

Welcome,

On page 2 of this document, you will find the Ignite Your Essence – **Activity Journal Systemizer**. The suggested use of this system is as follows:

- Read my Article “Systemize Your Success” --
<http://www.igniteyouressence.com/systemize.html>
- Print one copy of Page 2 of this document.
- Create 15 double-sided copies for a total of 30 days of activities.
- Decide on 6 “Success Habits” that you would like to create for your life.
- Every morning, write all six “Success Habits” beside the six corresponding checkboxes on the right side of the page.
- On the left side of the page, write down all of your immediate activities for the day. Continue to do so as you take on more tasks.
- Check off each of the 6 habits as you complete them adding any relevant comments or learning experiences.
- Check off all completed activities on left side of the page.

I sincerely hope this personal activity management system helps you reach your goals and brings you all the success in the world!



An Ignite Your Essence Program

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