Empowerment & Achievement
Journal

Nikki McGowan
This book is dedicated
to the every single person on this planet.
Together, we can change the world.
Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness that most frightens us.
We ask ourselves, who am I to be brilliant, gorgeous, talented, and fabulous?
Actually, who are you Not to be?
You are a child of God.
Your playing small does not serve the world.
There is nothing enlightened about shrinking so that other people will not feel insecure around you.
We are all meant to shine, as children do.
We were born to make manifest the glory of God that is within us.
It is not just in some of us;
It is in everyone
And as we let our own light shine,
We unconsciously give others Permission to do the same.
As we are liberated from our own fear,
Our presence automatically liberates others.

—Marianne Williamson
Dear Achiever,

This journal will help you achieve everything you want in life. We are great at wishing and dreaming. This journal transforms your wishes and dreams into goals.

What is the difference between wishes and goals?

Goals are action-driven, concrete, and attainable. Goals get completed. Wishes and dreams are action-less and intention-less. They never get done; their complete existence depends on lack of goal setting and commitment.

However, all goals begin as wishes and dreams. It takes courage and decisive action to transform them into goals.

Goals change your life.

What this journal has beautifully set up for you is a process of identifying your goals in five categories of your life:

- Personal
- Career
- Fitness
- Financial
- Contribution
This journal is 90-days long. Commit five minutes every morning to filling it out. Five minutes a day for 90 days is going to change your life. Think critically about what you want in your life. Write it down. Begin a daily practice of breaking your larger goal into smaller, daily achievable goals. Achievement is about daily habit, whether your focus is to become an Olympian, start a business, or own a yacht to sail around the world.

The most important thing you must remember is:
ALL DREAMS ARE ACHIEVABLE

This journal begins with setting your 90-day goal in each category. Write what your goal is for each category, and WHY you want to achieve it. Make sure your 90-day goal is realistic for a 90 day (or shorter) completion.

Every category MUST be filled out. It’s normal to have one or two categories be a little tough to fill out; do your best. Each section affects every other section, and the purpose of this is to have a well-rounded and all-inclusive life. Fill out every section of your journal, every day.

After your 90 day goal, write in your 30 day goal. Make sure it relates to your 90 day goal, and make it realistic for 30 days.

Write in your weekly goal next. Make this goal realistic and achievable for the week.

Lastly, write in your goals for the day. What simple thing can you accomplish today that will help you get to your ultimate 90-day goal? Is it studying an extra 15 minutes for your semester final? Is it cancelling a credit card? Scheduling an appointment? Calling your mom? Booking your dream vacation to Greece? Write it down. Write exactly what you are going to do to get it done today. Be clear and specific. What you ask for is EXACTLY what you will receive.

The next step is adding a star (★) to up to only TWO goals for that day that will make you feel the most satisfied at the end of the day when you accomplish them. This is really important. It helps you maintain your focus on the things that are the most important to you, and to focus on only one thing at a time. This will make you the most productive. Remember: only star one or two daily goals!

The second aspect of this journal is actually the most important and life changing. Every day, write down the five things you are grateful for.

Your gratitude entries actually are the first thing you will fill out every day. That is how important gratitude is. Whatever it is you are grateful for in your life, you WILL get more of. Every day your gratitude entries must be different. No two can be alike. Begin every sentence with the handwritten words: “I am grateful for…”

When you achieve a goal, express your gratitude for it. Write why you are grateful for it. If you complete a 90-day goal before 90 days are up, SET A NEW GOAL.

At the end of ninety days, see how much your life has changed, and how much you have accomplished with a grateful heart!
“If you can, you must.”
— Baron Baptiste

90 Day Goal

**Personal:**


why:


**Career:**


why:


**Fitness:**


why:


**Financial:**


why:


**Contribution:**


why:


5
Write a letter to yourself as if it is 90 days from now. Speak about the last 90 days and where you are right now; comment about your experience and commitment to this program. For example, I would write, “Dear Nikki, I am so grateful you committed to and completed this program. I am so proud of you for reaching your goals in each category. You showed great resilience and self-worth throughout. In the last 90 days you have (fill in completed goals). You are now (list what you want to see in your life as if it is the present).”

Make sure to write about each category of goals you have. And write about how it makes you feel to have completed and achieved these goals.

When you are complete with this letter, don’t read it until you have completed your 90 days. When you are finished, come back and reread this letter. Acknowledging yourself is powerful.
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“This is who we really are. We are one blink of an eye away from being fully awake.”
— Pema Chodron

Date: ____________________
Goals for This Week

Personal:

Career:

Fitness:

Financial:

Contribution:

You opened two gifts this morning: your eyes.
Today I Am Grateful For:

1)

2)

3)

4)

5)

Today’s Goals

Personal:

Career:

Fitness:

Financial:

Contribution:
Today I Am Grateful For:

1.)

2.)

3.)

4.)

5.)

Today’s Goals

Personal:

Career:

Fitness:

Financial:

Contribution:

“People say you’re going the wrong way when it’s simply a way of your own.”
— Angelina Jolie

“It takes as much energy to wish as it does to plan.”
— Eleanor Roosevelt
Today I Am Grateful For:

1.)
2.)
3.)
4.)
5.)

Today’s Goals

Personal:

Career:

Fitness:

Financial:

Contribution:

“Today I Am Grateful For:

1.)
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Today’s Goals

Personal:

Career:

Fitness:

Financial:

Contribution:

“When you are grateful, fear disappears and abundance appears.”
—Tony Robbins

Fortune Favors the Bold.
Weekly Check-In

1.) After one week of journaling, have your thoughts changed? Are they more positive? Do your positive thoughts affect your decision making and your conversations with others?

2.) Go back and look at your week of goals. Where did you fall short? What did you do well? What can you recommit to this week? Anything you can let go of?

3.) Daily practice: hold eye contact while in conversation with others for at least 3 seconds. Practice holding eye contact the entire time you are speaking to someone, while you are the one who is speaking.
Congratulations!

You have completed your 90 day journey to empowerment and achievement!

Go back and read the letter to yourself at the beginning of this book.

I acknowledge you for being fitter, healthier, wealthier, and more aware of your own wants and desires and acting on them. I also acknowledge you for being for others in your life, and coming from a space of connectedness with those around you. Without others, we cannot be.

Acknowledge yourself and your commitment to your amazing life and the work you put in to making it great! Take the time to celebrate your accomplishments. Celebrating even the smallest victories in life is good for you, so take the time to celebrate this.

By committing to your goals and living the life you have always imagined, you give everyone else on this planet permission to do the same. In this way, you have profoundly helped move this planet forward by leaps and bounds.

By now I hope you see how much gratitude changes your life, and how your focus has completely changed for the better. The things you give attention to proliferate. Any attention equals growth, so continue to focus on all the great things you have created for yourself, and THRIVE!

This journal is intended for you to complete again and again, as many times as you wish, as few times as you wish.
You have the incredible power to change your life again, and again, and again. You are infinite.

No matter how big your goals are that you have accomplished, as soon as you are clear of those goals, set new ones. Keep living. Keep thriving. Keep creating.

This is the life you are meant to live.

Acknowledgements

I have so many people to thank for this journal it is truly overwhelming. If I have overlooked you, please know it is an honest mistake. I will do everything I can to remember all who deserve mention here!

Firstly, I would like to thank my track coaches from St. Cloud Technical High School for being so inspirational and organized. Without them and their wisdom this journal never would have come into existence, because my first version of this came from them in my senior year of track and field, my most successful year of high school track.

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So much gratitude to Valerie Gangas! Our introduction was meant to happen over Instagram, I know and feel it, and because of you I met the amazing people who got this book together for me: George Foster and Lisa DeSpain. George linked me to the AMAZING and INCREDIBLY talented David Moratto who designed the exterior and interior of this book. Lisa graciously gave us the idea for the sunburst design that David so elegantly incorporated into the final look of this journal. David your work ethic, talent, and vision are all truly inspiring and revolutionary! And thank you Valerie for sharing your amazing story through your blog and your book! Without your writing, this journal would have taken much longer to come into existence.
Thank you to all of my family members for putting up with my crazy adventure-isms and taking off to live in far-off places. I miss all your faces! Thank you for all the childhood lessons to all three of my parents. Without you all I cannot be who I am today.

Thank you to everyone who has authored this journal. You, truly, are the author of this piece not me. This is your achievement as much as it is mine. I am proud of you for completing this. It means you value yourself and your work completely. Well done. And thank you for stepping up to work hard for yourself so you can be an inspiration to everyone else on this planet.

Huge thanks goes to every single one of the Red Cheetah Yoga clients and my incredible and inspiring team of teachers! To all of the RCY locations and all of their staff and coaches and members: you all were my ultimate inspiration to create this thing! To my teachers: Virginia Ansaldi, Zack Henry, Nadia Zebouni, Amanda Gutierrez, Jackie Gonzalez, Ashley Kordzikowski, Claire Guzik, Crystal Long, Izzy Leon, Liz Grant, Jodi Rogozinski, and Kelly Cinalli. And banked gratitude to all my future Cheetah teachers too!

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Thank you SO MUCH to my amazing Cheetah team John Schott, Jo Braga, and Carlos Perez. John I think of you with every “fitness” entry: thank you for making eating well so accessible and delicious! And thank you for your contribution and expertise in the making of Cheetah Grounds. Thank you to Jo and Carlos for making our inspiring cheetah logo! That little sprinter is taking us so many places! Thank you for being so awesome at what you do.

Profound THANK YOU to Adam and Peter Rose for everything you have done for myself and Al. You both have truly enriched our lives and so many others who you have lifted up during your journey! So grateful to have you in our lives!

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And the biggest thanks of all to the Bala Vinyasa Yoga/Green Monkey team out of Naples and Miami! There is no way this journal would exist without the amazing work you all do in your 200 hour teacher training program! So profoundly grateful to all of you: Debi Grilo, Kiersten Mooney, Mollie Graves, and Luca Richards, all of whom led my first training at BV yoga and changed my life forever. So proud and appreciative to be a part of your amazing teaching team and to now be part of your teacher training program. There is no other teacher training on this planet like yours!

Thank you thank you thank you all!