
16 Best Rest Prep	17 Best Rest Prep	18 Best Rest Prep	19 Best Rest Prep	20 Best Rest Prep	21 Best Rest Prep	22 Best Rest Prep
23 Best Rest Prep	24 Best Rest Prep	25 Best Rest Prep	26 Best Rest Prep	27 Best Rest Prep	28 Best Rest Prep	29 Best Rest Prep

# 2017 12-Month Success Planner

# July

“ You can be anything you want to be, if only you believe with sufficient conviction and act in accordance with your faith; for whatever the mind can conceive and believe, the mind can achieve. ”  
– Napoleon Hill

**Success Book to Read:**

---

**Motivational Audio/Video Program:**

---

**Clean Up My Incompletes and Messes:**

---

---

**Face What Isn't Working:**

---

---

---

**Best Success Principle:** \_\_\_\_\_

**New Success Habit:** \_\_\_\_\_

**Mastermind Group Meeting Date:** \_\_\_\_\_

**Skill to Learn:** \_\_\_\_\_

**Relationship to Work on:** \_\_\_\_\_

**Affirmation:**

---

---

---

**Breakthrough Goal:**

---

---

---

**Action Items:**

---

---

---

---

## Score

**Best Result Days:** \_\_\_\_\_

**Rest/Relaxation Days:** \_\_\_\_\_

**Preparation Days:** \_\_\_\_\_

## Lessons Learned

---

---

---

---

---

# August

“ By thought, the thing you want is brought to you;  
by action, you receive it. ”

– Wallace D. Wattles

Su	Mo	Tu	We	Th	Fr	Sa
		1 Best Rest Prep	2 Best Rest Prep	3 Best Rest Prep	4 Best Rest Prep	5 Best Rest Prep
Breakthrough to Success - Scottsdale, AZ						
6 Best Rest Prep	7 Best Rest Prep	8 Best Rest Prep	9 Best Rest Prep	10 Best Rest Prep	11 Best Rest Prep	12 Best Rest Prep
13 Best Rest Prep	14 Best Rest Prep	15 Best Rest Prep	16 Best Rest Prep	17 Best Rest Prep	18 Best Rest Prep	19 Best Rest Prep
20 Best Rest Prep	21 Best Rest Prep	22 Best Rest Prep	23 Best Rest Prep	24 Best Rest Prep	25 Best Rest Prep	26 Best Rest Prep
27 Best Rest Prep	28 Best Rest Prep	29 Best Rest Prep	30 Best Rest Prep	31 Best Rest Prep		

# August

“ By thought, the thing you want is brought to you; by action, you receive it. ”

– Wallace D. Wattles

Success Book to Read:

\_\_\_\_\_

Motivational Audio/Video Program:

\_\_\_\_\_

Clean Up My Incompletes and Messes:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Face What Isn't Working:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Best Success Principle: \_\_\_\_\_

New Success Habit: \_\_\_\_\_

Mastermind Group Meeting Date: \_\_\_\_\_

Skill to Learn: \_\_\_\_\_

Relationship to Work on: \_\_\_\_\_

Affirmation:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Breakthrough Goal:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Action Items:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Score

Best Result Days: \_\_\_\_\_

Rest/Relaxation Days: \_\_\_\_\_

Preparation Days: \_\_\_\_\_

## Lessons Learned

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# September

“ If you want to be happy, set a goal that commands your thoughts, liberates your energy, and inspires your hope. ”

– Andrew Carnegie

Su	Mo	Tu	We	Th	Fr	Sa
					1 Best Rest Prep	2 Best Rest Prep
3 Best Rest Prep	4 Best Rest Prep	5 Best Rest Prep	6 Best Rest Prep	7 Best Rest Prep	8 Best Rest Prep	9 Best Rest Prep
10 Best Rest Prep	11 Best Rest Prep	12 Best Rest Prep	13 Best Rest Prep	14 Best Rest Prep	15 Best Rest Prep	16 Best Rest Prep
17 Best Rest Prep	18 Best Rest Prep	19 Best Rest Prep	20 Best Rest Prep	21 Best Rest Prep	22 Best Rest Prep	23 Best Rest Prep
24 Best Rest Prep	25 Best Rest Prep	26 Best Rest Prep	27 Best Rest Prep	28 Best Rest Prep	29 Best Rest Prep	30 Best Rest Prep

# September

“ If you want to be happy, set a goal that commands your thoughts, liberates your energy, and inspires your hope. ”

– Andrew Carnegie

Success Book to Read:

\_\_\_\_\_

Motivational Audio/Video Program:

\_\_\_\_\_

Clean Up My Incompletes and Messes:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Face What Isn't Working:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Best Success Principle: \_\_\_\_\_

New Success Habit: \_\_\_\_\_

Mastermind Group Meeting Date: \_\_\_\_\_

Skill to Learn: \_\_\_\_\_

Relationship to Work on: \_\_\_\_\_

Affirmation:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Breakthrough Goal:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Action Items:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Score

Best Result Days: \_\_\_\_\_

Rest/Relaxation Days: \_\_\_\_\_

Preparation Days: \_\_\_\_\_

## Lessons Learned

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# October

“ Things do not happen; things are made to happen. ”

– John F. Kennedy

Su				Mo			Tu			We			Th			Fr			Sa								
1	Best	Rest	Prep	2	Best	Rest	Prep	3	Best	Rest	Prep	4	Best	Rest	Prep	5	Best	Rest	Prep	6	Best	Rest	Prep	7	Best	Rest	Prep
8	Best	Rest	Prep	9	Best	Rest	Prep	10	Best	Rest	Prep	11	Best	Rest	Prep	12	Best	Rest	Prep	13	Best	Rest	Prep	14	Best	Rest	Prep
15	Best	Rest	Prep	16	Best	Rest	Prep	17	Best	Rest	Prep	18	Best	Rest	Prep	19	Best	Rest	Prep	20	Best	Rest	Prep	21	Best	Rest	Prep
22	Best	Rest	Prep	23	Best	Rest	Prep	24	Best	Rest	Prep	25	Best	Rest	Prep	26	Best	Rest	Prep	27	Best	Rest	Prep	28	Best	Rest	Prep
29	Best	Rest	Prep	30	Best	Rest	Prep	31	Best	Rest	Prep																

# October

“ Things do not happen; things are made to happen. ”

– John F. Kennedy

Success Book to Read:

\_\_\_\_\_

Motivational Audio/Video Program:

\_\_\_\_\_

Clean Up My Incompletes and Messes:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Face What Isn't Working:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Best Success Principle: \_\_\_\_\_

New Success Habit: \_\_\_\_\_

Mastermind Group Meeting Date: \_\_\_\_\_

Skill to Learn: \_\_\_\_\_

Relationship to Work on: \_\_\_\_\_

Affirmation:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Breakthrough Goal:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Action Items:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Score

Best Result Days: \_\_\_\_\_

Rest/Relaxation Days: \_\_\_\_\_

Preparation Days: \_\_\_\_\_

## Lessons Learned

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# November

“ The secret of getting ahead is getting started. The secret of getting started is breaking your complex, overwhelming tasks into small, manageable tasks, and then starting on the first one. ” – Mark Twain

Su

Mo

Tu

We

Th

Fr

Sa

			1	Best	Rest	Prep	2	Best	Rest	Prep	3	Best	Rest	Prep	4	Best	Rest	Prep	
5	Best	Rest	Prep	6	Best	Rest	Prep	7	Best	Rest	Prep	8	Best	Rest	Prep	9	Best	Rest	Prep
Train the Trainer Live, location TBD																			
12	Best	Rest	Prep	13	Best	Rest	Prep	14	Best	Rest	Prep	15	Best	Rest	Prep	16	Best	Rest	Prep
19	Best	Rest	Prep	20	Best	Rest	Prep	21	Best	Rest	Prep	22	Best	Rest	Prep	23	Best	Rest	Prep
26	Best	Rest	Prep	27	Best	Rest	Prep	28	Best	Rest	Prep	29	Best	Rest	Prep	30	Best	Rest	Prep

# November

“ The secret of getting ahead is getting started. The secret of getting started is breaking your complex, overwhelming tasks into small, manageable tasks, and then starting on the first one. ” – Mark Twain

Success Book to Read:

---

Motivational Audio/Video Program:

---

Clean Up My Incompletes and Messes:

---

---

---

Face What Isn't Working:

---

---

---

Best Success Principle: \_\_\_\_\_

New Success Habit: \_\_\_\_\_

Mastermind Group Meeting Date: \_\_\_\_\_

Skill to Learn: \_\_\_\_\_

Relationship to Work on: \_\_\_\_\_

Affirmation:

---

---

---

Breakthrough Goal:

---

---

---

Action Items:

---

---

---

---

## Score

Best Result Days: \_\_\_\_\_

Rest/Relaxation Days: \_\_\_\_\_

Preparation Days: \_\_\_\_\_

## Lessons Learned

---

---

---

---

---

# December

“ Create your future from your future, not your past. ”

– John F. Kennedy

Su	Mo	Tu	We	Th	Fr	Sa
31 Best Rest Prep					1 Best Rest Prep	2 Best Rest Prep
3 Best Rest Prep	4 Best Rest Prep	5 Best Rest Prep	6 Best Rest Prep	7 Best Rest Prep	8 Best Rest Prep	9 Best Rest Prep
10 Best Rest Prep	11 Best Rest Prep	12 Best Rest Prep	13 Best Rest Prep	14 Best Rest Prep	15 Best Rest Prep	16 Best Rest Prep
17 Best Rest Prep	18 Best Rest Prep	19 Best Rest Prep	20 Best Rest Prep	21 Best Rest Prep	22 Best Rest Prep	23 Best Rest Prep
24 Best Rest Prep	25 Best Rest Prep	26 Best Rest Prep	27 Best Rest Prep	28 Best Rest Prep	29 Best Rest Prep	30 Best Rest Prep

# December

“ Create your future from your future, not your past. ”

– John F. Kennedy

Success Book to Read:

\_\_\_\_\_

Motivational Audio/Video Program:

\_\_\_\_\_

Clean Up My Incompletes and Messes:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Face What Isn't Working:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Best Success Principle: \_\_\_\_\_

New Success Habit: \_\_\_\_\_

Mastermind Group Meeting Date: \_\_\_\_\_

Skill to Learn: \_\_\_\_\_

Relationship to Work on: \_\_\_\_\_

Affirmation:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Breakthrough Goal:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Action Items:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Score

Best Result Days: \_\_\_\_\_

Rest/Relaxation Days: \_\_\_\_\_

Preparation Days: \_\_\_\_\_

## Lessons Learned

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# About Jack Canfield

Jack Canfield is an award-winning speaker and an internationally recognized leader in personal development and peak performance strategies. For over 50 years, he has been teaching entrepreneurs, educators, corporate leaders, and people from all walks of life how to create the life they desire. As the beloved co-author of the Chicken Soup for the Soul® series, he's taught millions of individuals his modernized formulas for success, and now certifies trainers to teach his content and methodology all over the world. Jack is the author and co-author of more than 150 books (66 are best sellers) with more than 100 million copies in print in 47 languages around the world. His best-selling book, *The Success Principles: How to Get From Where You Are to Where You Want to Be* has been hailed as the new self-improvement classic, now containing 67 of the most powerful secrets to success known to mankind. In 2014, *SUCCESS* magazine named him "One of the Most Influential Leaders in Personal Growth and Achievement."

For more information on Jack, please visit: [jackcanfield.com](http://jackcanfield.com)

