

 Today I am grateful for . . . Date:.....

- 1 .....
- 2 .....
- 3 .....

Today I am feeling . . .  
.....

Declare My Current Climb:.....

My 3 Summit Focus  
.....  
.....  
.....

3 MIT: (Most Important Task)  
1 .....


2 .....

3 .....

Get On Belay  
Who do I need On Belay today? .....

Who needs Me On Belay today?.....



*Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it. Begin it now!*  
Johan Wolfgang von Goethe

 Tonight I am grateful for . . .  
1 .....

2 .....

3 .....

Tonight I am gaining clarity on . . .  
.....

 6 .....	Clarity	Uncomfortable, But Worth it:
7 .....		
8 .....		
9 .....		
10 .....		
11 .....		
12 .....	Momentum	
1 .....		
2 .....		
3 .....		
4 .....		
5 .....		
6 .....		
7 .....		
8 .....		
 9 .....	Reflection	

Celebrate the Summits:  
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Lessons Learned / Next Time:  
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.....  
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## REFLECTION > CLARITY > MOMENTUM

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Consistently, ask yourself these Essential Questions and write your responses in the space provided. *When you go Deeper, You Climb Higher.*

***What am I Grateful for?***

***What do I want More of?***

***Where is Resistance showing up in my life?***

***What might I be holding onto that I need to let go of?***

***What do I need to Restart?***

***What uncomfortable opportunity is presenting today?***

***Who am I Grateful for?***

## MY 7 SUMMIT AFFIRMATIONS

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*I'm too excited by where I'm going to postpone  
the activities taking me there.*

**Manley Feinberg II**