MASTERMIND SUCCESS JOURNAL™

A Guided Journey to the Life and Business of Your Dreams



Mastermind Success Journal

A Guided Journey to The Personal & Professional Life of Your Dreams

Designed by

Karyn Greenstreet

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The Success Alliance – helping you create and run your mastermind group.

www.thesuccessalliance.com

You are the designer of your destiny.
You are the author.
You write the story.
The pen is in your hand,
and the outcome is
whatever you choose.

--Lisa Nichols

How to Use This Journal

The focus of mastermind groups is to help you achieve your goals and dreams, especially the goals you set for yourself over a 12-month window. This journal will help you on that path.

Make a commitment today to using your mastermind group to support you, to coach you and keep you accountable as you create the life and business of your dreams. Promise yourself and your group that you will support the other members in achieving their goals as well.

At the beginning of each year, close your eyes and visualize where you want your life to be a year from now. Envision your relationships and family life, your health, your finances, your business or career, your home, and your spiritual well-being a year from now.

At the beginning of each 90-day period, set more specific, tactical goals that are achievable in a three- month period. Break down your goals into do-able tasks and list what resources you'll need to accomplish your goals. You'll discuss these goals and tasks within your mastermind group.

It's important to focus not only what you have to do, but what's holding you back from doing it. Where do you need to grow? What are you are grateful for? What are you tolerating in your life?

Other notes, resources and inspirations are available in this Journal, and there are spaces to add your own. If you find a new resource, website or book, or discover a motivational quote that touches you, make sure you share it with your mastermind partners.

Finally there is a section in this Journal to take notes before and during mastermind meetings.

Here's to your success!

LEAP YEAR

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Mastermind Group Goals

What do you want most from this mastermind group?

_____

_____

_____

_____

_____

How would you like to contribute to this mastermind group?

_____

_____

_____

_____

_____

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Yearly Goals and Intentions

In this section, write down a clear description of your major desire in life. Use extra paper if necessary, as long as you have a clear vision of exactly what you want. Don't worry about "how" you'll achieve it; focus on the "what" only.

This should be your personal idea of success.

Your only limitations are those which you set up
in your own mind,
or permit others to set up for you.

–Napoleon Hill

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I will know I am successful when...

Include what success looks like, sounds like and feels like. What will you have? Who will be in your life? What will you be experiencing?

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This year, I want...

For Myself...

_____

_____

_____

_____

_____

For My Relationships...

_____

_____

_____

_____

_____

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For My Family...

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_____

For My Home...

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_____

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For My Finances...

For My Career or Business...

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For My Health and Physical Wellbeing...

_____

_____

_____

_____

_____

For My Spirit...

_____

_____

_____

_____

_____

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For My Beliefs...

_____

_____

_____

_____

_____

For My Mind...

_____

_____

_____

_____

_____

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For My Community...

For My World...

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Success does not consist
in never making mistakes,
but in never making
the same one
a second time.

--George Bernard Shaw

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Important Values for This Year...

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Strengths and Weaknesses

Strengths

What are your personality traits or skills that help you in life and business? What are you proud of?

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Weaknesses

What skills do you need to learn? What personality traits do not serve you and you would like to remove from your life? Where would you like to improve?

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90-Day Goals

Quarter 1: From _____ to _____

For the next 90 days, I would like to focus on...

_____

_____

_____

_____

_____

For the next 90 days, I would like to accomplish...

_____

_____

_____

_____

_____

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Quarter 2: From _____ to _____

For the next 90 days, I would like to focus on...

_____

_____

_____

_____

_____

For the next 90 days, I would like to accomplish...

_____

_____

_____

_____

_____

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Quarter 3: From _____ to _____

For the next 90 days, I would like to focus on...

_____

_____

_____

_____

_____

For the next 90 days, I would like to accomplish...

_____

_____

_____

_____

_____

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Quarter 4: From _____ to _____

For the next 90 days, I would like to focus on...

_____

_____

_____

_____

_____

For the next 90 days, I would like to accomplish...

_____

_____

_____

_____

_____

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The people who say you are not facing reality
actually mean that you are not facing
their idea of reality.

Reality is above all else a variable.
With a firm enough commitment,
you can sometimes create a reality
which did not exist before.

--Margaret Halsey

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Weekly Journaling

On the following pages, record your weekly goals, tasks you must complete towards your goals, and any resources you need to gather to accomplish your tasks.

If you need more weekly journaling pages, your mastermind group facilitator can provide you with a template, or use the questions from this journal to create your own weekly journal using a blank journaling book purchased from a book store.

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Weekly Journal – Week 1

Date: _____

Today, I'm grateful for...

_____

_____

_____

_____

_____

Last week's successes...

_____

_____

_____

_____

_____

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This week, I want to focus on...

_____

_____

_____

_____

_____

I would like to add more _____ into my days this week.

This week, when I awaken, I will focus my thoughts on...

_____

_____

_____

_____

_____

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Weekly Journal – Week 2

Date: _____

Today, I'm grateful for...

_____

_____

_____

_____

_____

Last week's successes...

_____

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_____

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This week, I want to focus on...

_____

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_____

I would like to add more _____ into my days this week.

This week, when I awaken, I will focus my thoughts on...

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Weekly Journal – Week 3

Date: _____

Today, I'm grateful for...

_____

_____

_____

_____

_____

Last week's successes...

_____

_____

_____

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This week, I want to focus on...

_____

_____

_____

_____

_____

I would like to add more _____ into my days this week.

This week, when I awaken, I will focus my thoughts on...

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Weekly Journal – Week 4

Date: _____

Today, I'm grateful for...

_____

_____

_____

_____

_____

Last week's successes...

_____

_____

_____

_____

_____



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This week, I want to focus on...

_____

_____

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_____

_____

I would like to add more _____ into my days this week.

This week, when I awaken, I will focus my thoughts on...

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Weekly Journal – Week 5

Date: _____

Today, I'm grateful for...

_____

_____

_____

_____

_____

Last week's successes...

_____

_____

_____

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This week, I want to focus on...

_____

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_____

_____

I would like to add more _____ into my days this week.

This week, when I awaken, I will focus my thoughts on...

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Weekly Journal – Week 6

Date: _____

Today, I'm grateful for...

_____

_____

_____

_____

_____

Last week's successes...

_____

_____

_____

_____

_____

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This week, I want to focus on...

_____

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_____

I would like to add more _____ into my days this week.

This week, when I awaken, I will focus my thoughts on...

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Weekly Journal – Week 7

Date: _____

Today, I'm grateful for...

_____

_____

_____

_____

_____

Last week's successes...

_____

_____

_____

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_____

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This week, I want to focus on...

_____

_____

_____

_____

_____

I would like to add more _____ into my days this week.

This week, when I awaken, I will focus my thoughts on...

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Weekly Journal – Week 8

Date: _____

Today, I'm grateful for...

_____

_____

_____

_____

_____

Last week's successes...

_____

_____

_____

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This week, I want to focus on...

_____

_____

_____

_____

_____

I would like to add more _____ into my days this week.

This week, when I awaken, I will focus my thoughts on...

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Weekly Journal – Week 9

Date: _____

Today, I'm grateful for...

_____

_____

_____

_____

_____

Last week's successes...

_____

_____

_____

_____

_____

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This week, I want to focus on...

_____

_____

_____

_____

_____

I would like to add more _____ into my days this week.

This week, when I awaken, I will focus my thoughts on...

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Weekly Journal – Week 10

Date: _____

Today, I'm grateful for...

_____

_____

_____

_____

_____

Last week's successes...

_____

_____

_____

_____

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This week, I want to focus on...

_____

_____

_____

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_____

I would like to add more _____ into my days this week.

This week, when I awaken, I will focus my thoughts on...

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Weekly Journal – Week 11

Date: _____

Today, I'm grateful for...

_____

_____

_____

_____

_____

Last week's successes...

_____

_____

_____

_____

_____

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This week, I want to focus on...

_____

_____

_____

_____

_____

I would like to add more _____ into my days this week.

This week, when I awaken, I will focus my thoughts on...

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Weekly Journal – Week 12

Date: _____

Today, I'm grateful for...

_____

_____

_____

_____

_____

Last week's successes...

_____

_____

_____

_____

_____

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This week, I want to focus on...

_____

_____

_____

_____

_____

I would like to add more _____ into my days this week.

This week, when I awaken, I will focus my thoughts on...

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Weekly Journal – Week 13

Date: _____

Today, I'm grateful for...

_____

_____

_____

_____

_____

Last week's successes...

_____

_____

_____

_____

_____

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This week, I want to focus on...

_____

_____

_____

_____

_____

I would like to add more _____ into my days this week.

This week, when I awaken, I will focus my thoughts on...

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You are not obligated to win.

You are obligated to keep trying

to do the best you can every day.

--Marian Wright Edelman

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My Thoughts

Date: _____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

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My Mastermind Group Information

Meeting Agenda

Does your mastermind group have an agenda, a standard process for each meeting? If so, write it down here.

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My Mastermind Group Members

MEMBER NAME	NOTES ABOUT THIS MEMBER

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Mastermind Meetings for This Year

Date/Time	Location	Facilitator

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Set your sights high, the higher the better.

Expect the most wonderful things to happen,

not in the future but right now.

Realize that nothing is too good.

Allow absolutely nothing to hamper you

or hold you up in any way.

--Eileen Caddy

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Meeting Preparation

Meeting Date: _____

Successes I want to share with the group...

_____

_____

_____

_____

_____

Goals I accomplished since the last meeting...

_____

_____

_____

_____

_____

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I want to share these goals with the group...

_____

_____

_____

_____

_____

Resources to share in this meeting...

_____

_____

_____

_____

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I would like to mastermind in this meeting...

_____

_____

_____

_____

_____

_____

_____

_____

This is primarily about:

- ☐ Finding a solution
- ☐ Generating ideas
- ☐ Asking for support
- ☐ Asking to be held accountable
- ☐ Sharing a success
- ☐ Sharing a failure
- ☐ Making a decision
- ☐ Getting to the root of a problem or concern

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Action Plan Worksheet

I need to take these steps

_____

_____

_____

_____

I need to contact these people/resources

_____

_____

_____

_____

_____

_____

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I will delegate these tasks/projects

Task/Project	To Whom	Due When

I need to learn more about these topics

_____

_____

_____

_____

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Meeting Notes

Meeting Date: _____

Ideas, suggestions and notes from this meeting...

_____

_____

_____

_____

_____

_____

_____

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_____

_____

_____

_____



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I will take action on...

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Other Notes from Masterminding

Ideas, suggestions and notes...

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Inspiration and Resources

Quotations That Inspire

- Be daring, be different, be impractical, be anything that will assert integrity of purpose and imaginative vision against the play-it-safers, the creatures of the commonplace, the slaves of the ordinary. --Sir Cecil Beaton

- I don't know the key to success, but the key to failure is trying to please everybody. --Bill Cosby



- Once I decide to do something, I can't have people telling me I can't. If there's a roadblock, you jump over it, walk around it, crawl under it. --Kitty Kelley

- It is those who concentrate on but one thing at a time who advance in this world. --Og Mandino

- Life is either a daring adventure, or nothing. --Helen Keller

- Success does not consist in never making mistakes but in never making the same one a second time. --George Bernard Shaw

- A dream is your creative vision for your life in the future. A goal is what specifically you intend to make happen. Dreams and goals should be just out of your present reach but not out of sight. Dreams and goals are coming attractions in your life. --Joseph Campbell

- Our goals can only be reached through a vehicle of a plan, in which we must fervently believe, and upon which we must vigorously act. There is no other route to success. --Stephen A. Brennan

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- In my practice as a psychiatrist, I have found that helping people to develop personal goals has proven to be the most effective way to help them cope with problems. Observing that lives of people who have mastered adversity, I have noticed that they have established goals and sought with all their effort to achieve them. From the moment they decided to concentrate all their energies on a specific objective, they begun to surmount the most difficult odds. --Ari Kiev

- Laugh at yourself, but don't ever aim your doubt at yourself. Be bold. When you embark for strange places, don't leave any of yourself safely on shore. Have the nerve to go into unexplored territory. --Alan Alda

- Don't be afraid to take a big step. You can't cross a chasm in two small jumps. --David Lloyd George



- Of course we all have our limits, but how can you possibly find your boundaries unless you explore as far and as wide as you possibly can? I would rather fail in an attempt at something new and uncharted than safely succeed in a repeat of something I have done. --A. E. Hotchner

- People who soar are those who refuse to sit back, sigh and wish things would change. They neither complain of their lot nor passively dream of some distant ship coming in. Rather, they visualize in their minds that they are not quitters; they will not allow life's circumstances to push them down and hold them under. --Charles Swindoll

- Everything is theoretically impossible, until it is done. One could write a history of science in reverse by assembling the solemn pronouncements of highest authority about what could not be done and could never happen. --Robert Heinlein

- People who say life is not worthwhile are really saying that they themselves have no personal goals which are worthwhile. Get yourself a goal worth working for. Better still, get yourself a project. Always have something ahead of you to "look forward to" -- to work for and to hope for. --Maxwell Maltz

- Striving for excellence motivates you; striving for perfection is demoralizing. --Harriet Braiker

- There is a great difference between worry and concern. A worried person sees a problem, and a concerned person solves a problem. --Harold Stephens

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- To be healthy, wealthy, happy and successful in any and all areas of your life, you need to be aware that you need to think healthy, wealthy, and happy and successful thoughts twenty-four hours a day and cancel all negative, destructive, fearful and unhappy thoughts. These two types of thought cannot coexist if you want to share in the abundance that surrounds us all. --Sydney Madwed

- Walking your talk is a great way to motivate yourself. No one likes to live a lie. Be honest with yourself, and you will find the motivation to do what you advise others to do. --Vince Poscente

- All that is necessary to break the spell of inertia and frustration is this: Act as if it were impossible to fail. --Dorthea Brande

- Set your sights high, the higher the better. Expect the most wonderful things to happen, not in the future but right now. Realize that nothing is too good. Allow absolutely nothing to hamper you or hold you up in any way. --Eileen Caddy

- Success demands focus. It is the hallmark of all truly great people. Your ability to get and remain focused or lack thereof is perhaps the key determinant of your success. --Gary Ryan Blair



- The wise man thinks about his troubles only when there is some purpose in doing so; at other times he thinks about other things. --Bertrand Russell

- Procrastination is the fear of success. People procrastinate because they are afraid of the success that they know will result if they move ahead now. Because success is heavy, carries a responsibility with it, it is much easier to procrastinate and live on the "'Someday I'll..." philosophy. --Denis Waitley

- Courage is the price that life exacts for granting peace. --Amelia Earhart

- Thought, not money, is the real business capital, and if you know absolutely that what you are doing is right, then you are bound to accomplishment it in due season. --Harvey Firestone

- Success is going from failure to failure without losing enthusiasm. --Winston Churchill

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- Confront the dark parts of yourself, and work to banish them with illumination and forgiveness. Your willingness to wrestle with your demons will cause your angels to sing. Use the pain as fuel, as a reminder of your strength. -- August Wilson

- Success is the satisfaction of feeling that one is realizing one's ideal. --Anna Pavlova

- Tenacity is a pretty fair substitute for bravery, and the best form of tenacity I know is expressed in a Danish fur trapper's principle: "The next mile is the only one a person really has to make." --Eric Sevareid

- The foolish man seeks happiness in the distance; the wise grows it under his feet. --James Oppenheim

- To me success means effectiveness in the world, that I am able to carry my ideas and values into the world--that I am able to change it in positive ways. --Maxine Hong Kingston

- Each of us makes his own weather, determines the color of the skies in the emotional universe which he inhabits. -- Fulton J. Sheen



- Whatever course you have chosen for yourself, it will not be a chore but an adventure if you bring to it a sense of the glory of striving, if your sights are set far above the merely secure and mediocre. -- David Sarnoff

- Your decision to be, have and do something out of ordinary entails facing difficulties that are out of the ordinary as well. Sometimes your greatest asset is simply your ability to stay with it longer than anyone else. --Brian Tracy

- Each of my days are miracles. I won't waste my day; I won't throw away miracle. --Kelley Vicstrom

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Every great work,
every big accomplishment,
has been brought into manifestation
through holding to the vision,
and often just before the big achievement,
comes apparent failure and discouragement.

--Florence Scovel Shinn

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Your Favorite Quotations, Inspirational Sayings and Affirmations

(...and be sure to share them with your mastermind group members!)

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Suggested Websites

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Suggested Books

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When it becomes necessary to do a thing,
the whole heart and soul should go into the measure,
or not attempt it.

--Thomas Paine

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