Daily Actor Journal

MAX TIME
6 MINS

At the start of the day:

Introduce yourself in one sentence.

Day of the week: Date: Day of

I am grateful for: 1. 2. 3.

I am: 1. 2. 3.

I deserve: 1. 2. 3.

I accept that: 1. 2. 3.

My personal actor brand is:

- **Yesterday** something great that happened was:
- **Yesterday** I said that I would do this:
- **Today** I will do this one thing:
- **Today** will be great because:
- **Tomorrow** I will:

Visualise completing your ideal job/life/goal. How do you feel? Done? ☐

Do one thing today that makes someone else feel special. Done? ☐

I am giving up: for:

MOST IMPORTANT TASK: 1. Secondary Importance Tasks: 2. 3.	**Exercise**	
	Read a **script** with someone	
	Improve **memory**	
	Work on an **accent**	
	5 mins **positive** social media	

At the end of the day:

3 wonderful things that happened today: 1. 2. 3.

Something I learned today:

Tomorrow will be great because:

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