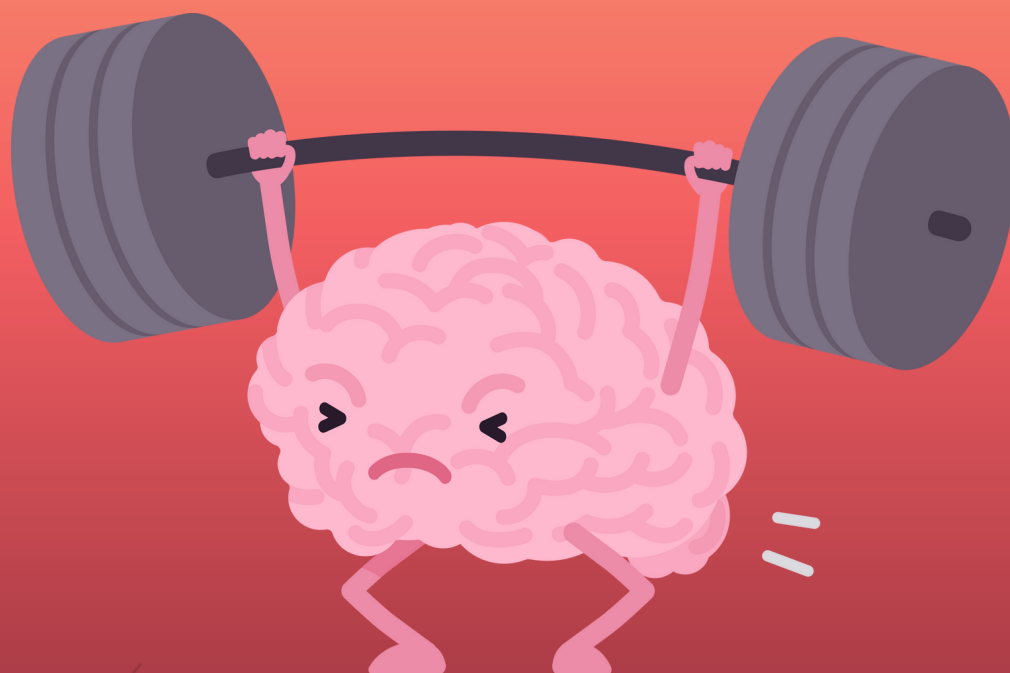


"THE TRAINING"



JOURNAL

THE TRAINING STAGE IS WHERE CHANGE BECOMES REAL. THIS JOURNAL IS YOUR GUIDE TO EXPLORE YOUR DAILY ACTIONS, REFLECT ON PROGRESS, AND STRENGTHEN THE MINDSET THAT WILL CARRY YOU THROUGH CHALLENGES. USE IT AS A SAFE SPACE TO TRACK HABITS, CELEBRATE WINS, AND KEEP YOUR LONG-GAME MINDSET SHARP.

DATE: / /

SECTION 1: DAILY ACTIONS & CONSISTENCY

REFLECT ON YOUR HABITS, ROUTINES, AND CHOICES THAT SUPPORT YOUR GROWTH.

WHAT HABIT OR ACTION DID I COMPLETE TODAY?

HOW CONSISTENT WAS I THIS WEEK?

WHERE DID I NOTICE RESISTANCE OR DISTRACTION?

HOW DID I PUSH THROUGH IT?

DATE: / /

SECTION 2: TRACKING WINS & STRENGTH

SMALL WINS ADD UP TO BIG CHANGE. CELEBRATE THEM HERE.

TODAY I SHOWED STRENGTH OR COURAGE WHEN...

A SMALL VICTORY I NOTICED THIS WEEK:

ONE THING I IMPROVED SINCE LAST WEEK:

HOW THIS PROGRESS MAKES ME FEEL:



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DATE: / /

SECTION 3: CHALLENGES & LESSONS

REFLECT ON OBSTACLES AND THE LESSONS THEY BRING.

BIGGEST CHALLENGE I FACED TODAY/THIS WEEK:

HOW I RESPONDED:

WHAT I LEARNED ABOUT MYSELF:

WHAT I WILL DO DIFFERENTLY NEXT WEEK:

DATE: / /

SECTION 4: MINDSET & FOCUS

STRENGTHEN YOUR LONG-GAME MINDSET AND MENTAL RESILIENCE.

MY FOCUS FOR THE WEEK:

THOUGHTS OR DOUBTS I NEED TO CHALLENGE:

MANTRA OR AFFIRMATION TO GUIDE ME:

ONE WAY I PRACTICED PATIENCE OR PERSISTENCE:

DATE: / /

SECTION 5: PROGRESS SUMMARY

STEP BACK AND SEE HOW FAR YOU'VE COME.

BIGGEST IMPROVEMENT THIS WEEK:

MOMENTUM I'VE BUILT:

AREA I WANT TO GROW NEXT WEEK:

SUPPORT OR ACCOUNTABILITY I NEED:

DATE: / /

SECTION 6: LONG-GAME VISION

KEEP YOUR EYES ON THE BIGGER PICTURE.

ONE THING I WANT TO ACHIEVE IN THE NEXT MONTH:

ONE THING I WANT TO ACHIEVE IN THE NEXT 3 MONTHS:

ONE HABIT OR MINDSET I WANT TO STRENGTHEN:

HOW I WILL CELEBRATE MILESTONES:

DATE: / /

SECTION 7: FOCUS STATEMENT

WRITE A STATEMENT THAT REMINDS YOU WHY YOU'RE COMMITTED TO THIS JOURNEY.

MY FOCUS STATEMENT:

EXAMPLE: "I AM COMMITTED TO SHOWING UP EVERY DAY. I CELEBRATE PROGRESS, FACE CHALLENGES WITH COURAGE, AND TRUST THE PROCESS. MY CONSISTENCY BUILDS UNSTOPPABLE STRENGTH."

“

**YOU BECOME THE HERO OF
YOUR STORY THE MOMENT YOU
STOP WAITING TO BE SAVED.**

- APRIL NICOLE

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