

It's All Possible

My Daily Journal

Your Five Daily Steps to Success



Rob Hartnett

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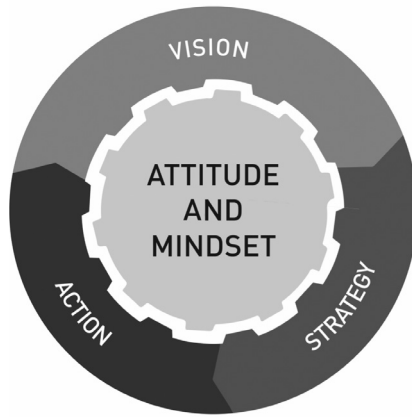


Introducing the 4-Step Possibility System[®]

Throughout my business and sporting life, I have observed the habits, routines, visions, processes and skills of the world's best. I have always set my benchmark in line with the top achievers – no matter their gender, race, country or religion. I have studied the best in business and sport from corporate CEOs, to mental health and wellness experts to Olympic gold medalists. More importantly, I have applied the principles and practices countless times myself. My 4-Step Possibility System[®] has been designed so you can use it to live your purpose(s), crush your goals and achieve your aspirations.

It's All Possible

The 4 steps are as follows:



1. **Attitude and mindset:** Your *will* – your passion, resilience and desire. If you only dream small you will only get a small, limited vision compared to what could be possible for you. That's why it comes first!
2. **Vision:** Your *why* – your dream, goal or purpose.
3. **Strategy:** Your *what* – the keys to achieve your vision.
4. **Action:** Your *how* – knowledge, process and skills.

MY ANNUAL GOALS

I like to break my annual goals down into five categories to make it easier for planning. I am a big fan of chunking things down which you would know if you have read my book *It's All Possible*.

Here are my categories.

1. **Money:** This could be savings, buy shares, reduce debt?
2. **Job:** What do I need to learn, get a promotion, start a business?

3. **Fun:** What do I aspire to? holiday, experience?
4. **Sport:** What to start, what event to do, new equipment?
5. **Giving:** Who or what can I contribute to?

USING THIS JOURNAL

This daily journal is about moving you toward your goals on a daily basis by asking five questions daily. Don't over-think your answers. Sometimes you might have three things, sometimes none at all but the question made you think. Have fun, be creative, think big! It's your daily journal after all.

The five questions are:

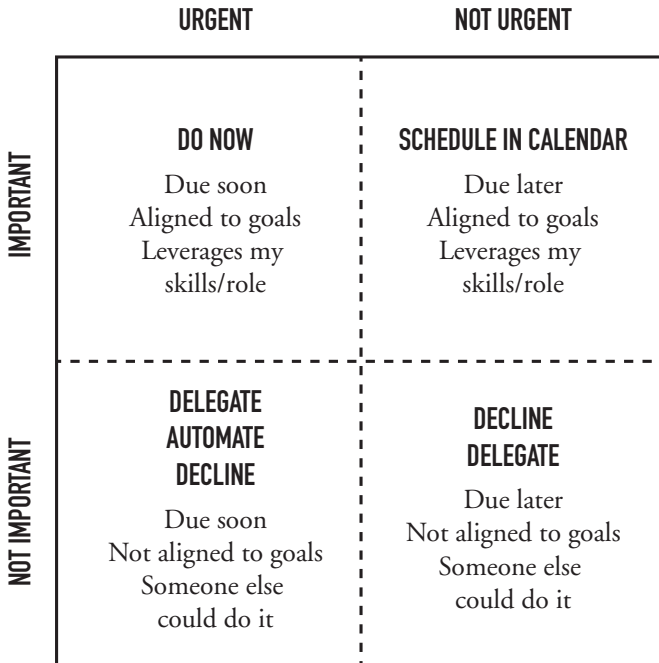
1. **What made me happy today?** What or who made you smile or laugh? How can I get more of it tomorrow?
2. **Who did I make happy today?** Pretty simple way of being more fun to be around! Who did you make smile and laugh today?
3. **What did I learn today?** When you stop learning you stop growing hence this question. Aim to learn something every day.
4. **What am I grateful for today?** This is a big one. Who helped you out today, who reached out to you, who do you take for granted in your life? What do you take for granted in life?
5. **What am I grateful for in the future?** This is all about your goals for the future and thanking them forward because they will come if you believe and take action! If you just wish for something, for example, "I wish I had a new car", the mind interprets that as you don't actually want a new car you just want to *wish* for a new car. You get the wishing but sadly no car! Instead of "I wish I had a new car" change it to "I am grateful for my new red two door sportscar". Be specific as to what you want as well. It really assists the mind to take action toward it. The more specific the better.

It's All Possible

You don't have to answer each question every day but they are good thought starters and once you start and get into a routine you will find yourself answering the questions in your mind during the day. You will say to yourself, "that's one for the journal".

There are also pages for your random thoughts and space for a To-Do list for the next day, week or month. Whatever you feel is needed.

When it comes to a To-Do list, I find it useful to use a system such as the one here developed from the Eisenhower Matrix.



My Daily Journal

I wish you luck as you pursue your dreams and your goals. Don't bail out early. Be an inspiration for those around you – and that includes me, because I want to see you happy and fulfilled.



Rob Hartnett
robhartnett.com
@robhartnett

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‘Impossible is just a big word thrown around by small men who find it easier to live in the world they’ve been given than to explore the power they have to change it.’

Muhammad Ali

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‘Success is nothing more than a few simple diciplines
practiced every day.’

Jim Rohn

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‘Until you make the unconscious conscious, it will direct your life and you will call it fate.’

Carl Jung

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‘People rise out of the ashes because, at some point, they are invested with a belief in the possibility of triumph over seemingly impossible odds.’

Robert Downey Jr

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‘Men are disturbed not by things, but by the views
which they take of things.’

Epictetus

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‘Ride with a smile, ride with purpose, ride in the moment.’

Dr Hannah MacDougall

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‘When you feel like you are trapped in a box of potential and can’t seem to break out, and you know the instructions to getting out are on the outside of the box, this is when you most need a coach.’

Paul Martinelli

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‘When you believe in yourself, you succeed better.
Hours spent questioning, doubting, fearing,
can be given over to working, exploring, living.’

Jennifer Lee

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'I thought I'd live to a ripe old age, because I always felt there was a lot to do. I had a driven feeling and I always thought in the present.'

Debbie Harry (Blondie)

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'Anyone who gets the opportunity to do what they love to do and then actually get paid to do it, you don't take that for granted.'

Jon Bon Jovi

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‘Your vision is like driving your car at night to a destination 100km away. You know where you are going but your headlights will only show you the next 300m, not the next 100km. The path you take will reveal itself along the way.’

John C Maxwell

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'I use my memory but I do not let my memory use me.'

Maharishi Mahesh Yogi

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‘Stop comparing yourself to other people. You’re only on this planet to be you, not someone else’s imitation of you ... Your life journey is about learning to become more of who you are and fulfilling the highest, truest expression of yourself.’

Oprah Winfrey

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‘Nothing is impossible, it just means it hasn’t been done yet.’

Travis Pastrana

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It's All Possible

Notes For Tomorrow



‘The way you do the impossible is you take the first possible step in front of you.’

Daniela Nica

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‘Greatness looks like madness until it finds context.’

Russell Brand

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It's All Possible

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‘When you grow up in the suburbs of Sydney or Auckland, or Newcastle like Ridley [Scott] or Jamie Bell, a dream like this seems vaguely ludicrous and completely unattainable. But for anybody who’s on the down side of advantage and relying purely on courage, it’s possible.’

Russell Crowe

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‘Don’t wish it was easier; wish you were better.’

Jim Rohn

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‘The single biggest problem in communication is the illusion that it has taken place.’

George Bernard Shaw

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‘One day you will wake up and there won’t be any more time to do the things you’ve always wanted. Do it now.’

Paulo Coelho

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‘One of the greatest gifts you can give yourself, right here, right now, is to decide, without apology, to commit to the journey, and not to the outcome.’

Joyce DiDonato

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‘People have accused me of looking only at positive things saying that’s not reality, but reality is what you make it, and I know I’m the only one responsible for finding and creating positivity in my life.’

Dan Sullivan

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‘Making an insanely great product has a lot to do with the process of making the product – how you learn things and adopt new ideas and throw out old ideas.’

Steve Jobs

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‘No retreat, no surrender.’

Bruce Springsteen

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‘Are you working hard enough when
nobody else is watching.’

Alisa Camplin

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'Anyone who stops learning is old, whether at 20 or 80.
Anyone who keeps learning stays young.
The greatest thing in life is to keep your mind young.'

Henry Ford

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It's All Possible

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‘My life is a testament to believing that if you want something, you can make it happen. I think what you just have to tell people is, it’s all possible.’

Stevie Nicks



It's All Possible

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As a companion to the game changing book *It's All Possible – how to lead an epic life* by Rob Hartnett this daily journal will help you take the your first possible steps to your impossible.

It is the small things done on a regular basis that allow us to achieve amazing things over a lifetime. Gratitude, humour and attitude when reflected on regularly become habits and habits change behaviour which in turn can lead to incredible personal growth and achieving what is most important to you.

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