

**There is nothing more powerful  
than a decision!**

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Dr. Timothy L. Coomer, PhD  
Author – The DISCIPLINE STRATEGY®



**DISCIPLINE STRATEGY**  
THE SCIENTIFIC ROADMAP FOR CHANGE

# DAILY JOURNAL AND PLANNER

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



My decision & goal

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**MUST complete tasks** (These tasks should support the DISCIPLINE STRATEGY® step you are on)

	Done		Done	
-----	<input type="checkbox"/>	-----	<input type="checkbox"/>	<b>WHERE ARE YOU IN THE PROCESS?</b> D Decide I Investigate S Sort C Conceive I Implement P Persevere L Loop I Intensify N Notice E Enjoy
-----	<input type="checkbox"/>	-----	<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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My priorities for the day

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My ROCK SOLID habits

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My NEW habits I'm nurturing

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Brainstorm / Learn / Capture (Capture things learned, observations, ideas, notice)

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## MY PLAN TO NURTURE PERMA

Positive Emotion \_\_\_\_\_  
Engagement \_\_\_\_\_  
Relationships \_\_\_\_\_  
Meaning \_\_\_\_\_  
Accomplishment \_\_\_\_\_

Today's bite sized victories

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## EAT FOR HEALTH

Breakfast \_\_\_\_\_ Calories \_\_\_\_\_

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Lunch \_\_\_\_\_

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Snack \_\_\_\_\_

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Supper \_\_\_\_\_

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## MIND, BODY, SPIRIT

Muscle \_\_\_\_\_

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Heart \_\_\_\_\_

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Flexibility \_\_\_\_\_

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Mind/Spirit \_\_\_\_\_

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Gratitude Journal

Daily GRIND Reward