

Goals, Visualizations, and Feelings, Success Journal

Date: _____

	Goals or Affirmations	How will you know that you have been successful? Measurements	What does success Look like? Visualizations	How does it Feel ? What are your Emotions ? Love, Happiness, Joy, Hope, etc.
Example	I am so happy and excited now that I am my perfect fit weight and I look great and feel great.	I weigh: _____ My waist measurement is: _____ My chest measurement is: _____ I walk three miles in _____ minutes	What a beautiful world I live in. As I easily and energetically jog through the park, a light breeze blows through the trees and feels so great on my skin. My energy level is way up and I can do much more of what I want to do ever since I became my perfect fit weight.	My happiness and joy overflow as I have the energy to do all of my dreams. My fitness program is the best thing I have ever undertaken. I am now energetic in the afternoon. I feel more like working and playing. I FEEL GREAT!
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