



**ICAN *RANK*
ADVANCE
MASTERCLASS™**

Daily Success Journal



DBB
Erickson's

ICANinstitute™

Date: / /

Focus:

Today's Schedule

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Nighttime Affirmation:

Morning Intention: 10 minutes

Abundance Expanding Story: Use all vision boards
(E-Card, what & why, ideal builder, ideal day)

Top 3 Priorities - IPAs and AEAs	Feeling	SUDS
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Midday Reset: 5 minutes

What am I feeling NOW/humming?

PO3/vision boards:

Re-focus intention & ideal day - feeling?

SUDS

Choice-Point Moment: 5 minutes

STOP: What triggered negative thought/feeling?

PIVOT: Leverage - Crystal Ball

If I continue - result?

If I shift - result?

CHOICE POINT: I choose...

NEW STORY:

Evening Review: 10 minutes

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How did I live my focus word today?

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Focus:

Today's Schedule

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Nighttime Affirmation:

Morning Intention: 10 minutes

Abundance Expanding Story: Use all vision boards
(E-Card, what & why, ideal builder, ideal day)

Top 3 Priorities - IPAs and AEAs	Feeling	SUDS
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PIVOT: Leverage - Crystal Ball

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Nighttime Affirmation:

Morning Intention: 10 minutes

Abundance Expanding Story: Use all vision boards
(E-Card, what & why, ideal builder, ideal day)

Top 3 Priorities - IPAs and AEAs	Feeling	SUDS
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Midday Reset: 5 minutes

What am I feeling NOW/humming?

PO3/vision boards:

Re-focus intention & ideal day - feeling?

SUDS

Choice-Point Moment: 5 minutes

STOP: What triggered negative thought/feeling?

PIVOT: Leverage - Crystal Ball

If I continue - result?

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CHOICE POINT: I choose...

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Evening Review: 10 minutes

Did I get an ROI today? (\$)

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Evening Review: 10 minutes

Did I get an ROI today? (\$)

Top 3 Priorities - IPAs and AEAs	Feeling	SUDS
1		
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What do I feel great about? What am I grateful for?

How did I live my focus word today?

Improvements/changes for tomorrow:

Nighttime Affirmation:

Assignment to my inner wisdom tonight:

Date: / /

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Nighttime Affirmation:

Morning Intention: 10 minutes

Abundance Expanding Story: Use all vision boards
(E-Card, what & why, ideal builder, ideal day)

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Midday Reset: 5 minutes

What am I feeling NOW/humming?

PO3/vision boards:

Re-focus intention & ideal day - feeling?

SUDS

Choice-Point Moment: 5 minutes

STOP: What triggered negative thought/feeling?

PIVOT: Leverage - Crystal Ball

If I continue - result?

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Top 3 Priorities - IPAs and AEAs	Feeling	SUDS
1		
2		
3		

What do I feel great about? What am I grateful for?

How did I live my focus word today?

Improvements/changes for tomorrow:

Assignment to my inner wisdom tonight:

Date: / /

Focus:

Today's Schedule

6:00

6:30

7:00

7:30

8:00

8:30

9:00

9:30

10:00

10:30

11:00

11:30

12:00

12:30

1:00

1:30

2:00

2:30

3:00

3:30

4:00

4:30

5:00

5:30

6:00

6:30

7:00

7:30

8:00

8:30

9:00

9:30

Nighttime Affirmation:

Morning Intention: 10 minutes

Abundance Expanding Story: Use all vision boards
(E-Card, what & why, ideal builder, ideal day)

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1		
2		
3		

Midday Reset: 5 minutes

What am I feeling NOW/humming?

PO3/vision boards:

Re-focus intention & ideal day - feeling?

SUDS

Choice-Point Moment: 5 minutes

STOP: What triggered negative thought/feeling?

PIVOT: Leverage - Crystal Ball

If I continue - result?

If I shift - result?

CHOICE POINT: I choose...

NEW STORY:

Evening Review: 10 minutes

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Assignment to my inner wisdom tonight:

Weekly Check-in:

Dates: / / to / /

Last Week:

	M	T	W	T	F	S	S
IPA #1							
IPA #2							
IPA #3							
AM							
MD							
CP							
PM							
Total							

Weekly Totals:

	Goal	Completed	# Left	Weekly Average	Next Week: Intention: _____ _____ _____ _____ _____ Top 3 Priorities - IPAs and AEAs : 1 _____ _____ 2 _____ _____ 3 _____ _____
Personal Monthly Recruiting					
Personal Monthly Sales					
Team Monthly Recruiting					
Team Monthly Sales					
Rank/Requalified at Rank					
Other Goals					
Auto-ship #					
Bonus Qualifications					