

DAILY DOZEN TRACKING SHEET - MONTH _____ - YEAR 20____

DAY OF THE WEEK -																																
DATE		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
1	Give Thanks - Start your day from the six positive emotions (love, joy, freedom, empowerment, knowledge, appreciation)																															
2	Read your Daily Affirmations																															
3	Review your Goals/Dreams																															
4	List your Things To Do for today																															
5	Plan your Calendar																															
6	Read 10 to 30 min																															
7	Listen to a motivational cd																															
8	Add a new name to your Names List																															
9	Make a minimum of 10 Phone Calls																															
10	STP - Show The Plan - Show The Product - Follow-up																															
11	Set up a new Customer or service an existing one																															
12	Use your Product / Try a new Product																															

BOOKS READ OR BUSY READING THIS MONTH:

1 _____

2 _____

3 _____

CD'S LISTENED TO THIS MONTH:

1 _____

2 _____

3 _____