

## Your Empower Journal

This journal has been designed to help you during the 8 week Lose Weight Fast Academy.

**The idea is pretty simple really;**

We want you to write down EVERYTHING you do towards achieving your goal during the 8 week programme. When we say 'everything' we do mean *everything!*

You see, we're all creatures of habit with nearly everything we do in life happening on automatic pilot and without conscious thought on our part. Sometimes this auto-pilot is beneficial and makes our lives easier, but mostly it just means that we relinquish control of many aspects of our lives and instead of controlling our habitual patterns of thoughts, feelings and actions, they control us.

**Obviously, this is not the best way to guarantee  
success...**

Instead, we need to focus intently upon what we're doing and why. We need to focus on what we're thinking, how we're feeling, what we're eating and drinking, when we're sleeping and many more things as well.

That's why over the next 8 weeks we want you to keep a full and thorough journal that will identify habituated barriers to your success and help you to make changes daily if problems arise, which will ensure your success.

**But we need your help.**

In order for this journal to work, YOU need to fully participate in filling it in and YOU need to write down everything you do to ensure your success.

Don't hold back.

Don't write down the bare minimum.

Don't 'feel silly' sharing this information.

**You need to  
know!**

You've committed to a programme of goal achievement and you've chosen us to help you... so please let us!

We guarantee that if you fill in the journal every day and use it to make changes if problems arise then you'll achieve (and even exceed) your goals in a far faster time than you would think possible. What's more, you'll find the process easier too.

**Why?**

Because There Will Be No Guesswork!

**We Believe That If You're Not Assessing Then You're Guessing And We Refuse To Base Your Time With  
Us Upon A Best-Guess, Haphazard, Chance Approach.**

This journal allows you to assess yourself not just once in a while but daily... So You Can  
Make Changes Regularly To Ensure You Cannot Fail!

## Morning Assessment

What time did you wake up? \_\_\_\_\_ am/pm

Did you wake in the night? Yes/No If so, what time/why? \_\_\_\_\_

How would you rate your **energy** upon waking? 1 2 3 4 5 6 7 8 9 10

How would you rate your **mood** upon waking? 1 2 3 4 5 6 7 8 9 10

How would you rate your **energy** within 30 mins of waking? 1 2 3 4 5 6 7 8 9 10

How would you rate your **mood** within 30 mins of waking? 1 2 3 4 5 6 7 8 9 10

Do you have any aches and pains? Yes/No Where? \_\_\_\_\_

What is/are the first 'conscious' thoughts that come to mind after waking? \_\_\_\_\_

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## Goal Achievement

Write down the primary goal that you are currently working on. The one that is most important for you to achieve right now.

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Write down *WHY* this goal is the most important goal to you.

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Write down *three* things that you will do today to take you closer to the achievement of that goal

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How will you feel tonight when these three things have been achieved? (*be specific!*)

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Write down *3 things* you are going to do which will put a smile on your face today.

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How will you feel tonight when these three things have been achieved? (*be specific!*)

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## Water Intake...

Use this section to log ALL liquids (not just water) that you consume today

Time	Fluid Type	Amount	Time	Fluid Type	Amount

Did you manage to drink your full quota of water today? If not, why not?

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## Food...

Use this section to log ALL food eaten between waking up and going to bed...no matter how little

Time	Place	With Whom	Food Eaten	Mood/Energy Before Eating	Mood/Energy After Eating

Did you manage to stick to your diet fully today? If not, why not?

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What supplements did you take today, how much and at what time?

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## Exercise...

Use this section to log ALL exercise taking over the period between waking and going to bed.

Time	Activity	How Long?	Effort 1 –10	Mood Before	Mood After

## Recovery and Stress...

What was the most stressful thing that happened to you today and why? \_\_\_\_\_

What could you do to reduce this stress in your life? \_\_\_\_\_

What did you do to unwind this evening? \_\_\_\_\_

What time did you go to bed? \_\_\_\_\_ pm    How Tired Were You? 1 2 3 4 5 6 7 8 9 10

What did you do in the 2 hour period before bed? \_\_\_\_\_

## Finally...

Did you take the three steps that you listed this morning to reach your goals? Yes/No

If No, then why not? \_\_\_\_\_

Did you take the three steps that you listed this morning to put a smile on your face? Yes/No

If No, then why not? \_\_\_\_\_

If you could repeat this day again what would you do differently? \_\_\_\_\_

Before bed, re-write your top goal here in present tense as an affirmation. Write the goal like you have already achieved it. Now visualise having already achieved this goal.

Write down *WHY* this goal is the most important goal to you.