

THRIVING

Daily

JOURNAL



DEAR READER,

Through my experiences, I've learned that resilience and the ability to weather storms don't require willpower. **Weathering the storm requires building your fortress.** This concept can be difficult for some to grasp because we live in a society of instant gratification, where everyone is searching for a quick fix, but **this fortress isn't built in a day; it's built over a lifetime through habits and routines.** This fortress isn't going to prevent the storms from arriving. There is no remedy for that because one of the only guarantees in life is that you will endure storms.

What this fortress does is better allow you to not only survive those storms but to thrive when they occur. These habits and routines reinforce your purpose and bring you closer to achieving your goals, but they also serve as a defense mechanism to keep you on course and prevent you from being swept away or going adrift. They become your anchor.

What works for me might not work for you, but these are some of the habits and routines I've used over the years to build up my fortress. You can use some of these bricks to **build your own fortress, but take the time to figure out what works best for you.**

**TO YOUR SUCCESS,
BILL**

EMOTION REFERENCE

ACCEPTANCE

ADMIRATION

ADORATION

AFFECTION

AFRAID

AGITATION

AGONY

AGGRESSIVE

ALARM

ALARMED

ALIENATION

AMAZEMENT

AMBIVALENCE

AMUSEMENT

ANGER

ANGUISH

ANNOYED

ANTICIPATING

ANXIOUS

APATHY

APPREHENSION

ARROGANT

ASSERTIVE

ASTONISHED

ATTENTIVENESS

ATTRACTION

AVERSION

AWE

BAFFLED

BEWILDERED

BITTER

BLISS

BORED

BRAZEN

BROODING

CALM

CAREFREE

CARELESS

CARING

CHARITY

CHEEKY

CHEERFULNESS

CLAUSTROPHOBIC

COERCIVE

COMFORTABLE

CONFIDENT

CONFUSION

CONTEMPT

CONTENT

DISORIENTED

DISPIRITED

DISPLEASURE

DISTRACTION

DISTRESS

DISTURBED

DOMINANT

DOUBT

DREAD

DRIVEN

DUMB STRUCK

EAGERNESS

ECSTASY

ELATION

EMBARRASSMENT

EMPATHY

ENCHANTED

ENJOYMENT

ENLIGHTENED

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ENTHUSIASM

ENVY

EPIPHANY

EUPHORIA

EXASPERATED

GLEE

GLOOMY

GLUMNESS

GRATITUDE

GREED

GRIEF

GROUCHINESS

GRUMPINESS

GUILT

HAPPINESS

HATRED

HELPLESS

HOMESICKNESS

HOPE

HOPELESS

HORRIFIED

HOSPITABLE

HUMILIATION

HUMILITY

EVENING THOUGHTS

DATE: _____

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MY 3 CHALLENGES TODAY:

MY 3 LESSONS LEARNED:

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VALUES APPENDIX

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|-----------------|---------------|---------------|
| ABILITY | BALANCE | CAREFULNESS |
| ACCOMPLISHMENT | BELONGINGNESS | CHARITY |
| ADVENTURE | BOLDNESS | CHEERFULNESS |
| ALERTNESS | BRISKNESS | CLEANLINESS |
| APPRECIATION | CAMARADERIE | COGNIZANCE |
| ASSERTIVENESS | CARE | COMPASSION |
| AUDACITY | CHALLENGE | COMPLETION |
| AWE | CHASTITY | CONFIDENCE |
| BLISSFULNESS | CLASSY | CONNECTION |
| BRILLIANCE | CLOSENESS | CONTENTMENT |
| CALMNESS | COMMITMENT | CONTROL |
| CAPABILITY | COMPLACENCY | COOLNESS |
| CERTAINTY | CONCENTRATION | CORDIALITY |
| CHARM | CONGRUENCY | CORRECTNESS |
| CLARITY | CONSISTENCY | COURAGE |
| CLEVERNESS | CONTRIBUTION | COURTESY |
| COMFORT | CONVIVIALITY | CRAFTINESS |
| COMPETENCE | COPIOUSNESS | CREATIVITY |
| COMPOSURE | ACCEPTANCE | CREDIBILITY |
| CONFORMITY | ADAPTABILITY | CUNNING |
| CONSCIOUSNESS | AFFLUENCE | CURIOSITY |
| CONTINUITY | ANTICIPATION | DARING |
| CONVICTION | ARTFULNESS | DECISIVENESS |
| COOPERATION | ATTENTIVENESS | DECORUM |
| ABUNDANCE | AWARENESS | DEEPNESS |
| ACHIEVEMENT | BEAUTY | DEFERENCE |
| AFFECTION | BENEVOLENCE | DELICACY |
| AMBITION | BRAVERY | DELIGHT |
| APPROACHABILITY | BUOYANCY | DEPENDABILITY |
| ASSURANCE | CANDOR | DEPTH |
| AVAILABILITY | | DESIRE |



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