



BASED ON
RESEARCH &
STRATEGIES FROM
THE BESTSELLING
BOOK
UNSTOPPABLE

THE UNSTOPPABLE JOURNAL

DAILY PLANNER

BEN ANGEL

THE BEST SELLING AUTHOR OF UNSTOPPABLE

FREE USABLE SAMPLE PAGES



DAILY PLANNER

Welcome to your very own copy of the Daily Planning Pages from my Unstoppable Journal: A 90 Day Journal to Unlock Your Potential.

I'm so excited to share these pages with you to give you a glimpse at how you achieve peak performance by utilizing proven productivity, psychology & biohacking principles in your daily routine.

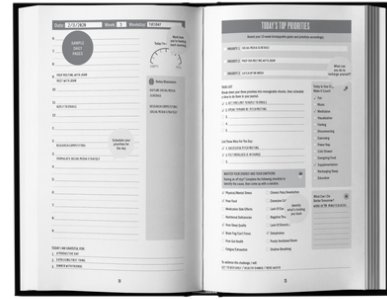
Based on the research from the now bestselling book, Unstoppable: A 90 Day Plan to Biohack Your Mind & Body For Success, these daily pages are currently being used by 1,000's of people internationally to plan their day, monitor their mood, energy & focus plus track their progress on their journey to becoming Unstoppable.

And now it's your turn!

Ben Angel

Bestselling Author

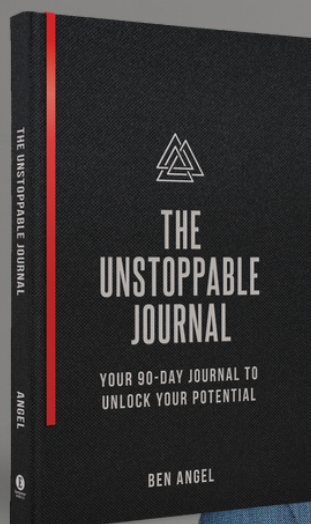
VIP Contributor for Entrepreneur Magazine



HOW TO GET STARTED

1. Below you'll find a template of these pages with hints & guides as to how to complete them on a daily basis.
2. Print out multiple pages of page 5 & 6 (2 pages to a day), monitor your energy & what triggers may be affecting it, your focus & concentration. Pop these pages in a folder so you can stay organized.
3. Repeat this daily for a few weeks to see your energy increase & your focus improve.
4. Order your complete physical hardcover copy of The Unstoppable Journal. It includes goal setting pages, monthly/weekly planners & review, plus 27 easy-to-reference biohacking tips with worldwide shipping available.

ORDER YOUR HARDCOPY



PUNCH MEDIOCRITY IN THE FACE

BEN ANGEL | BESTSELLING AUTHOR OF UNSTOPPABLE

DATE: / /
SUNDAY MONDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

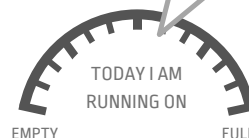
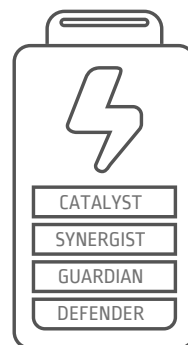
WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4 | WEEK 5 | WEEK 6 | WEEK 7 | WEEK 8 | WEEK 9 | WEEK 10 | WEEK 11

ENTER THE DATE
& CIRCLE THE DAY
OF THE WEEK &
CURRENT IN
JOURNAL

MARK HOW
YOU'RE FEELING
EACH MORNING

HOW TO FILL
IN THE DAILY
PAGES

TAKE THE QUIZ &
CIRCLE YOUR
CURRENT IDENTITY
TYPE IN THE
BATTERY



WHAT IS YOUR IDENTITY TYPE?

Our identities/moods fluctuate daily based on emotional & physical output. Circle your current identity type & track your progress once a week at: www.unstoppablejournal.com

9:
prep meeting with joan

10:
meet with Joan

11:

12:
reply to emails

1:

2:
Research Competitors

3:
Social Media Strategy

4:

5:

6:

7:

8:

9:

TODAY I AM GRATEFUL FOR

1. a productive day

2. exercising first thing

3. dinner + time with friends

SCHEDULE
YOUR PRIORITIES
FOR THE DAY

LIST WHAT
YOU'RE
GRATEFUL
FOR
HERE



NOTES/BRAINSTORM

outline social
media schedule

competitors
research
social media
strategy

WRITE NOTES
OR BRAINSTORM
IDEAS HERE

TODAY'S TOP PRIORITIES

Revisit your 13-Week Unstoppable goals and prioritize accordingly.

- ☐ PRIORITY 1 **SOCIAL MEDIA SCHEDULE**
- ☐ PRIORITY 2 **PREP PITCH FOR JOAN**
- ☐ PRIORITY 3 **CATCHING UP ON INBOX**

LIST YOUR
PRIORITIES
FOR THE
DAY

HOW TO FILL
IN THE DAILY
PAGES

WHAT CAN YOU
DO TO RECHARGE
YOURSELF
TODAY

TASK LIST

Break down your 3 priorities into manageable chunks then schedule a time to do them in your journal.

CHUNK YOUR
PRIORITIES
INTO EASY
STEPS

- ☒ 1 **SET TIME LIMIT TO REPLY TO EMAILS**
- ☒ 2 **SPEAK TO MARK RE. PITCH MEETING**
- ☐ 3
- ☐ 4
- ☐ 5

List three wins for the day...

LIST YOUR WINS
FOR THE DAY

- ☒ 1 **SUCCESSFUL PITCH MEETING**
- ☒ 2 **FELT ENERGIZED AND IN CHARGE**
- ☐ 3

MASTER YOUR ENERGY AND YOUR EMOTIONS

Having an off day? Complete the following checklist to identify the cause, then come up with a solution.



- | | |
|--|---|
| ☒ PHYSICAL/MENTAL STRESS | ☐ CHRONIC PAIN/HEADACHES |
| ☒ POOR FOOD CHOICES | ☐ EXCESSIVE CAFFEINE USAGE |
| ☐ MEDICATION SIDE EFFECTS | ☐ LACK OF EXERCISE |
| ☐ NUTRITIONAL DEFICIENCIES | ☐ NEGATIVE THOUGHTS |
| ☒ POOR SLEEP QUALITY | ☐ LACK OF DIRECTION |
| ☒ BRAIN FOG/CAN'T FOCUS | ☒ DEHYDRATION |
| ☐ POOR GUT HEALTH | ☐ POORLY VENTILATED ROOM |
| ☐ FATIGUE/EXHAUSTION | ☐ SHALLOW BREATHING |

IDENTIFY WHAT'S
HOLDING YOU
BACK

TO ADDRESS THIS CHALLENGE I WILL? [HINT: Pick a biohack]

GET TO BED EARLY / HEALTHY DINNER / MORE WATER

TODAY I WILL FUEL GROWTH THROUGH

- ☒ FUN
- ☐ MUSIC
- ☒ MEDITATION
- ☐ VISUALIZATION
- ☐ FASTING
- ☐ DISCONNECTING
- ☒ EXERCISING
- ☐ POWER NAP
- ☐ COLD SHOWER
- ☐ ENERGIZING FOOD
- ☒ SUPPLEMENTATION
- ☐ RECHARGING SLEEP
- ☐ EDUCATION

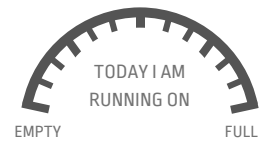
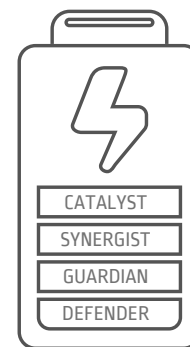


WHAT CAN I DO BETTER TOMORROW?



WORK IN 90 MINUTE BLOCKS

STRATEGIES TO
MAKE TOMORROW
EVEN BETTER



Our identities/moods fluctuate daily based on emotional & physical output. Circle your current identity type & track your progress once a week at: www.areyouunstoppable.com/quiz



NOTES/BRAINSTORM

"DESIRE, BURNING DESIRE, IS BASIC TO ACHIEVING ANYTHING BEYOND THE ORDINARY."
JOSEPH B. WIRTHLIN

JOIN PROJECT U TODAY!

Biohacking will help you sharpen your focus, triple your productivity & reach your goals in record time

Go from unmotivated to unstoppable... in 28-Days!

Anxiety, self-doubt & fatigue getting in the way again?

It's time for you to develop the energy, focus & motivation to achieve your goals in record time by using this groundbreaking peak performance method praised by psychiatrists, entrepreneurs, athletes, & leaders.

[CLICK HERE TO LEARN MORE](#)

