



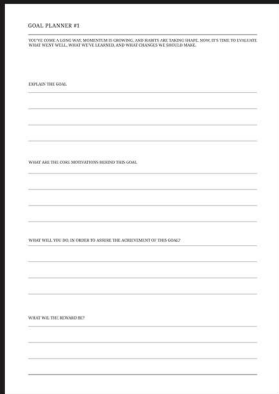
SUCCESS BLUEPRINT
(USERS GUIDE)

INSIDE THE SUCCESS BLUEPRINT

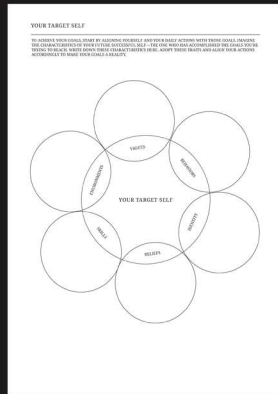


The Success Blueprint stands out for its sleek, minimalist, and elegant design, as well as its framework. This framework comprises specific pages organized in a particular manner, with each page serving its purpose. Ultimately, the Success Blueprint aims not only to enhance your life but also to assist you in reaching your goals by guiding you to become the best version of yourself.

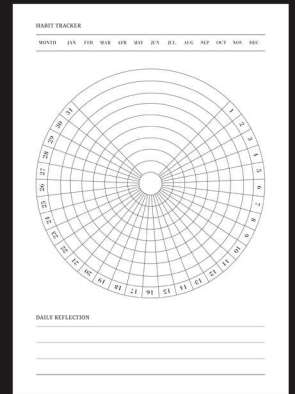
THE PAGES FEATURED IN THE FRAMEWORK



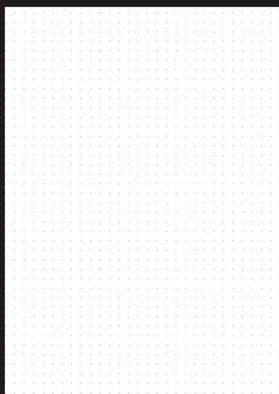
Goal Planner
Page Count: 12



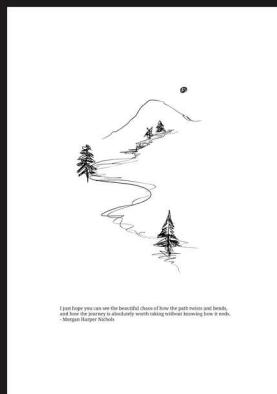
Ideal Self Planner
Page Count: 1



Habit Tracker
Page Count: 3



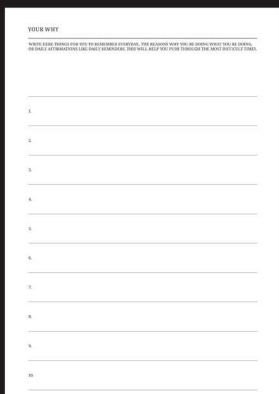
Notes Page
Page Count: 90



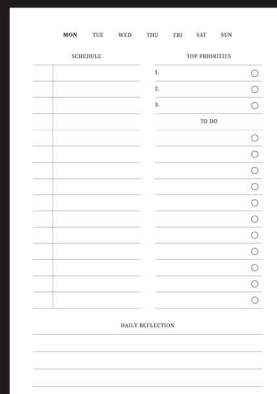
Visualizers
Page Count: 12



30-Day Reflection
Page Count: 3



Your Motivations
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Daily Planner
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Week Planner
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MONTHLY GOALS PLANNER

GOAL PLANNER #1

YOU'VE COME A LONG WAY. MOMENTUM IS GROWING, AND HABITS ARE TAKING SHAPE. NOW, IT'S TIME TO EVALUATE WHAT WENT WELL, WHAT WE'VE LEARNED, AND WHAT CHANGES WE SHOULD MAKE.

1 — EXPLAIN THE GOAL

2 — WHAT ARE THE CORE MOTIVATIONS BEHIND THIS GOAL

3 — WHAT WILL YOU DO, IN ORDER TO ASSURE THE ACHIEVEMENT OF THIS GOAL?

4 — WHAT WILL THE REWARD BE?

GOAL PLANNER #2

YOU'VE COME A LONG WAY. MOMENTUM IS GROWING, AND HABITS ARE TAKING SHAPE. NOW, IT'S TIME TO EVALUATE WHAT WENT WELL, WHAT WE'VE LEARNED, AND WHAT CHANGES WE SHOULD MAKE.

EXPLAIN THE GOAL

WHAT ARE THE CORE MOTIVATIONS BEHIND THIS GOAL

WHAT WILL YOU DO, IN ORDER TO ASSURE THE ACHIEVEMENT OF THIS GOAL?

WHAT WILL THE REWARD BE?

Monthly Goals Planner

Goal: This page is designed to assist you in taking daily steps towards your goals. It's your platform for constructing the path to your objectives. It helps you by keeping you organized, accountable, managing your time efficiently, and avoiding a freestyle approach to your goals.

To begin:

1- **Explain the Goal:** Clearly define what you want to achieve, detailing the specific outcomes and how it aligns with your broader aspirations.

2- **What are the Core Motivations Behind This Goal:** Identify the personal values and driving forces that inspire you to pursue this goal, enhancing your commitment and focus.

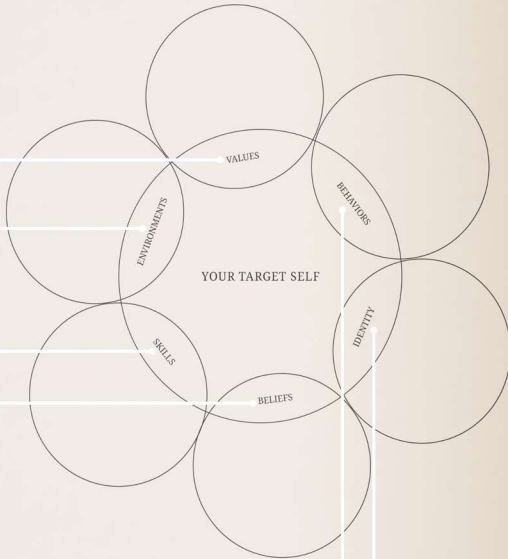
3- **What Will You Do in Order to Assure the Achievement of This Goal:** Develop a detailed action plan that includes manageable tasks, necessary resources, and regular progress reviews to navigate towards success.

4- **What Will the Reward Be:** Specify both the intrinsic and extrinsic rewards you will gain upon achieving your goal, serving as a powerful motivator throughout your journey.

YOUR IDEAL SELF | HABIT TRACKER

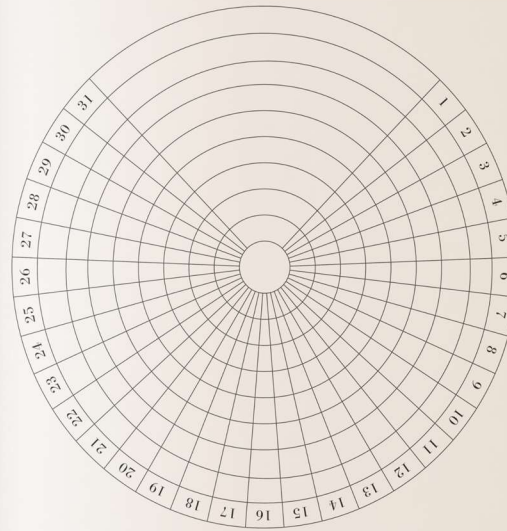
YOUR TARGET SELF

TO ACHIEVE YOUR GOALS, START BY ALIGNING YOURSELF AND YOUR DAILY ACTIONS WITH THOSE GOALS. IMAGINE THE CHARACTERISTICS OF YOUR FUTURE SUCCESSFUL SELF—THE ONE WHO HAS ACCOMPLISHED THE GOALS YOU'RE TRYING TO REACH. WRITE DOWN THESE CHARACTERISTICS HERE. ADOPT THESE TRAITS AND ALIGN YOUR ACTIONS ACCORDINGLY TO MAKE YOUR GOALS A REALITY.



HABIT TRACKER

MONTH JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC



DAILY REFLECTION

1
2
3
4

7

8

9

56

Your Ideal Self

Goal: This page is designed to help you script and embody the traits of your ideal self, aligning your daily actions with your goals. By defining the characteristics of the person you aspire to be, this tool encourages you to transform into someone capable of achieving your ambitions, making goal attainment a natural result of your personal evolution.

- 1- What Values Must You Uphold?
- 2- What Environments Must You Place Yourself In?
- 3- What Skills Must You Acquire?
- 4- What Beliefs Must You Insist In Your Subconscious?
- 5- What Identity Must You Assume?
- 6- What Behaviors Must You Incorporate In Your Routine?

Habit Tracker

Goal: The goal of a habit tracker in Thriv's Success Blueprint journal is to monitor and reinforce daily habits that support your goals. It helps you establish routines, identify behavioral patterns, and track progress, fostering continuous personal growth and goal achievement.

- 7- Indicate which month this habit tracker is referring to.
- 8- To mark a completed day, simply place a mark, cross, or dot in one of the squares. If you didn't complete the task successfully, leave the square blank.
- 9- For any notes you might have.

DAILY AFFIRMATION | LETTERS FOR YOURSELF

DAILY AFFIRMATIONS

WRITE HERE THINGS FOR YOU TO REMEMBER EVERYDAY, THE REASONS WHY YOU'RE DOING WHAT YOU'RE DOING, OR DAILY AFFIRMATIONS LIKE DAILY REMINDERS. THIS WILL HELP YOU PUSH THROUGH THE MOST DIFFICULT TIMES.

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10.

LETTERS FOR YOURSELF

/ /

LETTER 1: THINK ABOUT WHERE YOU WANT TO BE THREE MONTHS FROM NOW. IN THE SPACE BELOW, WRITE A LETTER TO YOUR FUTURE SELF. DETAIL YOUR GOALS FOR THIS PERIOD, THE ACTIONS YOU PLAN TO TAKE, AND THE PERSONAL VALUES YOU WISH TO UPHOLD. THIS LETTER IS YOUR COMMITMENT TO PROGRESS AND SELF-IMPROVEMENT IN THE COMING MONTHS.

LETTER 2: IMAGINE YOU ARE THREE MONTHS INTO THE FUTURE AND YOU HAVE REACHED THE GOALS YOU SET FOR YOURSELF. FROM THIS FUTURE PERSPECTIVE, WRITE BACK TO YOUR PRESENT SELF. OFFER ENCOURAGEMENT, DESCRIBE THE CHALLENGES YOU OVERCAME, AND SHARE ANY INSIGHTS YOU GAINED. USE THIS LETTER TO INSPIRE AND GUIDE YOUR PRESENT ACTIONS TOWARDS ACHIEVING THESE SHORT-TERM SUCCESSSES.

1

2

3

Daily Affirmations

Goal: Here, you write down the reminders that you need to revisit every day, which could include your core beliefs, motivational statements.

Daily affirmations keep you grounded in your purpose and resilient against setbacks. By consistently reminding yourself of your core motivations and desired traits, you harness the power of your subconscious mind to break through obstacles and reinforce habits that align with your goals.

Letters For Yourself

Goal: By writing letters both to and from your future self, you can clarify your intentions, stay motivated, and reflect on the progress you will have made. This exercise will guide you toward a focused and rewarding journey of self-improvement.

Letter to Your Future Self: This approach helps participants set clear goals and aspirations. It's a forward-looking exercise that can be very motivating as it pushes individuals to define where they want to go and what they want to achieve. It's practical and rooted in current ambitions.

Letter from Your Future Self: Writing from the perspective of the future self allows for a creative and reflective exercise that can inspire individuals by showing them what is possible. It may be slightly more abstract since it requires imagining success and the steps taken to get there, which can be both a challenge and a powerful motivator.

WEEKLY PLANNER



Weekly Planner

Goal: This page is designed to assist you in taking daily steps towards your goals. It's your platform for constructing the path to your objectives. It helps you by keeping you organized, accountable, managing your time efficiently, and avoiding a freestyle approach to your goals.

To begin:

1- This prompt encourages reflection on the past week's challenges and areas that could have been improved. It helps identify specific actions or habits that didn't align with your goals, offering insights into what adjustments can be made to strengthen your progress.

2- This question shifts your focus to the present, prompting you to devise a clear, actionable strategy for success in the upcoming week. It encourages you to set priorities, create a plan, and commit to concrete steps that align with your goals and ideal self.

3- This prompt asks you to acknowledge and celebrate three achievements, big or small, that you've accomplished in the past week. Recognizing wins provides positive reinforcement, boosts motivation, and builds momentum for future success.

4- Note the important dates/events/due dates/others... for this week. Write down each special date with its description.

DAILY PAGE & NOTES PAGE



Daily Page

Goal: This page is designed to assist you in taking daily steps towards your goals. It's your platform for constructing the path to your objectives. It helps you by keeping you organized, accountable, managing your time efficiently, and avoiding a freestyle approach to your goals.

To begin:

- 1- Start with a simple indication of the day of the week.
- 2- Plan out your day's schedule meticulously to ensure you don't waste time. Manage your time wisely, so you can end your day feeling satisfied with your accomplishments.
- 3- Take time to reflect on your day. What went well? What could have gone better?
- 4- Don't rely on memory alone. Write down what needs to be done today and keep track of it. This written record can also be valuable later for evaluating your productivity.
- 5- Identify the top priorities of the day – the tasks that must be accomplished, regardless of how busy you are.

Notes

Goal: It's all up to you. Write, draw, scribble—whatever your heart desires. This page can be your personal notes section, a spot for your daily journal entries, or a canvas to let your creativity soar. It's yours to shape and mold however you like.

To begin:

- 5- Blank Page

30 DAY REFLECTION | HABIT TRACKER

30 DAY REVIEW

YOU'VE COME A LONG WAY. MOMENTUM IS GROWING, AND HABITS ARE TAKING SHAPE. NOW, IT'S TIME TO EVALUATE WHAT WENT WELL, WHAT WE'VE LEARNED, AND WHAT CHANGES WE SHOULD MAKE.

1 WHAT SUCCESSES DID YOU HAVE LAST MONTH, AND HOW WILL YOU MAINTAIN THEM?

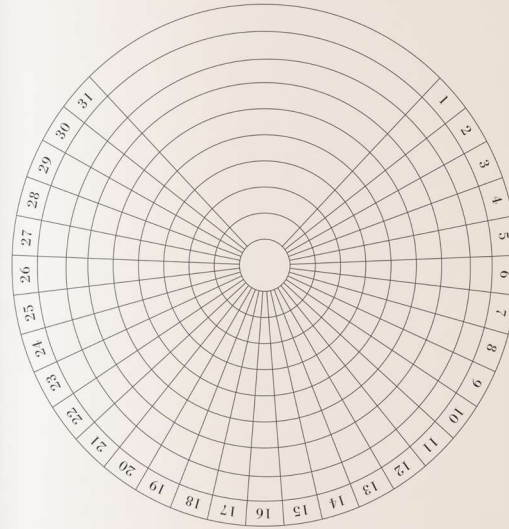
2 WHAT WENT WRONG, AND HOW CAN YOU PREVENT THIS FROM HAPPENING AGAIN?

3 HOW HAVE I MOVED CLOSER TO MY GOALS?

4 WHAT PERSON WILL YOU BE IN A MONTH, AND HOW WILL YOU ACHIEVE THIS?

HABIT TRACKER

5 MONTH JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC



7 NOTES

30 Day Reflection

Goal: The primary objective of this page is to foster accountability, growth, and intentional planning. By regularly reflecting on their progress, individuals can celebrate their successes, learn from their setbacks, and create a proactive plan for continued improvement.

1- By identifying what went well and planning to continue those practices, you can build consistent progress towards your goals.

2- Recognizing setbacks provides valuable insights into what didn't work. By analyzing these issues and finding preventive measures, you can adapt your approach to avoid repeating mistakes, improving your future outcomes.

3- Tracking progress is essential for maintaining motivation. Reflecting on the steps you've taken towards your objectives highlights your advancements and helps you stay focused on the actions that align with your goals.

4- Envisioning your future self aligns your actions with your desired growth. By scripting this ideal version and planning concrete steps to become that person, you ensure that your daily behaviors guide you toward your best self.

Habit Tracker

Goal: The goal of a habit tracker in Thriv's Success Blueprint journal is to monitor and reinforce daily habits that support your goals. It helps you establish routines, identify behavioral patterns, and track progress, fostering continuous personal growth and goal achievement.

5- Indicate which month this habit tracker is referring to.

6- To mark a completed day, simply place a mark, cross, or dot in one of the squares. If you didn't complete the task successfully, leave the square blank.

7- For any notes you might have.

*This page is repeated three times: once at the beginning, next to the Ideal Self Planner, and twice more after each monthly reflection page.