



EMPYRE PLANNER

EMPYRE PLANNER

THE THREE PRICIPLES

If you have this journal in your hands, there is a good chance you meet these conditions:

1 YOU ARE NOT SATISFIED WITH HOW YOU ARE CURRENTLY SPENDING YOUR TIME.

2 YOU ARE WILLING TO TRY TO DO SOMETHING ABOUT IT.

The goal of this Empyre Journal is for you to take control of how you are spending your time. The hypothesis behind using this journal is simple:

3 IF YOU PAY ATTENTION TO HOW YOU SPEND YOUR TIME, YOU WILL BEGIN TO SPEND YOUR TIME ON ACTIVITIES WORTHY OF ATTENTION.

If these three principles ring true for you, you've come across the right booklet. The simple processes found here will help you focus on your TIME and ATTENTION on activities you truly value as defined by YOU.

You are not alone in this; join us at EmpyreHQ.com. Connect with others, customize your own Empyre Journal, and get tips and tricks for keeping the Empyre state of mind. Feel free to contact me directly with any questions, concerns or anecdotes about how Empyre is impacting you. It is my pleasure to help out anyone willing to help themselves. If you're using this journal, that's you.

Enjoy your new reign on life,

- Alexa

EMPYRE, Founder

HOW TO USE THE EMPYRE PLANNER

1 BEGIN EACH WEEK WITH THE WEEK PLAN.
Start each week by deciding your primary objective for the coming week, noting any upcoming critical dates, and priming your psyche to maintain upkeep of your desired habits.

2 EACH DAY, USE THE DAY PLAN TO MANAGE YOUR TIME.
Start each day by deciding your actions for the course of the day. End the day by recording and reflecting on what you actually did during the day.

3 END EACH WEEK WITH THE WEEK REVIEW.
End each week the same way you ended your days: recording and reflecting on what you actually accomplished during the week. Use the available graphs for insight into your behaviors and improvements over time.

TIPS

YOU MAY MISS A DAY.

If you remember it well enough, go ahead and fill out the **DAY PLAN** for it.

YOU MAY MISS MANY DAYS IN A ROW.

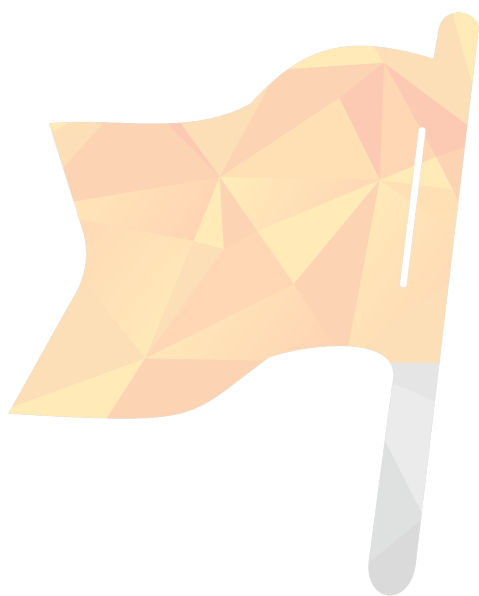
Don't fret. Come back in on the next blank page and continue the "week" as normal. The program takes 28 days, but they don't have to be consecutive.

ANY AMOUNT OF TIME YOU SPEND ON THESE EXERCISES IS HELPFUL.

The purpose of this journal is to get plans down on paper so that you think about them more. When you think about it more, you're more likely to act on it. Once you start acting on it, it gets done. Even a half completed **DAY PLAN** is a successful **DAY PLAN**.

YOU FINISHED! NOW WHAT?

Congrats! Keep using the Empyre Journaling method for as long as it's useful to you. Personalize your next Empyre Journal or pick up the free forever Volition Edition from EmpyreHQ.com. Reign on!



WEEK PLAN

DATE: _____

REFLECTIONS

WHAT POSITIVE BEHAVIORS WOULD YOU LIKE TO CARRY OVER FROM LAST WEEK?

WHAT BEHAVIORS MAY SLOW YOU DOWN THIS WEEK IF NOT AVOIDED?

WHICH DAILY HABITS ARE BECOMING MORE SECOND NATURE TO YOU?

WHICH DAILY HABIT WOULD YOU LIKE TO FOCUS ON IMPROVING THIS WEEK?

PRIMARY GOAL

WHAT IS YOUR **PRIMARY GOAL** FOR THIS WEEK?

WHAT IS YOUR CONFIDENCE LEVEL IN COMPLETION OF THIS GOAL?

_____ / 10

ADJUST YOUR **PRIMARY GOAL** UNTIL YOUR CONFIDENCE LEVEL IS **8 OUT OF 10**.

NOTES

TASKS AND ERRANDS

LIST ANY UNCOMPLETED TASKS FROM LAST WEEK TO BE COMPLETED THIS WEEK.

LIST ANY NEW TASKS/ERRANDS THAT SHOULD BE COMPLETED THIS WEEK.

CRITICAL DATES

DATE

DESCRIPTION

DATE	DESCRIPTION
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

DAY PLAN

DATE: _____

MORNING MINDSET

WHAT IS MY PRIMARY GOAL OF THE DAY?

WHAT IS A POTENTIAL DIFFICULTY FOR ME TODAY?

WHICH OF MY CORE VALUES CAN I LEAN ON TO HELP WITH THAT?

COURAGE **INTEGRITY** **DISCIPLINE**

WHO'S ABOUT TO SEIZE THE DAY?

PLAN YOUR DAY

PRIMARY GOAL

SECONDARY GOAL

DAILY HABITS

WATER

MEDICINE

SHOWER

BRUSH TEETH

MEDITATE

ENERGIZE

READ

EAT HEALTHY

DO THIS LIST

GO OUTSIDE

_____ / _____ X 100 = _____
COMPLETED TOTAL # SCORE

WHAT HAPPENED TODAY?

MEASURED

ENERGY _____ / 10

PRODUCTIVITY _____ / 10

FOOD QUALITY _____ / 10

SLEEP QUALITY _____ / 10

FUN _____ / 10

REFLECTIONS

A SITUATION I HANDLED WELL WAS...

A SITUATION I COULD HAVE HANDLED BETTER WAS...

I APPRECIATED WHEN...

I WAS HELPFUL WHEN...

DAY PLAN

DATE: _____

MORNING MINDSET

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COURAGE **INTEGRITY** **DISCIPLINE**

WHO'S ABOUT TO SEIZE THE DAY?

PLAN YOUR DAY

PRIMARY GOAL SECONDARY GOAL

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DAILY HABITS

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| <input type="checkbox"/> WATER | <input type="checkbox"/> READ |
| <input type="checkbox"/> MEDICINE | <input type="checkbox"/> EAT HEALTHY |
| <input type="checkbox"/> SHOWER | <input type="checkbox"/> DO THIS LIST |
| <input type="checkbox"/> BRUSH TEETH | <input type="checkbox"/> GO OUTSIDE |
| <input type="checkbox"/> MEDITATE | <input type="checkbox"/> _____ |
| <input type="checkbox"/> ENERGIZE | <input type="checkbox"/> _____ |

_____ / _____ X 100 = _____
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WEEK REVIEW

DATE: _____

GOAL REVIEW

WHAT WAS YOUR PRIMARY GOAL THIS WEEK?

DID YOU ACCOMPLISH IT?

YES **NO** THERE IS NO OTHER OPTION

WHAT TASKS/ERRANDS OF YOUR PRIMARY GOAL DID YOU ACCOMPLISH?

WHAT ARE SOME ADDITIONAL GOALS/ERRANDS YOU ACCOMPLISHED THIS WEEK?

WHAT WERE YOUR DAILY SCORES?

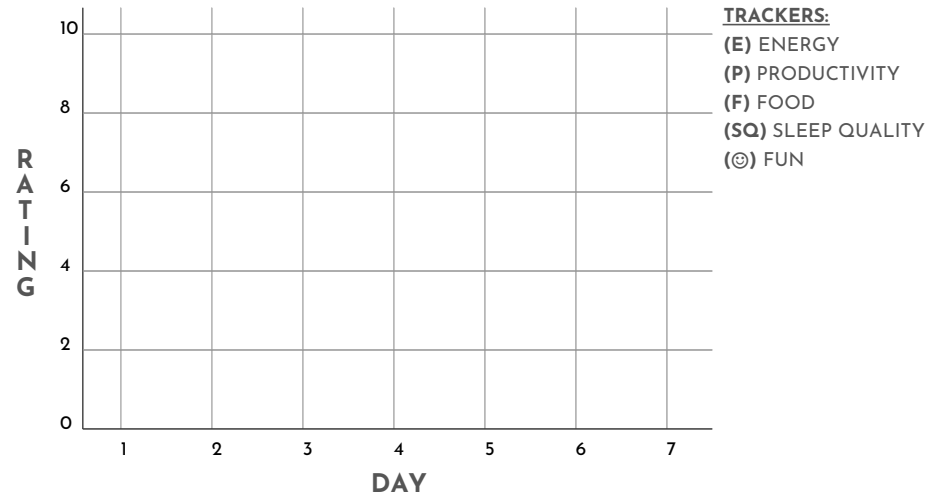
AVERAGE

RAW ASSESSMENT

WHAT WENT WELL THIS WEEK?

WHAT DID NOT GO WELL?

MEASURED



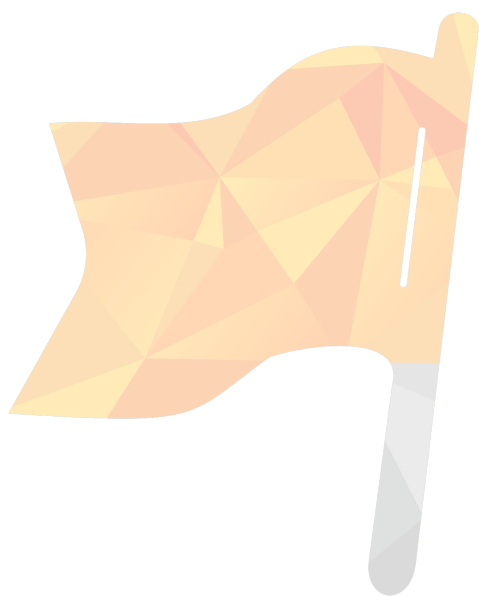
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COURAGE **INTEGRITY** **DISCIPLINE**

WHO'S ABOUT TO SEIZE THE DAY?

PLAN YOUR DAY

PRIMARY GOAL

SECONDARY GOAL

DAILY HABITS

WATER

MEDICINE

SHOWER

BRUSH TEETH

MEDITATE

ENERGIZE

READ

EAT HEALTHY

DO THIS LIST

GO OUTSIDE

_____ / _____ X 100 = _____
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WHAT HAPPENED TODAY?

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ENERGY _____ / 10

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$$\frac{\text{_____ COMPLETED}}{\text{_____ TOTAL \#}} \times 100 = \text{_____ SCORE}$$

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| <input type="checkbox"/> ENERGIZE | <input type="checkbox"/> _____ |

_____ / _____ X 100 = _____

COMPLETED TOTAL # SCORE

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MEASURED

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- PRODUCTIVITY _____ / 10
- FOOD QUALITY _____ / 10
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- FUN _____ / 10

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WEEK REVIEW

DATE: _____

GOAL REVIEW

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DID YOU ACCOMPLISH IT?

YES **NO** THERE IS NO OTHER OPTION

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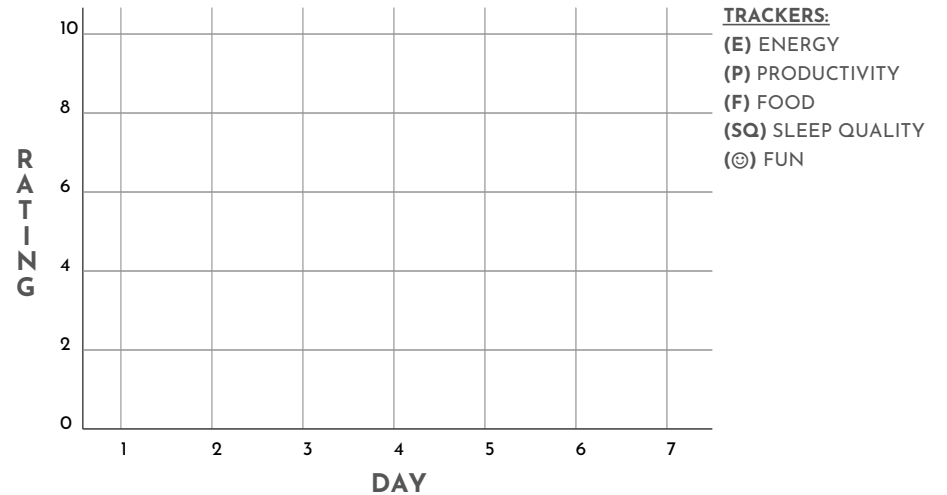
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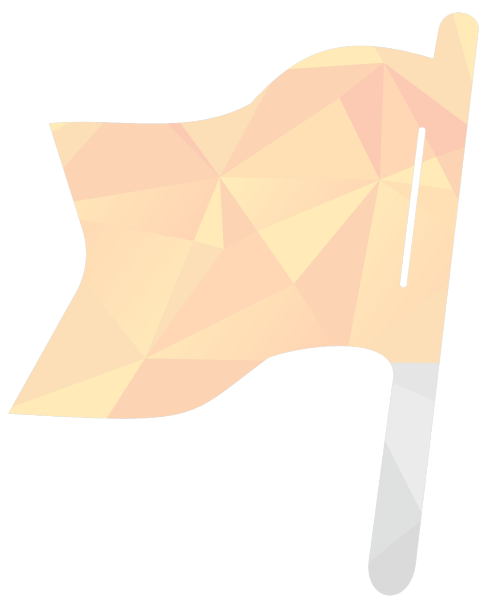
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WEEK PLAN

DATE: _____

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DATE

DESCRIPTION

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

DAY PLAN

DATE: _____

MORNING MINDSET

WHAT IS MY PRIMARY GOAL OF THE DAY?

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COURAGE **INTEGRITY** **DISCIPLINE**

WHO'S ABOUT TO SEIZE THE DAY?

PLAN YOUR DAY

PRIMARY GOAL

SECONDARY GOAL

<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
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DAILY HABITS

- | | |
|--------------------------------------|---------------------------------------|
| <input type="checkbox"/> WATER | <input type="checkbox"/> READ |
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$$\frac{\text{COMPLETED}}{\text{TOTAL \#}} \times 100 = \text{SCORE}$$

WHAT HAPPENED TODAY?

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DAILY HABITS

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WHICH OF MY CORE VALUES CAN I LEAN ON TO HELP WITH THAT?

COURAGE **INTEGRITY** **DISCIPLINE**

WHO'S ABOUT TO SEIZE THE DAY?

PLAN YOUR DAY

PRIMARY GOAL

SECONDARY GOAL

<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
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<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

DAILY HABITS

- | | |
|--------------------------------------|---------------------------------------|
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| <input type="checkbox"/> MEDICINE | <input type="checkbox"/> EAT HEALTHY |
| <input type="checkbox"/> SHOWER | <input type="checkbox"/> DO THIS LIST |
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| <input type="checkbox"/> MEDITATE | <input type="checkbox"/> _____ |
| <input type="checkbox"/> ENERGIZE | <input type="checkbox"/> _____ |

$$\frac{\text{COMPLETED}}{\text{TOTAL \#}} \times 100 = \text{SCORE}$$

WHAT HAPPENED TODAY?

MEASURED

- ENERGY _____ / 10
- PRODUCTIVITY _____ / 10
- FOOD QUALITY _____ / 10
- SLEEP QUALITY _____ / 10
- FUN _____ / 10

REFLECTIONS

A SITUATION I HANDLED WELL WAS...

A SITUATION I COULD HAVE HANDLED BETTER WAS...

I APPRECIATED WHEN...

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DAY PLAN

DATE: _____

MORNING MINDSET

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____ / ____ X 100 = ____
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WEEK REVIEW

DATE: _____

GOAL REVIEW

WHAT WAS YOUR PRIMARY GOAL THIS WEEK?

DID YOU ACCOMPLISH IT?

YES **NO** THERE IS NO OTHER OPTION

WHAT TASKS/ERRANDS OF YOUR PRIMARY GOAL DID YOU ACCOMPLISH?

WHAT ARE SOME ADDITIONAL GOALS/ERRANDS YOU ACCOMPLISHED THIS WEEK?

WHAT WERE YOUR DAILY SCORES?

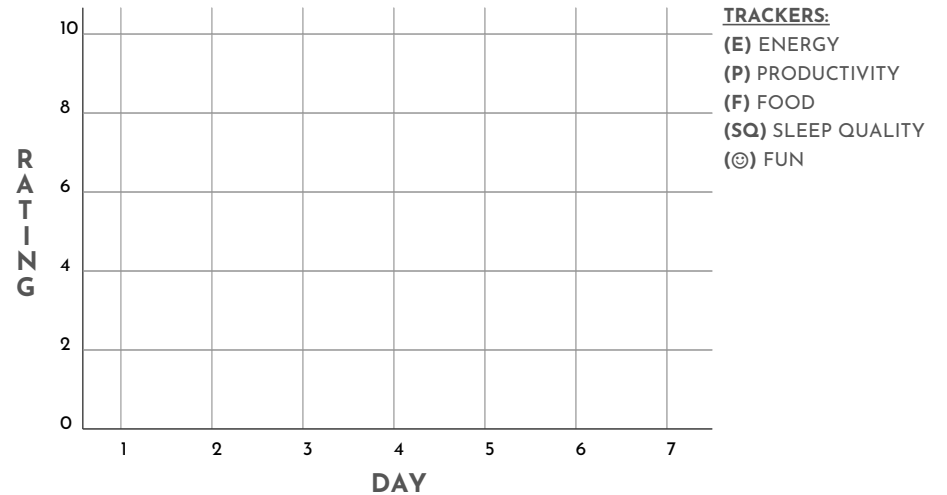
AVERAGE

RAW ASSESSMENT

WHAT WENT WELL THIS WEEK?

WHAT DID NOT GO WELL?

MEASURED



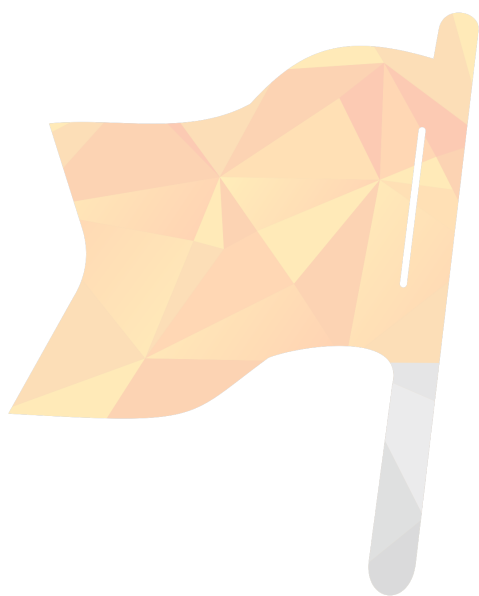
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WHAT DO YOU THINK YOUR IDEAL SELF WOULD SAY TO YOU AS YOU MOVE INTO THE NEXT WEEK?



WEEK PLAN

DATE: _____

REFLECTIONS

WHAT POSITIVE BEHAVIORS WOULD YOU LIKE TO CARRY OVER FROM LAST WEEK?

WHAT BEHAVIORS MAY SLOW YOU DOWN THIS WEEK IF NOT AVOIDED?

WHICH DAILY HABITS ARE BECOMING MORE SECOND NATURE TO YOU?

WHICH DAILY HABIT WOULD YOU LIKE TO FOCUS ON IMPROVING THIS WEEK?

PRIMARY GOAL

WHAT IS YOUR **PRIMARY GOAL** FOR THIS WEEK?

WHAT IS YOUR CONFIDENCE LEVEL IN COMPLETION OF THIS GOAL?

_____ / 10

ADJUST YOUR **PRIMARY GOAL** UNTIL YOUR CONFIDENCE LEVEL IS **8 OUT OF 10**.

NOTES

TASKS AND ERRANDS

LIST ANY UNCOMPLETED TASKS FROM LAST WEEK TO BE COMPLETED THIS WEEK.

LIST ANY NEW TASKS/ERRANDS THAT SHOULD BE COMPLETED THIS WEEK.

CRITICAL DATES

DATE

DESCRIPTION

DATE	DESCRIPTION
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

DAY PLAN

DATE: _____

MORNING MINDSET

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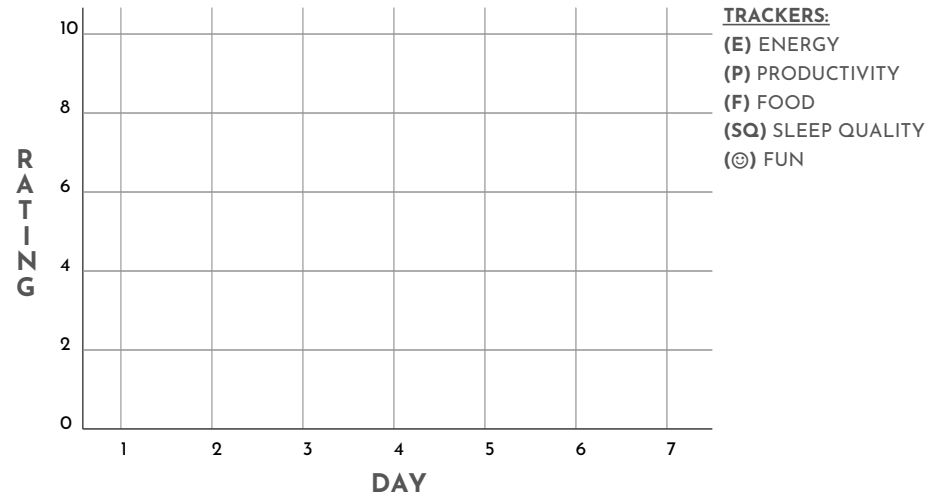
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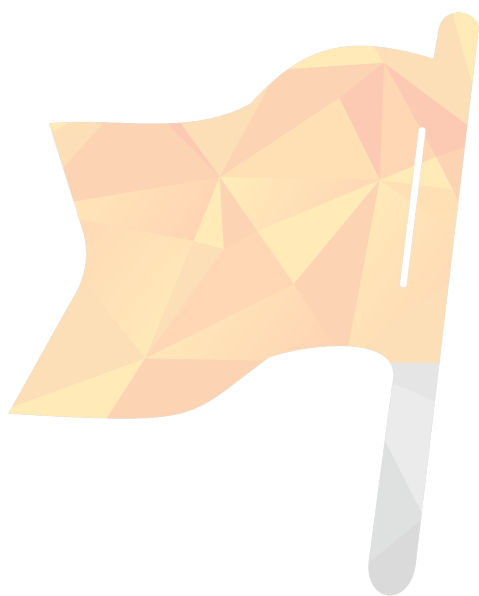
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Congratulations on 28 days of goal driven development.

That was kinda fun, right?

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Reign on!