



Daily Accountability Journal

Give yourself a positive kick in the ass!

- Create Positive habits in your life
- Transform your mindset
- Achieve goals daily

In this plan you will

1. Set Goals
2. Put Action towards achieving goals daily
3. Track Progress and achievements
4. Receive Daily inspirational quotes
5. Affirm what positive things you have in your life

“Clear, written goals have a wonderful effect on your thinking. They motivate you and galvanize you into action. They stimulate your creativity, release your energy, and help you to overcome procrastination as much as any other factor.”
— Brian Tracy

*Three Goals you want to achieve!
(Be specific)*

Goal 1

Why is this important to me?

Goal 2



Why is this important to me?

Goal 3



Why is this important to me?

Daily Accountability Journal of Action

“Your mind is a powerful thing.
When you fill it with positive thoughts,
your life will start to change”.

Good Morning!

Day 1

Three things I love about my life

Go:

1. _____
2. _____
3. _____

Three things I want to accomplish today

Go:

1. _____
2. _____
3. _____

Three words of encouragement to repeat to myself today

Go:

1. _____
2. _____
3. _____

Three things I refuse to give energy to today

Go:

1. _____
2. _____
3. _____

Daily Accountability Journal of Action

“At the end of the day it’s the choices
you make that count”.

Good Evening!

Day 1

Three things I loved about today

Go:

1. _____
2. _____
3. _____

Three things I accomplished today

Go:

1. _____
2. _____
3. _____

Three things I am thankful for

Go:

1. _____
2. _____
3. _____

Daily Accountability Journal of Action

"A little progress each day
is what it's all about".

Good Morning!
Day 2

Three things I love about my life

Go:

1. _____
2. _____
3. _____

Three things I want to accomplish today

Go:

1. _____
2. _____
3. _____

Three words of encouragement to repeat to myself today

Go:

1. _____
2. _____
3. _____

Three things I refuse to give energy to today

Go:

1. _____
2. _____
3. _____

Daily Accountability Journal of Action

"Make yourself a priority. At the end of the day,
you're your longest commitment".

Good Evening!
Day 2

Three things I loved about today

Go:

1. _____
2. _____
3. _____

Three things I accomplished today

Go:

1. _____
2. _____
3. _____

Three things I am thankful for

Go:

1. _____
2. _____
3. _____

Daily Accountability Journal of Action

“The best part about life?
Every morning you have a new opportunity to
become a happier version of yourself”.

Good Morning!

Day 3

Three things I love about my life

Go:

1. _____
2. _____
3. _____

Three things I want to accomplish today

Go:

1. _____
2. _____
3. _____

Three words of encouragement to repeat to myself today

Go:

1. _____
2. _____
3. _____

Three things I refuse to give energy to today

Go:

1. _____
2. _____
3. _____

Daily Accountability Journal of Action

“At the end of the day we are accountable to
ourselves - our success is a result of what we do”.
-Catherine Pulsifer

Good Evening!

Day 3

Three things I loved about today

Go:

1. _____
2. _____
3. _____

Three things I accomplished today

Go:

1. _____
2. _____
3. _____

Three things I am thankful for

Go:

1. _____
2. _____
3. _____

Daily Accountability Journal of Action

"You can and you will because you are a badass like that".

Good Morning!

Day 4

Three things I love about my life

Go:

1. _____
2. _____
3. _____

Three things I want to accomplish today

Go:

1. _____
2. _____
3. _____

Three words of encouragement to repeat to myself today

Go:

1. _____
2. _____
3. _____

Three things I refuse to give energy to today

Go:

1. _____
2. _____
3. _____

Daily Accountability Journal of Action

"Small daily improvements over time lead to stunning results."-Robin Sharma

Good Evening!

Day 4

Three things I loved about today

Go:

1. _____
2. _____
3. _____

Three things I accomplished today

Go:

1. _____
2. _____
3. _____

Three things I am thankful for

Go:

1. _____
2. _____
3. _____

Daily Accountability Journal of Action

“Who you are tomorrow begins with what you do today”
Tim Fargo

Good Morning!

Day 5

Three things I love about my life

Go:

1. _____
2. _____
3. _____

Three things I want to accomplish today

Go:

1. _____
2. _____
3. _____

Three words of encouragement to repeat to myself today

Go:

1. _____
2. _____
3. _____

Three things I refuse to give energy to today

Go:

1. _____
2. _____
3. _____

Daily Accountability Journal of Action

“End your day with a smile, a happy thought
and a grateful heart”. –Clint Walker

Good Evening!

Day 5

Three things I loved about today

Go:

1. _____
2. _____
3. _____

Three things I accomplished today

Go:

1. _____
2. _____
3. _____

Three things I am thankful for

Go:

1. _____
2. _____
3. _____

Daily Accountability Journal of Action

“The day will be what you make it, so rise, like the sun and burn”. –William C. Hannan

Good Morning!

Day 6

Three things I love about my life

Go:

1. _____
2. _____
3. _____

Three things I want to accomplish today

Go:

1. _____
2. _____
3. _____

Three words of encouragement to repeat to myself today

Go:

1. _____
2. _____
3. _____

Three things I refuse to give energy to today

Go:

1. _____
2. _____
3. _____

Daily Accountability Journal of Action

“At the end of the day, I am at peace because my intentions are good and my heart is pure”.

Good Evening!

Day 6

Three things I loved about today

Go:

1. _____
2. _____
3. _____

Three things I accomplished today

Go:

1. _____
2. _____
3. _____

Three things I am thankful for

Go:

1. _____
2. _____
3. _____

Daily Accountability Journal of Action

“Be unstoppable. Be a force of nature.
Be fierce. Focus on your goals and
don't stop until you've succeeded”.

Good Morning!

Day 7

Three things I love about my life

Go:

1. _____
2. _____
3. _____

Three things I want to accomplish today

Go:

1. _____
2. _____
3. _____

Three words of encouragement to repeat to myself today

Go:

1. _____
2. _____
3. _____

Three things I refuse to give energy to today

Go:

1. _____
2. _____
3. _____

Daily Accountability Journal of Action

“Always remember to appreciate what you have
and be proud of what you've accomplished so far”.

Good Evening!

Day 7

Three things I loved about today

Go:

1. _____
2. _____
3. _____

Three things I accomplished today

Go:

1. _____
2. _____
3. _____

Three things I am thankful for

Go:

1. _____
2. _____
3. _____