



JOURNAL YOUR WAY TO SUCCESS

Journal Your Way To Success - www.donnapresents.com

JOURNAL YOUR WAY TO SUCCESS

Journaling is often celebrated as an effective strategy for personal growth but, also, it has very specific applications for entrepreneurs seeking to get ahead in business.

Keeping a Success Journal allows you to:

- *Keep your thoughts organized*
- *Gain perspective*
- *Set and achieve your goals*
- *Record ideas on-the-go*
- *Self-reflect*
- *Inspire creativity*

Some may even find it helps to:

- *Boost your memory and, relieve stress*

Last, journaling doesn't always have to mean writing.

Sketching and drawing in your journal can help you to express your vision graphically.

I am DonnaSLam and am very happy to help you achieve success!

When the words, “you have cancer,” rudely invaded my uncomplicated, healthy and relatively happy life is was devastated. Like many who have heard those three words, a huge rush of emotions overwhelmed and intimidated me! I knew the where, but all the questions why, how, when etc., rolled around my head like the letters in a bingo cage!

Quickly, I realized life rolls along, waiting for no one! Within a month, I had had surgery, and began treatment! It was during those dark days that I felt a range of strong emotions, such as disbelief, fear, sadness, anxiety and anger! Then, I discovered mindful meditation and journaling.

Soon, mindful meditation and journaling became crucial tools in how I managed my cancer diagnosis. Mindfulness is being curious and open to what is going on right here, right now, in your mind and body. Journaling is personal and lets you spontaneously write your thoughts and ideas without any filters. Together, mindful meditation and journaling empowered me to face what was working and what was not working in my life. I found that they helped greatly in reducing my anxiety, stress and depression, a bonus – I had greater energy.

Today, I incorporate mindful meditation and journaling in all aspects of my life. In my heart, I know that they have helped me to personally grow, and has brought my business where it is today.



Life can still be stressful and chaotic, especially if you run your own business. As a perfectionist, over-thinker, and over-doer, I know that so many of my struggles are caused by the pressures I put upon myself, especially as my road to success continues its winding path. Mindful meditation and journaling are the tools I use to keep myself grounded, today.

But, from time-to-time, I find myself “slacking off” and falling back into my stressful self. Then, I remember how meditation and journaling helped me overcome my darkest days – so I stop, take a couple of deep breaths, then pen my thoughts. Now that you have my “*Journal Your Way to Success*,” you, too, can do the same.

Consistent journaling can drive the entrepreneurial process, create new and productive business ideas and help entrepreneurs direct their energy toward success.

On your journey to success, take a few minutes to slow down, write a few words, then, take several deep breathes!

After all, breathing is oh, so, natural, and so is writing!

Much success!

Donna

ps: Get a free gift when you visit my website www.donnapresents.com

Journal Your Way To Success – www.donnapresents.com

"If you really look closely, most overnight successes took a long time." ~ Steve Jobs



A series of horizontal dotted lines spanning the width of the page, intended for writing or journaling.



What's the best
job I've ever had?
What made it so
great?





As a kid, what did I dream of doing when I grew up?

"Believe you can and you're halfway there."

~ Theodore Roosevelt



A series of horizontal dotted lines spanning the width of the page, intended for writing or journaling.



A series of horizontal dotted lines spanning the width of the page, intended for writing or journaling.



What 5-10
accomplishments
am I really proud
of?



A series of horizontal dotted lines spanning the width of the page, intended for writing.



A series of horizontal dotted lines spanning the width of the page, intended for writing.

*"Nothing is impossible. The word itself says 'I'm possible!'" ~
Audrey Hepburn*



A series of horizontal dotted lines spanning the width of the page, intended for writing or journaling.



A series of horizontal dotted lines spanning the width of the page, intended for writing.



What words do I
want to come to
mind when others
think of me?



A series of horizontal dotted lines spanning the width of the page, intended for writing.



"You must do the things you think you cannot do."

~ Eleanor Roosevelt



A series of horizontal dotted lines for writing, spanning the width of the page.



Do a “brain dump!”



A series of horizontal dotted lines spanning the width of the page, providing a guide for handwriting practice.



A series of horizontal dotted lines spanning the width of the page, intended for writing.



A series of horizontal dotted lines spanning the width of the page, providing a guide for handwriting practice.

*If you're thinking already, you might as well
think big. ~ Unknown*



A series of horizontal dotted lines spanning the width of the page, intended for writing.





If you could, what
would you change
in your life?





A series of horizontal dotted lines spanning the width of the page, providing a guide for handwriting practice.

"Don't wait. The time will never be just right."

~ Napoleon Hill



A series of horizontal dotted lines for writing, spanning the width of the page.



What are you grateful for?



A series of horizontal dotted lines spanning the width of the page, intended for writing.



A series of horizontal dotted lines for writing, spanning the width of the page.



*"When you have a dream, you've got to grab it
and never let go." ~ Carol Burnett*



A series of horizontal dotted lines for writing, spanning the width of the page.



A series of horizontal dotted lines spanning the width of the page, intended for writing or journaling.



A series of horizontal dotted lines spanning the width of the page, providing a guide for handwriting practice.



Visual what you feel
when you get there.



A series of horizontal dotted lines spanning the width of the page, intended for writing or journaling.

*“If you change the way you look at things, the things
you look at change.” ~ Wayne Dyer*



A series of horizontal dotted lines spanning the width of the page, intended for journaling or writing.



A series of horizontal dotted lines for writing, spanning the width of the page.





A series of horizontal dotted lines spanning the width of the page, intended for writing or journaling.



Describe what you think a day in the life of a successful person looks like.

"The secret of success is to do the common thing uncommonly well." ~ John D. Rockefeller Jr.



A series of horizontal dotted lines for writing, spanning the width of the page.



A series of horizontal dotted lines spanning the width of the page, intended for writing or journaling.



A series of horizontal dotted lines for writing, spanning the width of the page.



When I think of my whole life – mind, body, spirit, career, relationships, etc. – what do I need more of? Less of?



A series of horizontal dotted lines for writing, spanning the width of the page.

*"The successful warrior is the average man,
with laser-like focus." ~ Bruce Lee*



A series of horizontal dotted lines for writing, spanning the width of the page.





If my favorite magazine asked me to write a feature article about me, a year from now, what would I want the story to be?



A series of horizontal dotted lines spanning the width of the page, providing a guide for handwriting practice.



A series of horizontal dotted lines for writing, spanning the width of the page.

*“The positive thinker sees the invisible, feels the intangible,
and achieves the impossible.” ~ Winston Churchill*



A series of horizontal dotted lines spanning the width of the page, intended for writing or journaling.





What relationship(s) would I like to enhance? What are some possible first steps?



A series of horizontal dotted lines spanning the width of the page, intended for writing.



Who in the world
inspires me? What
do I learn from
them?

"A champion is afraid of losing. Everyone else is afraid of winning." ~ Billie Jean King



A series of horizontal dotted lines spanning the width of the page, intended for journaling or writing.