



## CORE

Think of an aspect in your life in which you are not getting the results you want to.

What inner voice are you listening to in that aspect of your life? Is that inner voice leading you to actions that cause progress or getting you stuck?

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What actions did I take that were created by the emotions that the inner voice has led me to?

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What would be the right inner voice to listen to?

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What actions should I take instead of the previous ones?

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What things can I do better today than I did yesterday?

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## LOG TO USE DAILY

### Morning

What am I going to achieve today?

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### Evening

What are the positive things I want to happen today?

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### 3 positive things that happened to me today

What have I done today to improve my work status?

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What have I done today to improve my health?

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What have I done to improve my relationships? (family, friends, spouse, kids)

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## SHINE

Am I doing any of the energy draining activities as: radiate negative feelings, criticize, hold grudges, keep secrets, blame people or secretly hope others will fail?

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What is my trademark?

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What would be the right inner voice to listen to?

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After asking 3 people from my closest circle, they said I am most exceptional at:

1. 

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2. 

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3. 

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## ORBIT

What would I love doing for free?

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What would I do if I couldn't fail at it?

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Who are the people that I would love to be surrounded by daily?

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### My Vision

What do I think can stop me from fulfilling it?

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What am I most scared of?

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### In my perfect dream 5 years from now:

What do I have?

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What do I do?

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What do I look like?

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Who am I?

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What is most likely to prevent me of becoming the person who is worthy of my vision?

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## MOTION

In what area of life am I a spectator and not a player?

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What is the actual loss I am experiencing because I am not influencing enough directly on the situation?

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### My weekly shopping cart:

What did I want to achieve this week?

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What is the first physical action that I did to get me closer to it?

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### My daily shopping cart:

What did I want to achieve this week?

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What is the first physical action that I did to get me closer to it?

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## UPGRADING MYSELF

What do I think I need to do to upgrade myself in every aspect of my life?

My job/career:

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My social circles:

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My hobbies:

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What are the things I will try to do differently from now on?

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## ATMOSPHERE

In Who am I spending most of my time with?

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What am I learning from my surroundings and how helpful are they to my progress?

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Who are the people that make my motivation level increase?

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Who are the people that make my motivation level decrease?

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What is currently the most important aspect of my life that I want to progress in?  
Who do I know that have more knowledge in this aspect than I do?

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Who should I spend more time with to increase my motivation level and gain more knowledge?

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## CLUSTER OF STARS

Do I know someone who might need help?

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What can I physically do to help them?

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