

Self-check & monitoring exercise to keep you  
self-motivated, inspired and energized daily

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Am I going the **right** direction?

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Most of my friends, clients and family members are often indicating the presence of the very same problem in their life. They lack proper monitoring of their daily activities, which would help them with the achievement of their short- or long-term goals and objectives.

They have set these goals up, like you. They have created the respective action plans – like you, but the daily routines are hard to keep.

They'd like to have a monitoring tool – to assist them staying on the right track and asked me to create it. So, I did.

It's a prototype, so feel free to comment – bring your comments in and I shall update this tool and keep evaluating it for our benefit.

It's not about the time management this time. It's rather about this major question that we shall ask ourselves multiple times a day – to see if we are really dedicated to achieving what we planned.

## **What did I do today to grow myself and become more...**

- Knowledgable
- Self-aware
- Inspired
- Motivated & Encouraged
- Creative
- Aware of others

## **in my journey towards my goals & targets?**

# Did I do any or at least one of these today?

## I. Knowledge - Did I?

- Read 5 – 10 pages of a new book
- Watch an educational movie at YT
- Attend any on-line webinar
- Learn a new skill
- Any other learning \_\_\_\_\_ (describe)

## II. Self-awareness - Did I?

- Spend 10 minutes on analyzing how my inner voice works
- Ask my close friends or family members of their opinion on something important
- Study my last SWOT analysis and follow-up on ATD (Areas To Develop)
- Look at my wheel of values and check that I follow them rigorously
- Examine my physical body and accepted it the way it looks and feels

## III. Inspiration - Did I?

- Return to my great childhood (teenage time) memories to boost positivity
- Ask myself what inspires me the best
- Listen to my favourite music
- Watch the movie which makes me feel enlightened
- Google, find and watch some inspirational TED'ex talk

**IV. Motivation & Encouragement - Did I?**

- Check my goals and spend 5 minutes to “see” (visualize) the moment I reach them
- Say to myself “Kepp moving forward, no matter what” when the inner voice tried to step in
- Spend 30 minutes doing nothing at all – relaxing the mind – to be even more effective
- Reward myself for some smaller or bigger win
- Tell myself that “I am simply the best”

**V. Creativity - Did I?**

- Draw any mind-maps for my latest projects & ideas
- Hold my own Brainstorm Session to “create” what I need to do, deliver and achieve
- Archived (in my own journal) the ideas that come to my mind during the day
- Eat or drink something (a fruit, a dish, a drink) I have never tasted before
- Drive to work taking a different itinerary than everyday

**VI. Others – awerness - Did I?**

- Listen, when talking to - whoever – without disturbing, keeping silence for 10 minutes
- Ask if they need my assistance, or even help in anything
- Invite an utter stranger for a coffeey to let her/him tell me what their dreams are
- Share my true feelings & opinions when asked for it
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Notes (use them to add any of the activities that you did that made you grow, making you “a better you”)

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