

Success journal

A DAILY
PRACTICE FOR
**POSITIVITY,
RESILIENCE,
AND
GROWTH**

JON GORDON

Bestselling Author of *The Energy Bus*

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WILEY

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Published by John Wiley & Sons, Inc., Hoboken, New Jersey.

Published simultaneously in Canada.

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Library of Congress Cataloging-in-Publication Data is Available:

ISBN 9781119430414 (cloth)

ISBN 9781119430940 (ePub)

ISBN 9781119430827 (ePDF)

COVER DESIGN: PAUL MCCARTHY

Introduction: Why a Success Journal?

When my children were young, I read a story about United States gymnast Bart Connor, who was able to overcome a torn bicep muscle to win two gold medals at the 1984 Olympics. When asked how he did it, he explained that when he was growing up, each night before bedtime his parents would ask him his success of the day. He said, “Every night I went to bed a success. Every morning I woke up a success. When I got injured, I knew I was going to be a success because I was a success every day of my life.”

I thought this was such a powerful concept, so I immediately began asking my two children about their success of the day. At first my seven-year-old daughter, Jade, didn't know what a success was, so she said, “I didn't beat my brother up today.” I laughed and then taught her the definition of success. Eventually she and her brother, Cole, learned to share their successes with me and it became part of our bedtime ritual.

Since that time, I've encouraged people of all ages to think about and write down their success of the day. Instead of dwelling on all the things that went wrong that day, all the mistakes you made and all the people who frustrated you, think about and focus on the one great thing that happened, the one great conversation you had, the one event that made you smile or the one accomplishment you are proud of.

When you write down your success each night, you are programming your mind and brain to focus on success. What you look for you will find. What you focus on shows up more in your life. If you want to test this out, start looking for red cars on the road. You will start seeing more red cars. By thinking about your success of the day and writing it down in your success journal, you will create more success in your life.

You will go to bed each night feeling like a success. You will wake up feeling like a success. What you think about you become, so by thinking about success every night, you will become a success.

It worked for Bart Connor. It worked for my children. It worked for the tens of thousands of people I've encouraged in my keynotes over the years to write down their success of the day.

And my goal is that it will work for you.

It is why I created this success journal. I wanted to make it easy for you (and your kids, if you have them) to begin this practice and experience how it transforms your mindset and life.

My hope is that this journal will help you go to bed and wake up feeling like a success, and that as a result you will have greater confidence to overcome your challenges and create the life and success you want!

Your Success Journal

Here are some ideas to help you reflect and come up with your successes each day:

The best part of my day was . . .

Today I accomplished . . .

I feel great about . . .

I'm proud of myself for doing . . .

I overcame . . .

The one great conversation I had was . . .

Today I helped . . .

“Just because you may not see the harvest, don’t let that stop you from planting the seeds. Keep making a difference. A harvest is coming.”

“Purpose is the ultimate
fuel for our journey
through life.”

