Reflections on Success

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Reflections on Success

INTRODUCTION

Many business leaders start each day with time for reflection. By being intentional about where they are and where they want to be, they discover possibilities that help them grow their businesses. It can be very easy to focus so much on how busy you are that your business becomes stagnant, without direction. But by making time each day for reflection, you can create a business…and a life…that you ultimately love.

With that in mind, we at the DSEF offer you this 30-day journal designed to help you meditate on areas of your life and business that will help you grow both personally and professionally. We hope that you find this journey to be a powerful one in your growth as a successful business leader.

To continue to learn and develop the skills you need to succeed in your business, we invite you to follow us on our Facebook Page at facebook.com/TheDSEF. There you’ll find daily inspiration, links to our latest blog posts, and lots more designed to help you grow your business.

CONNECT with Us Online!

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Blog: www.dsef.org
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DAY 1: Passion

*Today’s Reflection:* Be passionate about the little things you do.

Which of your “little” tasks can you more fully embrace? What will you do differently the next time you’re confronted with that task?

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DAY 2: Routines and Schedules

*Today’s Reflection:* Routines and schedules lead to productive days.

How would your day improve if you added routines? Choose one part of your day that would improve with a routine or schedule and write out what it would look like with that routine or schedule in place. Then add it to your day!

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DAY 3: Detours

Today’s Reflection: Look at detours as opportunities.

Ask yourself: What didn’t go your way recently? Write down any ways it has helped you and how you can build on this experience.
DAY 4: Happy Clients

*Today’s Reflection:* Happy clients are the product of your hard work and great service.

What do you do that makes your clients happy? Make a list of the things that you should keep doing to make your clients happy. What can you add to what you’re already doing to increase customer satisfaction?

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DAY 5: Find Mentors

*Today’s Reflection:* Find people who will encourage you.

Do you have a mentor or mentors? Who can you approach about a mentoring relationship? Who might need mentoring from you?
DAY 6: Do Something New

Today’s Reflection: Today, do something you have never done before.

What would you like to try? How will it benefit you? Write down what you’d like to do, and describe what the experience might be like. Then go do it!

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DAY 7: Joy

Today’s Reflection: Focus on the joy in your life today.

What gives you joy in your life? Write down why it gives you joy. How can you add more of it to your life?

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DAY 8: Mistakes

Today’s Reflection: Identify and learn from your mistake to move forward.

What mistake did you make recently? Write down what you learned from it and how you would handle it differently next time.

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DAY 9: Laugh!

*Today’s Reflection:* Laugh more. It will brighten your day.

Do you have a joke or memory that makes you laugh? Write it down and then share it with someone. How can you add more laughter to your day?

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DAY 10: Worry

*Today’s Reflection:* Write down your worries to remove them from your focus.

What worries you today? Write it down and write some possible solutions to ease your worry.
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DAY 11: Start

*Today’s Reflection:* To get started, take little steps forward.

Do you have a goal? Write down each step you need to take to achieve that goal, and set a time frame for each one. Post those steps on your refrigerator.

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**Reflections on Success**

**DAY 12: Risks**

*Today’s Reflection:* Leap with your eyes open.

What risk are you willing to take? Write it down and identify the pros and cons of taking the risk. Do the benefits outweigh the risks? What will you ultimately experience if you are successful?

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DAY 13: You Are a Marvel

*Today's Reflection:* You are a marvel and can accomplish great things today.

What makes you unique? What are your strengths? Write down how your uniqueness and strengths can help you succeed.

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DAY 14: Happiness

Today’s Reflection: Smiles strung together make happiness.

What are all the little things that make you smile? Write them down, and carry them with you. For maximum effectiveness, look at them daily!

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DAY 15: Determination

Today’s Reflection: In difficulties we find our determination.

What’s giving you problems today? Are you going to let it stop you from achieving your goal? Write down what you will accomplish today and how it will lead you to success.
Reflections on Success

DAY 16: Gratitude

*Today’s Reflection:* Happiness is the ability to find joy in every day moments.

What are you grateful for today? Write down what makes you happy today.

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DAY 17: Listen Better

Today’s Reflection: Listening with care will improve your relationships.

Think about the last conversation you had with someone. What is most important to that person? Is there any way you can help?

Today, focus on really listening to the other person in each conversation you have. After the conversation, write down what is important to the person you are talking to.

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Reflections on Success

DAY 18: Believe in Yourself

Today’s Reflection: Believing the best in yourself will help you take the right actions.

What makes you special? Write down how your special qualities can help people, and then go do it.
**Reflections on Success**

**DAY 19: Improvement**

*Today’s Reflection:* Small improvements will magnify motivation.

What are some small improvements you have made? Write down how you can build on those improvements.

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DAY 20: Inspiration

Today’s Reflection: Inspiration is the seed of ideas, and coaching is the fuel of actions.

What inspires you? Perhaps getting up early and watching the sunrise inspires you to think of new beginnings for your business. Maybe the laughter of your children calls to mind what you’ve always said you would do one day. Write those inspirations and ideas below. Then ask yourself: Who can be your cheerleader to make your dreams a reality? Share your ideas with that person!

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Reflections on Success

DAY 21: Freedom

*Today’s Reflection:* Celebrate your greatest freedom by following your dreams.

What makes you feel free? What are you passionate about? Write these down, and then create a plan to achieve them.

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DAY 22: Joy is Contagious

*Today’s Reflection:* Joy is contagious! Spread a smile today.

What is bringing you joy today? Make sure you keep a smile all day and write down the results from it.

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DAY 23: Belief

_Today’s Reflection:_ Belief is a prerequisite to being successful.

What do you believe you will be successful in? Write it down in one sentence and say it over and over again to yourself like a mantra.

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DAY 24: Influence

Today’s Reflection: True influence inspires vision and action.

How do you help others? Who will you ask to join you in helping others? What is one project you will start planning today to help others?

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DAY 25: Little Things

Today’s Reflection: Focus on the little things to set yourself apart.

What are the little things you do for others? How does it impact others? Write down the little things you can add to your daily activities, and make them a habit through daily exercise.

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DAY 26: Be Positive

Today’s Reflection: Positive people are success magnets.

Do you consider yourself to be a positive person?
What can you do today to be more positive?
Reflections on Success

DAY 27: Prepare

Today’s Reflection: Opportunities come when you are prepared for them.

Do you have the skills you need to follow your dreams? Make a list of skills and experiences you need to develop in order to follow your dreams. What will you do today to begin developing these skills?

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DAY 28: Practice

Today’s Reflection: Belief in oneself comes from doing and practice.

What are you doing that will help you achieve your dream? Write down 3 things you’ve done, and 3 things you still need to do to get there. Create a time table for your next steps, and keep going!

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DAY 29: Leadership

*Today’s Reflection:* Great leaders manage through trust and respect.

Do you consider yourself a leader? How do you gain trust and respect from others?

Make a list of the characteristics that you think great leaders possess, then think about how you can develop those characteristics within yourself.

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DAY 30: Change

*Today’s Reflection:* Change is sometimes chaotic, but without it you will not grow.

Think about a change you’ve gone through in your life that ultimately helped you grow. Why was it uncomfortable? How did it contribute to your growth? What needs to change in your life now in order for you to continue to grow?

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