

THE JOY AND PRODUCTIVITY JOURNAL

*What did you do today that brought you joy
and put you in the right mindset for success?*

This journal was inspired by themes in
Financial Planning Made Personal:
How to Create Joy and the Mindset for Success.

Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks



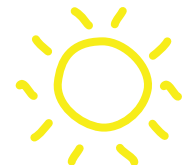




What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks



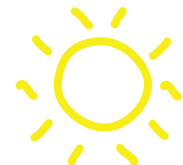




What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks



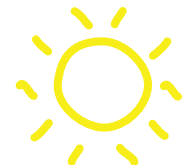




What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks



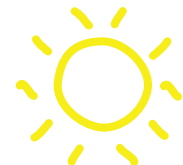




What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks



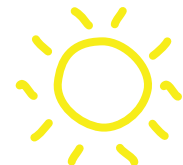




What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks



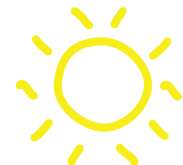




What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks



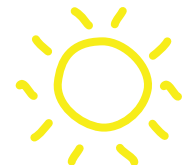




What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks



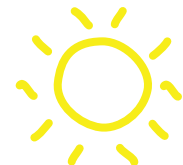




What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks



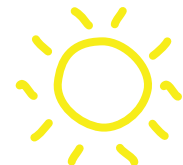




What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks



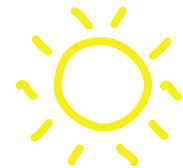




What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks



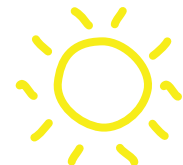




What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks



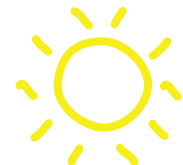




What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks



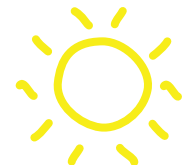




What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks



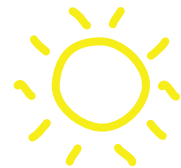




What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks



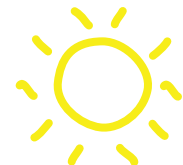




What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks



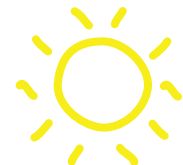




What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



Date: _____

What did you do today that brought you joy
and put you in the right mindset for success?



Most Important Tasks







What thought will free up my mind by writing it down?

.....

Today I will spread JOY by



If you enJOYed finding
JOY in the journey we
encourage you to read

*Financial Planning
Made Personal:
How to Create Joy
and the Mindset
for Success,*

the book that inspired
this journal!



You can download the first two chapters of
the book for free at:

www.financialplanningmadepersonal.com

Lawrence Sprung, CFP®
Founder, Wealth Advisor

Mitlin Financial, Inc.
www.mitlinfinancial.com
140 Adams Avenue, Suite B-12
Hauppauge, NY 11788
(631) 952-4466



Investment advisory services offered through CWM, LLC,
an SEC Registered Investment Advisor.