

# The Success Principles

by Jack Canfield

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

<sup>01</sup> **Write the 100% responsibility version**

Take one current frustration and rewrite it without blame, excuses, or waiting. End with the next action you control today.

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<sup>02</sup> **Draft your front-page goal**

Describe one desired outcome as a magazine headline with a date, visible proof, and the person who would notice it happened.

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<sup>03</sup> **Make the uncomfortable ask**

Ask for the meeting, feedback, referral, sale, support, or opportunity you have been rehearsing privately but avoiding publicly.

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<sup>04</sup> **Build a feedback loop**

Choose one mentor, peer, customer, or friend and ask: what is one thing I should start, stop, and continue if I want this result?

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<sup>05</sup> **Schedule three completion reps**

Put three specific follow-up actions on the calendar before motivation fades. Treat completion as the principle, not intensity.