

# Results Journal

*A 7 Day colour-coded repeatable system that will help you intentionally achieve results.*

## *A note from Joy:*

This journal is meant to help you to become more intentional so that you can start to get results.

### **An intentional week might look like this:**

**SUNDAY** fill out the 5 things you want to do in each of the 3 categories. You can pick 2 of them, but I have given you one = YOURSELF. If you aren't looking after yourself, you can't look after others (a little tip I got from School for Mothers!). My personal categories are WORK, MYSELF, FAMILY/MARRIAGE.

**MONDAY - FRIDAY** each morning pick the ONE THING you need to do that day for each of the 3 categories BUT here is the key: when you write down the ONE THING, write it down as if you have already done it (which is also why you want to do it in the morning BEFORE the day has started). A trick to make this super successful - BE SPECIFIC. Say what time you did what you did and how long it took you to do and why you are proud of having done it.

**SATURDAY** review the week. What went well? What could have gone better? What is the ONE THING (just ONE THING) that you must accomplish next week?

By doing these exercises every day, you will form a habit of being intentional about your results each week.

**Need accountability?** Join our 'Results Journal' Facebook Group where you can post pictures of your journal and get encouragement from like-minded women. You will be sent a link to the Facebook Group when you purchase the journal.

## *Frequently Asked Questions:*

**What happens if I skip a day?** That is ok. Just don't skip 2 days. I've included a daily tracker that you can tick off each day that you do the work so that you can feel a sense of accomplishment for doing it.

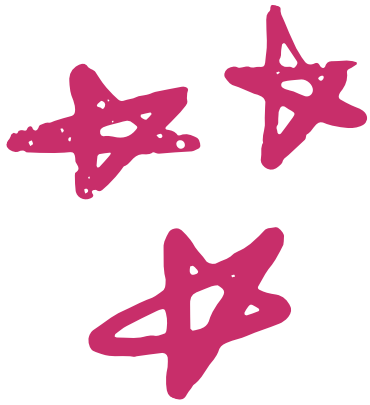
**How long will it take me to get in the habit of doing this daily?** You may find that your first week, you only manage a every other day but stick with it, in your second week, try and do one day more than your first, and in your third week, one day more than your second, etc. Eventually, if you stick with it, you will get your results.

**What will help me to do this daily?** Pick the same time each day to work on it. Sundays will take the longest to do but will be much easier the second week than the first.

**What happens if I didn't get the results I wanted for the day?** That is OK. Forgive yourself and if it is important, roll it onto the next day. If it is important, keep rolling it until you do it. If it isn't important, replace it with something that is.

**I have a MILLION things to do!?!?! How do I narrow it down to just 15 for the whole week?** Yep, I get it - we all have a million things on our to do list BUT it has been proven that if you don't limit your to do list, your likelihood of getting it done is, well, unlikely. Overwhelm sets in and nothing gets done. SOOOO... you need to force yourself to be super intentional and focus on accomplishing the most important things that will give you the results you need.

Date: \_\_\_\_\_



# Daily tracker

**Cross of the boxes for the days you completed your results journal. By the end of the month, your aim is to have a full 7 day streak!**

**REMEMBER** it is ok to skip a day, just don't skip twice!

## Week 1

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## Week 2

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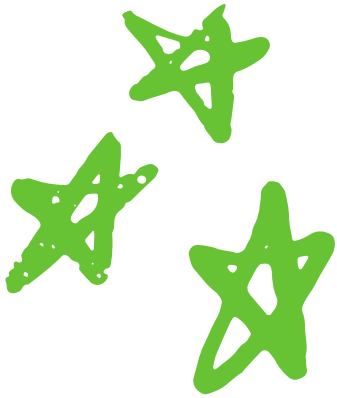
## Week 3

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## Week 4

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Date: \_\_\_\_\_



the 5 results I  
accomplished this week  
for my \_\_\_\_\_ were:

**TOP TIP:** Remember to write as if it already happened! BE SPECIFIC!

#1

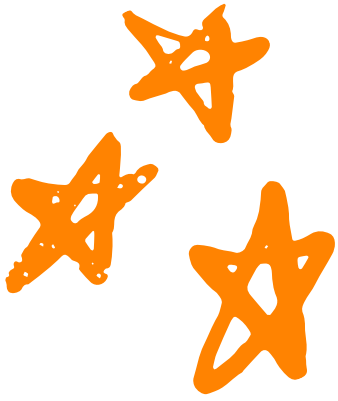
#2

#3

#4

#5

Date: \_\_\_\_\_



*the 5 results I  
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for myself were:*

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#1

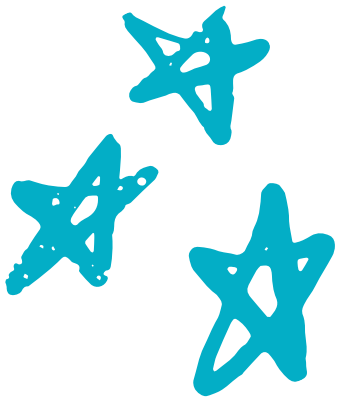
#2

#3

#4

#5

Date: \_\_\_\_\_



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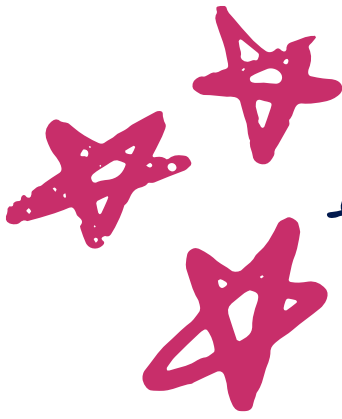
#2

#3

#4

#5

Date: \_\_\_\_\_



*I'm proud of the 3 things  
I accomplished today*

**TOP TIP:** Remember to write as if it already happened! BE SPECIFIC!

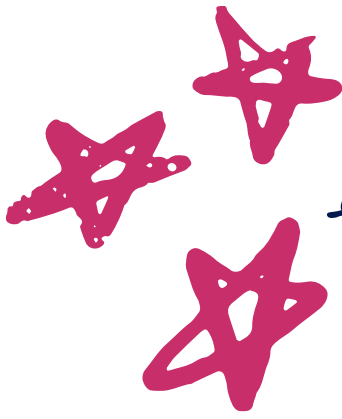
*For my \_\_\_\_\_:*

*For myself:*

*For my \_\_\_\_\_:*



Date: \_\_\_\_\_



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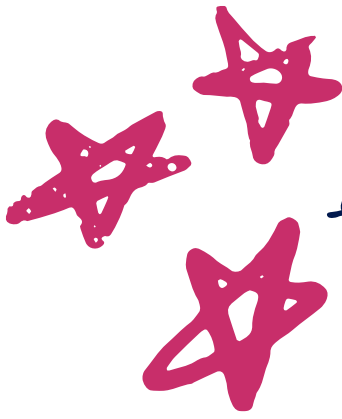
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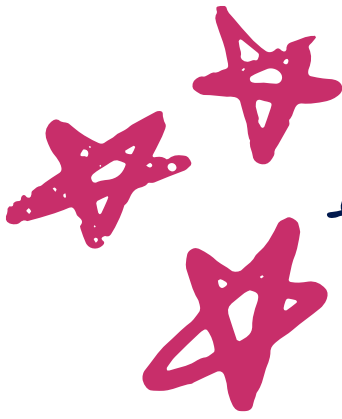
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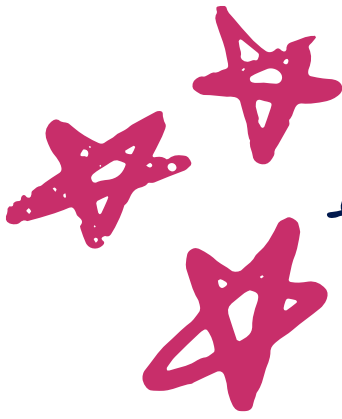
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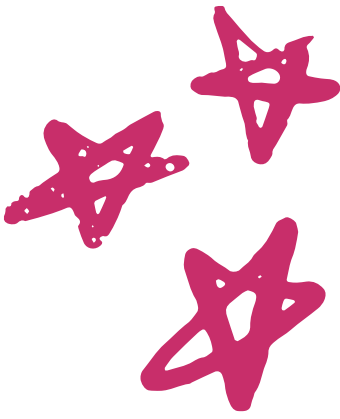
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*For myself:*

*For my \_\_\_\_\_:*

Date: \_\_\_\_\_



## My week in review

What went well?

What could have gone better?

What's the #1 thing that needs to happen next week?

**TOP TIP:** Only pick one thing... it can be in any of your 3 categories but **ONLY ONE** thing.

*Well done!*

You made it to the end of the first week.

Print out pages 5-13 again and get started on week 2.

If you need the file again, no problem, it is pinned to the top of the 'TechPixies Results Journal' Facebook group. Free to anyone who has purchased the journal.