the

99-DAY GUIDED JOURNAL

99 DAYS OF GOAL-SETTING
& REFLECTION

a workbook by

PRODUCTIVITY FOR HUMANS

INTRODUCTION

This workbook uses guided journaling to help you visualize, plan and start achieving 3 goals under 100 days.

This journal not only offers you the space to write your intentions for the day but also provides helpful tips, exercises, affirmations and prompts to help you stay focused on your desires and take inspired action. You'll have an opportunity to look back and review what has been planned over time, as well as get further clarity around your goals, dreams, and feelings associated with them.

This comprehensive workbook is designed to be a practical tool for anyone who wants to set, plan, and track progress towards their goals, while utilizing the power of journaling as a self-reflective and motivational technique.

Happy journaling!

THE METHOD IN 4 SIMPLE STEPS

1. Choose your desired goal
2. Write it down and journal about it daily
3. Take inspired action
4. Track and review your progress

Mariana Vieira
Productivity for Humans

I'm passionate about helping people overcome obstacles and achieve their dreams and I know that with the right mindset and strategies, anything is possible.
I've been coaching for 3 years and I've helped people find the right systems to build their careers, finish their PhD thesis, organize their homes and manage multiple areas of interest and passion projects.

HOW TO USE THIS JOURNAL

Journaling about your goals can be a powerful practice to help you clarify your thoughts, reflect on your progress, and stay motivated. Here are some tips on how to journal effectively about your goals:

1. **Start with Goal-Setting:** Begin your journal entry by clearly stating your goal. Be specific about what you want to achieve, why it's important to you, and when you want to achieve it.

2. **Reflect on Your Motivation:** Explore the motivations behind your goal. Ask yourself why this goal is important to you and how it aligns with your values and aspirations. Reflect on the emotions and desires driving you towards this goal. Write down your thoughts and feelings, and be honest with yourself.

3. **Break it Down:** Break your goal into smaller, manageable steps. Write down the action steps you need to take to progress towards your goal. Consider what resources, skills, or support you may need to achieve each step. This can help you create a roadmap and an action plan for your goal.

4. **Track Your Progress:** Regularly journal about your progress towards your goal. Record your achievements, setbacks, and lessons learned. Reflect on the strategies that have worked well for you and any adjustments you have made along the way. Celebrate your wins and acknowledge challenges.

5. **Reflect on Challenges:** Reflect on any challenges or obstacles you have encountered in pursuit of your goal. Write down how you have overcome or addressed them. Consider what you have learned from these challenges and how they have contributed to your growth and development.

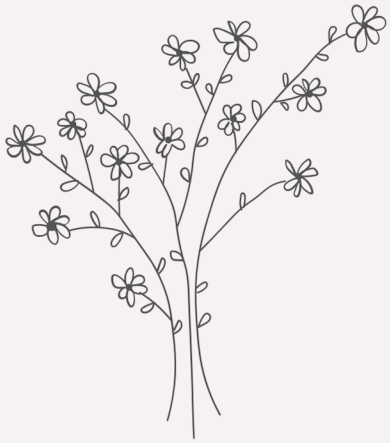
HOW TO USE THIS JOURNAL

6. **Express Your Emotions:** Use your journal as a safe space to express your emotions related to your goal. Write about any fears, doubts, or anxieties you may have. Acknowledge and process your emotions, and consider strategies to manage them in a constructive way.

7. **Practice Gratitude and Affirmations: I**nclude gratitude and positive affirmations in your journaling practice. Write about things you are grateful for in your journey towards your goal, and affirm yourself for your progress and efforts. This can help boost your motivation and positive mindset.

8. **Reflect on Your Learning:** Regularly reflect on your learning and insights gained from working towards your goal. Write down any new perspectives, knowledge, or skills you have acquired. Reflect on how you have grown as a person through the process of pursuing your goal.

Remember, there is no one-size-fits-all approach to journaling about your goals. It's a personal practice, and you can adapt it to suit your style and preferences. The key is to be consistent and reflective, using your journal as a tool for self-awareness, self-motivation, and progress tracking on your goal achievement journey.



AVOID SELF-SABOTAGE WHEN GOAL-SETTING

• Avoid overthinking and stress about the outcome

• Avoid comparing yourself with others – everyone is on their own journey

• Let go of fear, doubt, and negative thoughts

• Don’t ignore your intuition and inner guidance

• Avoid feeling ashamed or embarrassed about wanting or having what you desire

• Don’t be afraid to ask for help when needed

• Release attachment to the outcome

• Don’t give up, even when things seem to move slowly or not at all

• Don’t focus on the lack of what you want to manifest, but instead focus on abundance

• Don’t get discouraged when things don’t happen in the timeframe you desire

• Don't allow fear or doubt to take over – remember to push through !

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JOURNAL PROMPTS TO HELP YOU FIND AND SET YOUR GOALS

USE ONE OF THESE JOURNAL PROMPTS EVERY SINGLE DAY THROUGHOUT EACH OF THE THREE 33-DAY PERIODS IN THIS JOURNAL

WHAT WOULD IT FEEL LIKE TO BE LIVING MY DESIRED REALITY?

HOW AM I HOLDING MYSELF BACK FROM ACHIEVING WHAT I WANT?

IN WHAT WAYS CAN I STAY FOCUSED AND MOTIVATED IN MANIFESTING MY GOALS?

WHAT INSPIRED ACTION CAN I TAKE TODAY TO MOVE CLOSER TO MY DESIRED OUTCOME?

WHAT WOULD IT LOOK LIKE IF I HAD ALREADY ACHIEVED WHAT I WANTED?

HOW CAN I STAY PRESENT AND IN THE MOMENT WHILE SETTING MY GOALS?

WHAT LIMITING BELIEFS AM I READY TO LET GO OF TODAY?

WHAT DO I NEED TO FEEL SAFE, SECURE, AND CONFIDENT AS I SET MY GOALS?

WHAT UNIQUE SKILLS AND TALENTS DO I POSSESS THAT CAN HELP ME WITH MY GOAL?

WHO ARE THE PEOPLE THAT CAN HELP ME REACHING MY GOALS FASTER?

HOW CAN I TAP INTO MORE CONFIDENCE WHEN TAKING INSPIRED ACTION TOWARD MY DESIRED OUTCOME?

WHAT IS THE FIRST STEP I NEED TO TAKE TO PLAN FOR MY GOAL?

WHAT IS THE NEXT ACTION STEP I CAN TAKE TODAY TO MOVE CLOSER TO MY GOAL?

IN WHAT WAYS DO I NEED TO CHANGE MY THOUGHTS, BELIEFS, AND ACTIONS IN ORDER TO BRING MORE ABUNDANCE INTO MY LIFE?

HOW CAN I CREATE AN ENVIRONMENT THAT WILL SUPPORT THE PATH TOWARDS MY GOALS?

WHAT ARE THE BLOCKS AND BOUNDARIES I NEED TO REMOVE IN ORDER TO MANIFEST MY DESIRES?

HOW CAN I STAY OPEN-MINDED ABOUT POSSIBLE CHALLENGES?

WHAT DO I NEED TO BELIEVE ABOUT MYSELF IN ORDER TO REACH MY GOALS FASTER?

WHAT CAN I DO TO STAY FOCUSED AND ON TRACK WITH MY DESIRED OUTCOME?

HOW CAN I REMAIN POSITIVE WHEN FACED WITH SETBACKS?

WHAT NEW HABITS DO I NEED TO CREATE IN ORDER TO ALIGN MYSELF WITH MY DESIRED OUTCOMES?

HOW WOULD IT FEEL IF I HAD ALREADY ACHIEVED MY GOALS?

WHAT CAN I DO TO BE MORE MINDFUL AND AWARE OF THIS GOAL-SETTING PROCESS?

HOW CAN I PRACTICE GRATITUDE FOR WHAT I HAVE NOW WHILE CONTINUING TO MOVE CLOSER TO MY GOAL?

WHAT SMALL, DAILY STEPS CAN I TAKE TO CREATE MORE POSITIVE ENERGY AROUND MY DESIRED OUTCOME?

WHAT IS ONE THING I CAN DO TO HAVE GREATER FAITH IN MYSELF AND MY ABILLITY TO MOVE CLOSER TO MY GOAL?

WHAT WOULD IT LOOK LIKE IF I ALLOWED MYSELF TO FULLY TRUST IN MYSELF AND MY ABILITY TO REACH MT GOALS?

WHAT CAN I DO TO STAY CONNECTED WITH MY GOAL INDEPENDENTLY OF MY BUSY SCHEDULE?

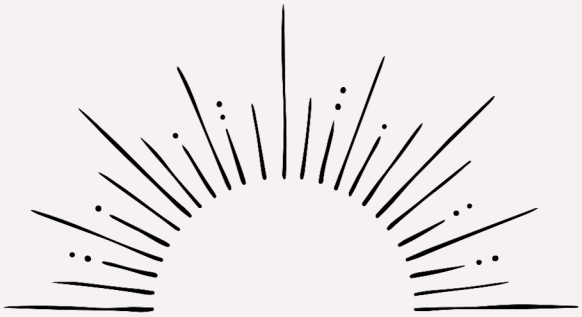
HOW CAN I TAP INTO MORE PATIENCE AS I MOVE TOWARD MY DESIRED OUTCOME?

WHAT DO I NEED TO LET GO OF IN ORDER TO REACH MY GOAL MORE QUICKLY?

HOW CAN I STAY PRESENT IN THE MOMENT AND ENJOY THE JOURNEY TOWARD MY DESIRED OUTCOME?

WHAT KIND OF MINDSET DO I NEED TO MAINTAIN TO ENSURE I'M SUCCESSFUL?

WHAT CAN I DO ON A DAILY BASIS TO TAKE CARE OF MYSELF WHILE ALSO REACHING CLOSER TO MY GOALS?



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AFFIRMATIONS TO HELP YOU REACH YOUR GOALS

USE THESE AFFIRMATIONS WITH THE JOURNAL TO REMIND YOU OF YOUR ABILLITY TO REACH YOUR GOALS AND HELP YOURSELF MANIFEST WITH MORE CONFIDENCE AND EASE.

1. I AM CAPABLE OF ACHIEVING MY GOALS, AND I HAVE THE RESOURCES WITHIN ME TO SUCCEED.

2. EVERYTHING I NEED TO MANIFEST MY DESIRES IS ALREADY HERE AND AVAILABLE TO ME NOW.

3. I AM COMMITTED TO MY GOALS, AND I TAKE CONSISTENT ACTION TOWARDS THEIR ATTAINMENT.

4. I AM WORTHY OF SUCCESS, AND I DESERVE TO ACHIEVE MY GOALS.

5. I AM CONFIDENT AND SECURE IN MY ABILITY TO MANIFEST QUICKLY AND EASILY.

6. I BELIEVE IN MYSELF AND MY ABILITIES TO ACCOMPLISH MY GOALS.

7. I AM OPEN TO LEARNING, GROWING, AND ACQUIRING NEW SKILLS TO SUPPORT MY GOAL ACHIEVEMENT.

8. I AM RESILIENT AND PERSISTENT IN THE FACE OF CHALLENGES, AND I LEARN FROM SETBACKS TO GROW STRONGER.

9. I AM NOW OPEN TO RECEIVING ALL THE ABUNDANCE THAT IS MINE.

10. I AM RESOURCEFUL, AND I ATTRACT THE RIGHT PEOPLE AND OPPORTUNITIES TO HELP ME ACHIEVE MY GOALS..

11. I LET GO OF ANY LIMITING BELIEFS OR DOUBTS ABOUT MY ABILITY TO REACH MY GOALS .

12. I STAY FOCUSED ON MY GOALS, AND I AVOID COMPARISON OR SELF-DOUBT.

13. I TAKE INSPIRED ACTION EVERY DAY TOWARD MAKING MY DREAMS A REALITY.

14. I CELEBRATE MY PROGRESS, NO MATTER HOW SMALL, AND I ACKNOWLEDGE MY ACHIEVEMENTS ALONG THE WAY.

15. I USE SETBACKS AS STEPPING STONES TOWARDS SUCCESS, AND I NEVER GIVE UP ON MY GOALS.

16. I HAVE A CLEAR VISION OF MY GOALS, AND I TAKE INTENTIONAL STEPS TOWARDS THEIR REALIZATION.

17.I AM IN CONTROL OF MY THOUGHTS, EMOTIONS, AND ACTIONS, AND I ALIGN THEM WITH MY GOALS.

18. I CREATE A POSITIVE AND SUPPORTIVE ENVIRONMENT THAT NURTURES MY GOALS AND ASPIRATIONS.

19. I TRUST MY INTUITION AND MAKE WISE DECISIONS THAT ALIGN WITH MY GOALS AND VALUES.

20. I AM WILLING TO TAKE RISKS, LET GO OF FEAR, AND TRUST THAT MY GOAL WILL COME TRUE.

21. I AM A GOAL-GETTER, AND I APPROACH MY GOALS WITH PASSION, PURPOSE, AND DETERMINATION.

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22. I AM GRATEFUL FOR THE OPPORTUNITIES AND RESOURCES THAT COME MY WAY TO HELP ME ACHIEVE MY GOALS.

23. I AM CONFIDENT IN MY ABILITIES, AND I TRUST THAT I AM ON THE RIGHT PATH TOWARDS MY GOALS.

24. I AM WORTHY OF THE SUCCESS THAT COMES WITH ACHIEVING MY GOALS, AND I EMBRACE IT FULLY.

25. I JOYFULLY ACCEPT THE ABUNDANCE THAT IS NOW MANIFESTING IN MY LIFE.

26. I EASILY AND GRACEFULLY ATTRACT ALL THAT I DESIRE INTO MY LIFE NOW.

27. I AM CAPABLE OF OVERCOMING ANY OBSTACLES, AND I FIND CREATIVE SOLUTIONS TO ACHIEVE MY GOALS.

28. I GIVE THANKS FOR ALL THE ABUNDANCE THAT IS ALREADY PRESENT IN MY LIFE.

29. I AM THE CREATOR OF MY OWN DESTINY, AND I AM FULLY COMMITTED TO ACHIEVING MY GOALS WITH PASSION, PERSEVERANCE, AND POSITIVITY.

30. I AM SURROUNDED BY PEOPLE WHO SUPPORT, ENCOURAGE, AND INSPIRE ME TO ACHIEVE MY GOALS.

31. I AM ORGANIZED AND FOCUSED ON MY PRIORITIES, AND I MANAGE MY TIME AND RESOURCES EFFECTIVELY TO ACHIEVE MY GOALS.

YOUR 1ST GOAL

FORMULATE YOUR FIRST GOAL HERE:

A reminder of the recommended formula:

A.) PHRASE YOUR GOAL WITH GRATITUDE
B.) ADD EMOTIONS (HOW YOU WANT TO FEEL)
C.) ADD THE WORDS "INTO MY LIFE"
D.) KEEP IT SHORT. YOU SHOULD BE ABLE TO READ YOUR GOAL IN 15 - 17 SECONDS.

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YOUR 2ND GOAL

FORMULATE YOUR FIRST GOAL HERE:

A reminder of the recommended formula:

A.) PHRASE YOUR GOAL WITH GRATITUDE
B.) ADD EMOTIONS (HOW YOU WANT TO FEEL)
C.) ADD THE WORDS "INTO MY LIFE"
D.) KEEP IT SHORT. YOU SHOULD BE ABLE TO READ YOUR GOAL IN 15 - 17 SECONDS.

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YOUR 3RD GOAL

FORMULATE YOUR FIRST GOAL HERE:

A reminder of the recommended formula:

A.) PHRASE YOUR GOAL WITH GRATITUDE
B.) ADD EMOTIONS (HOW YOU WANT TO FEEL)
C.) ADD THE WORDS "INTO MY LIFE"
D.) KEEP IT SHORT. YOU SHOULD BE ABLE TO READ YOUR GOAL IN 15 - 17 SECONDS.

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