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UNIVERSITY

# Daily HWJ Practice



2 weeks of Daily Practice

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# What do you want to create?

All the results you want to create start with your thoughts. This journal will help you stay consistent with cultivating the thoughts that will create the results you want.

Though learning how to coach yourself with these tools is simple, it isn't always easy at first. It takes a compassionate commitment to YOU taking ownership of your results.

**STEP 1:** Do a goal download for the next month. Write down the measurable results you want to create this month. Make sure it's realistic yet an uncomfortable stretch for you. Make your goals are measurable so you'll know exactly when you have achieved them.

This daily journal will help become aware of patterns of thinking, feeling and doing. You'll use the Equation for a few minutes each day. It may seem that this will leave you with less time but a managed mind creates more time and less drama. Doing this consistently will show how you're creating current results. It will help you access new thoughts and emotions to change the results you're getting. You'll be able to gain insight and awareness much more easily.

**STEP 2:** Attend calls and / or lessons ACTIVELY looking for coaching and tools to help you create your results.

**STEP 3:** Coach yourself courageously. Do thought downloads and Equations each day. The rest of this workbook has the worksheets you'll need to do your daily thought downloads and Equations and take notes for the coaching calls or lessons you attend or watch.

**STEP 4:** Evaluate, evaluate, evaluate. At the end of each week you have an evaluation worksheet. Look for the things you can control, regardless of the circumstances.

Your thoughts and emotions are where all your results are created. Start doing the work and go all in on yourself.



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## Goal Download.

What do you want to create this month?

How can you measure this result you've created so you'll know when you have created it?



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# Monthly Checklist.

Month: \_\_\_\_\_

What I'm creating this month: \_\_\_\_\_

Measurable result I will create this month: \_\_\_\_\_

Measurable result I want to create this year: \_\_\_\_\_

☐ Focused on my goals above to apply coaching and / lessons.

## WEEK 1:

- ☐ Completed 1 thought download each day
- ☐ Completed at least 1 Unintentional & 1 Intentional Equation each day
- ☐ Attended 1 Coaching Call / Lesson and applied to my situation
- ☐ Completed weekly self evaluation to learn and grow

## WEEK 2:

- ☐ Completed 1 thought download each day
- ☐ Completed at least 1 Unintentional & 1 Intentional Equation each day
- ☐ Attended 1 Coaching Call / Lesson and applied coaching to my situation
- ☐ Completed weekly self evaluation to learn and grow

## WEEK 3:

- ☐ Completed 1 thought download each day
- ☐ Completed at least 1 Unintentional & 1 Intentional Equation each day
- ☐ Attended 1 Coaching Call / Lesson and applied coaching to my situation
- ☐ Completed weekly self evaluation to learn and grow

## WEEK 4:

- ☐ Completed 1 thought download each day
- ☐ Completed at least 1 Unintentional & 1 Intentional Equation each day
- ☐ Attended 1 Coaching Call / Lesson and applied coaching to my situation
- ☐ Completed weekly self evaluation to learn and grow



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# WEEK 1

Daily Thought Downloads + Equations



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## Day 1

Thought Download: Spend 5 - 10 minutes writing down the thoughts in your head. Your blank page is the place to allow yourself to be fully human. Do not judge, edit, or censor your thoughts. Write until you fill the whole page. This is where you find the components for your Equations.



# My Equations

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How can I use doodles to gain more insight into my thoughts, emotions and behaviors around these circumstances?



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## Day 5

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## Day 6

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## Day 7

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# WEEK 1

Call / Lesson Notes & Self Evaluation



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## Call / Lesson Notes

Main focus of coaching:

How can I apply this to my own situation?

Key takeaways:

Thoughts to try on / practice:

Main focus of lesson:

How can I apply this to classes I'll teach?

Key takeaways / teachings:



## Self - Evaluation

Evaluate the results you created this week. This is one of the greatest learning opportunities. You don't have to come to this evaluation with judgment or criticism. Compassion and curiosity will help you learn the most from yourself.

**Think about the results you want this month as you answer the questions.**

1. **WW - What worked?** What was I thinking that did work this week?

How was I feeling that did work?

What did I do or not do that did work?

1. **WDW - What did not work?** What was I thinking that did not work?

How was I feeling that did not work?

What did I do or not do that did not work?

1. **WDD - What will I do differently next time?** What can I remember to think, feel and do based on what I learned?

What can I remember to feel based on what I learned?

What can I do differently next week to create more of the results I want?

How and where can I take 100% ownership of creating my results?



# WEEK 2

Daily Thought Downloads + Equations



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## Day 8

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## Day 9

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## Day 10

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## Day 14

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# WEEK 2

Call / Lesson Notes + Self-Evaluation



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## Call / Lesson Notes

Main focus of coaching:

How can I apply this to my own situation?

Key takeaways:

Thoughts to try on / practice:

Main focus of lesson:

How can I apply this to my classes?

Key takeaways / teachings:



## Self-Evaluations

Evaluate the results you created this week. This is one of the greatest learning opportunities. You don't have to come to this evaluation with judgment or criticism. Compassion and curiosity will help you learn the most from yourself.

**Think about the results you want this month as you answer the questions.**

- **WW - What worked?** What was I thinking that did work this week?

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- **WDD - What will I do differently next time?** What can I remember to think, feel and do based on what I learned?

What can I remember to feel based on what I learned?

What can I do differently next week to create more of the results I want?

How and where can I take 100% ownership of creating my results?



# WEEK 3

Daily Thought Downloads + Equations



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## Day 15

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## Day 16

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# WEEK 3

Call / Lesson Notes + Self-Evaluation



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## Call / Lesson Notes

Main focus of coaching:

How can I apply this to my own situation?

Key takeaways:

Thoughts to try on / practice:

Main focus of coaching or lesson:

How can I apply this to my own situation?

Key takeaways / teachings:



## Self-Evaluation

Evaluate the results you created this week. This is one of the greatest learning opportunities. You don't have to come to this evaluation with judgment or criticism. Compassion and curiosity will help you learn the most from yourself.

**Think about the results you want this month as you answer the questions.**

- **WW - What worked?** What was I thinking that did work this week?

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- **WDW - What did not work?** What was I thinking about that did not work?

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- **WDD - What will I do differently next time?** What can I remember to think, feel and do based on what I learned?

What can I remember to feel based on what I learned?

What can I do differently next week to create more of the results I want?

How and where can I take 100% ownership of creating my results?



# WEEK 4

Daily Thought Downloads + Equations



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## Day 22

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## Day 23

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## Day 25

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# WEEK 4

Call / Lesson Notes + Self-Evaluation



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## Call / Lesson Notes

Main focus of coaching:

How can I apply this to my own situation?

Key takeaways:

Thoughts to try on / practice:

Main focus of lesson:

How can I apply this to my classes?

Key takeaways:



## Self-Evaluation

Evaluate the results you created this week. This is one of the greatest learning opportunities. You don't have to come to this evaluation with judgment or criticism. Compassion and curiosity will help you learn the most from yourself.

**Think about the results you want this month as you answer the questions.**

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What can I remember to feel based on what I learned?

What can I do differently next week to create more of the results I want?

How and where can I take 100% ownership of creating my results?

