

A WORKBOOK

INVENTING YOUR

JOY

FOR DREAMERS & DOERS



INVENTING YOUR JOY

WHY THIS WORKBOOK EXISTS

This workbook was created to help you chase big dreams with bold energy — and a little bit of JOY. Inspired by the story of Joy Mangano, an inventor, mother, and unstoppable force of nature, this guide is here to help you get clear on what you want, believe it's possible, and actually make it happen.

Whether you're launching your next big idea, pivoting careers, or simply rediscovering your spark, this workbook will give you the tools to dream big, plan smart, and take meaningful action — one joyful step at a time.

THREE STEP PROCESS

This workbook is your step-by-step launchpad for turning dreams into action — JOY-style. It's broken into three Acts, just like a great musical:

ACT 1

THE BIG VISION

Start with bold dreaming. This section includes three one-time exercises to help you define who you are, where you're headed, and what success looks like:

- Name Your Dream — Not what you do... what you want to do. Claim it.
- Ten-Year Vision — Map out your ideal future in vivid detail.
- Your Acceptance Speech — Write it now. Feel it. Own it.

ACT 2

THE PLAN

Now we turn dreams into goals. You'll choose your Big 3 — the major achievements you want in the next year — and outline a simple morning routine to set each day up for success.

ACT 3

THE SMALL STEPS

This is your daily power zone. Every day, you'll:

- Affirm — Remind yourself who you are and your weekly goals
- Act — Identify and calendar 3 tasks that push your dream forward
- Reflect — Check in, review your wins, and reset if needed

Each week, you'll also pause to reflect, adjust, and set your new Weekly Big 3.

ALL IN? GREAT. LET'S START INVENTING YOUR JOY.



NO MATTER WHO
YOU ARE OR
WHERE YOU'RE
FROM YOU HAVE
THE POWER TO
CHANGE THE
WORLD.

-Joy Mangano, Inventor



THE BIG VISION

NAME IT &
CLAIM IT!

CLAIM IT!

NAME YOUR DREAM!

WHO ARE YOU REALLY?

It's time to stop saying what you *do* and start declaring who you *are*. You get to decide. This is your moment to own your passion, your dream, your identity — just like Joy did.

Whether you've done it professionally or not doesn't matter. What matters is that you say it out loud — and believe it.

 **“My name is Alice and I am a TV Sitcom Writer.”**
(Not: “I work in accounting but I really want to write.” NOPE!)

Wear your dream proudly. Write it below like it's already true. If you wear more than one hat, go for it — but try to keep it to three max. You've got this.

MY NAME IS... AND I AM A GO!

IN TEN YEARS...

Who are you? What does your dream life look like?

Write it in the present tense — as if it's already real. Be bold. Be specific.

YOUR “I DID IT!” SPEECH

In this exercise, you did it. You're holding the mic. The spotlight is yours.

- What did you achieve?
- What challenges did you overcome to get here?
- How does it feel to finally be seen, heard, and celebrated?
- Who helped you along the way? (Yes, thank them all—moms, mentors, and even that one teacher who believed in you in 5th grade.)

(Need more room? Grab an extra page!)

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

THE PLAN

TURN YOUR
DREAMS INTO
GOALS

YOUR BIG THREE

Where do you want to be a year from now—and how will it feel when you get there?

Think of three goals that are both Ambitious and Achievable—we call them “A² Goals.” These aren’t just to-do list items. These are the game-changers. The ones that move the needle toward the YOU you’re becoming.

Ask yourself:

- What would make me feel proud, powerful, or free?
- What will get me closer to the dream version of myself?
- What would make my 10-years-from-now self say, "YES, you did that"?

Now write them down boldly.

1

2

3



JOY BEGINS THE
MOMENT YOU
DECIDE TO
DISCOVER
YOURSELF.

-Joy Mangano, Inventor

A pair of blue canvas sneakers with white laces is shown from a top-down perspective, partially obscured by a white rectangular overlay. The sneakers are positioned at the bottom corners of the frame. The background is a solid, vibrant purple color.

STEP BY STEP

AFFIRM, ACT, REFLECT



YOUR DAILY ACTION PLAN

DAY 1:

(date)

(MY NAME IS ... AND I AM A ...)

My Weekly 'Big 3' Goals that I will accomplish this week are:

1. _____
2. _____
3. _____

Today, I will feel proud of myself for:

'Big 3' Tasks: Steps I'll take today toward my 'Big 3':

1. _____
2. _____
3. _____

One thing I'll do just for me:

I will do my 'Big 3' Tasks at the following times today:

Task #1: _____ Task #2: _____ Task #3: _____

Connect to Purpose: Who or what am I doing this for?**Did you...**

Accomplish your tasks?

☐

Yes

☐

No

Exercise?

☐

Yes

☐

No

Spend time with loved ones?

☐

Yes

☐

No

Drink Water?

☐

Yes

☐

No





YOUR DAILY ACTION PLAN

DAY 2:

(date)

(MY NAME IS ... AND I AM A ...)

My Weekly 'Big 3' Goals that I will accomplish this week are:

1. _____
2. _____
3. _____

Today, I will feel proud of myself for:

'Big 3' Tasks: Steps I'll take today toward my 'Big 3':

1. _____
2. _____
3. _____

One thing I'll do just for me:

I will do my 'Big 3' Tasks at the following times today:

Task #1: _____ Task #2: _____ Task #3: _____

Connect to Purpose: What am I most looking forward to today?

Did you...

Accomplish your tasks?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Exercise?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Spend time with loved ones?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Drink Water?	<input type="checkbox"/> Yes	<input type="checkbox"/> No





YOUR DAILY ACTION PLAN

DAY 3:_____
(date)_____
(MY NAME IS ... AND I AM A ...)**My Weekly 'Big 3' Goals** that I will accomplish this week are:

1. _____
2. _____
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Today, I will feel proud of myself for:

'Big 3' Tasks: Steps I'll take today toward my 'Big 3':

1. _____
2. _____
3. _____

One thing I'll do just for me:

I will do my 'Big 3' Tasks at the following times today:

Task #1: _____ Task #2: _____ Task #3: _____

Connect to Purpose: How will completing these goals positively impact my life?

Did you...

Accomplish your tasks? ☐ Yes ☐ No Exercise? ☐ Yes ☐ No

Spend time with loved ones? ☐ Yes ☐ No Drink Water? ☐ Yes ☐ No





YOUR DAILY ACTION PLAN

DAY 4:

(date)

(MY NAME IS ... AND I AM A ...)

My Weekly 'Big 3' Goals that I will accomplish this week are:

1. _____
2. _____
3. _____

Today, I will feel proud of myself for:

'Big 3' Tasks: Steps I'll take today toward my 'Big 3':

1. _____
2. _____
3. _____

One thing I'll do just for me:

I will do my 'Big 3' Tasks at the following times today:

Task #1: _____ Task #2: _____ Task #3: _____

Connect to Purpose: What would my future self thank me for doing today?

Did you...

Accomplish your tasks?

☐

Yes

☐

No

Exercise?

☐

Yes

☐

No

Spend time with loved ones?

☐

Yes

☐

No

Drink Water?

☐

Yes

☐

No





YOUR DAILY ACTION PLAN

DAY 5:_____
(date)_____
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I will do my 'Big 3' Tasks at the following times today:

Task #1: _____ Task #2: _____ Task #3: _____

Connect to Purpose: What core value am I honoring by showing up today?

Did you...

Accomplish your tasks?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Exercise?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Spend time with loved ones?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Drink Water?	<input type="checkbox"/> Yes	<input type="checkbox"/> No





YOUR DAILY ACTION PLAN

DAY 6:

(date)

(MY NAME IS ... AND I AM A ...)

My Weekly 'Big 3' Goals that I will accomplish this week are:

1. _____
2. _____
3. _____

Today, I will feel proud of myself for:

'Big 3' Tasks: Steps I'll take today toward my 'Big 3':

1. _____
2. _____
3. _____

One thing I'll do just for me:

I will do my 'Big 3' Tasks at the following times today:

Task #1: _____ Task #2: _____ Task #3: _____

Connect to Purpose: Why does this week's work matter?

Did you...

Accomplish your tasks?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Exercise?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Spend time with loved ones?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Drink Water?	<input type="checkbox"/> Yes	<input type="checkbox"/> No





YOUR DAILY ACTION PLAN

DAY 7:

(date)

(MY NAME IS ... AND I AM A ...)

My Weekly 'Big 3' Goals that I will accomplish this week are:

1. _____
2. _____
3. _____

Today, I will feel proud of myself for:

'Big 3' Tasks: Steps I'll take today toward my 'Big 3':

1. _____
2. _____
3. _____

One thing I'll do just for me:

I will do my 'Big 3' Tasks at the following times today:

Task #1: _____ Task #2: _____ Task #3: _____

Connect to Purpose: Who am I doing this for beyond myself?

Did you...

Accomplish your tasks?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Exercise?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Spend time with loved ones?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Drink Water?	<input type="checkbox"/> Yes	<input type="checkbox"/> No





WEEKLY REVIEW & REFLECT

(date)

Revisit your acceptance speech. Let it remind you what you're working towards.

What are your 3 Biggest Wins from this past week:

1. _____
2. _____
3. _____

How did you celebrate those wins?

Did you complete your **Weekly Big 3**? ☐ Yes ☐ No

If not, what got in the way? What can you adjust this coming week?

Check-in on your Yearly Big 3 Progress:

Goal #1: ☐ 10% ☐ 20% ☐ 30% ☐ 40% ☐ 50% ☐ 60% ☐ 70% ☐ 80% ☐ 90% ☐ 100%

Goal #2: ☐ 10% ☐ 20% ☐ 30% ☐ 40% ☐ 50% ☐ 60% ☐ 70% ☐ 80% ☐ 90% ☐ 100%

Goal #3: ☐ 10% ☐ 20% ☐ 30% ☐ 40% ☐ 50% ☐ 60% ☐ 70% ☐ 80% ☐ 90% ☐ 100%

Top 3 Priorities for This Week Ahead:

1. _____
2. _____
3. _____

Are you still committed to your vision?
Write yourself a note of encouragement.





YOU DON'T
HAVE TO BE
GOOD TO GET
STARTED. YOU
JUST NEED TO
DIVE IN AND GET
GOING.

-Joy Mangano, Inventor



YOUR DAILY ACTION PLAN

DAY 1:

(date)

(MY NAME IS ... AND I AM A ...)

My Weekly 'Big 3' Goals that I will accomplish this week are:

1. _____
2. _____
3. _____

Today, I will feel proud of myself for:

'Big 3' Tasks: Steps I'll take today toward my 'Big 3':

1. _____
2. _____
3. _____

One thing I'll do just for me:

I will do my 'Big 3' Tasks at the following times today:

Task #1: _____ Task #2: _____ Task #3: _____

Resetting: Whats one thing I can let go of today - physically, mentally or emotionally?

Did you...Accomplish your tasks? ☐ Yes ☐ No Exercise? ☐ Yes ☐ NoSpend time with loved ones? ☐ Yes ☐ No Drink Water? ☐ Yes ☐ No



YOUR DAILY ACTION PLAN

DAY 2:_____
(date)_____
(MY NAME IS ... AND I AM A ...)**My Weekly 'Big 3' Goals** that I will accomplish this week are:

1. _____
2. _____
3. _____

Today, I will feel proud of myself for:

'Big 3' Tasks: Steps I'll take today toward my 'Big 3':

1. _____
2. _____
3. _____

One thing I'll do just for me:

I will do my 'Big 3' Tasks at the following times today:

Task #1: _____ Task #2: _____ Task #3: _____

Resetting: Where am I holding onto something that's no longer serving me?

Did you...

Accomplish your tasks?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Exercise?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Spend time with loved ones?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Drink Water?	<input type="checkbox"/> Yes	<input type="checkbox"/> No





YOUR DAILY ACTION PLAN

DAY 3:

(date)

(MY NAME IS ... AND I AM A ...)

My Weekly 'Big 3' Goals that I will accomplish this week are:

1. _____
2. _____
3. _____

Today, I will feel proud of myself for:

'Big 3' Tasks: Steps I'll take today toward my 'Big 3':

1. _____
2. _____
3. _____

One thing I'll do just for me:

I will do my 'Big 3' Tasks at the following times today:

Task #1: _____ Task #2: _____ Task #3: _____

Resetting: What can I say no to today to make space for what matters?

Did you...

Accomplish your tasks?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Exercise?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Spend time with loved ones?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Drink Water?	<input type="checkbox"/> Yes	<input type="checkbox"/> No





YOUR DAILY ACTION PLAN

DAY 4:

(date)

(MY NAME IS ... AND I AM A ...)

My Weekly 'Big 3' Goals that I will accomplish this week are:

1. _____
2. _____
3. _____

Today, I will feel proud of myself for:

'Big 3' Tasks: Steps I'll take today toward my 'Big 3':

1. _____
2. _____
3. _____

One thing I'll do just for me:

I will do my 'Big 3' Tasks at the following times today:

Task #1: _____ Task #2: _____ Task #3: _____

Resetting: What clutter (in my space or schedule) is blocking momentum?

Did you...Accomplish your tasks? ☐ Yes ☐ No Exercise? ☐ Yes ☐ NoSpend time with loved ones? ☐ Yes ☐ No Drink Water? ☐ Yes ☐ No



YOUR DAILY ACTION PLAN

DAY 5:_____
(date)_____
(MY NAME IS ... AND I AM A ...)**My Weekly 'Big 3' Goals** that I will accomplish this week are:

1. _____
2. _____
3. _____

Today, I will feel proud of myself for:

'Big 3' Tasks: Steps I'll take today toward my 'Big 3':

1. _____
2. _____
3. _____

One thing I'll do just for me:

I will do my 'Big 3' Tasks at the following times today:

Task #1: _____ Task #2: _____ Task #3: _____

Resetting: What limiting belief do I want to release today?

Did you...

Accomplish your tasks?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Exercise?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Spend time with loved ones?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Drink Water?	<input type="checkbox"/> Yes	<input type="checkbox"/> No





YOUR DAILY ACTION PLAN

DAY 6:

(date)

(MY NAME IS ... AND I AM A ...)

My Weekly 'Big 3' Goals that I will accomplish this week are:

1. _____
2. _____
3. _____

Today, I will feel proud of myself for:

'Big 3' Tasks: Steps I'll take today toward my 'Big 3':

1. _____
2. _____
3. _____

One thing I'll do just for me:

I will do my 'Big 3' Tasks at the following times today:

Task #1: _____ Task #2: _____ Task #3: _____

Resetting: What part of my routine needs a reset?

Did you...Accomplish your tasks? ☐ Yes ☐ No Exercise? ☐ Yes ☐ NoSpend time with loved ones? ☐ Yes ☐ No Drink Water? ☐ Yes ☐ No



YOUR DAILY ACTION PLAN

DAY 7:

(date)

(MY NAME IS ... AND I AM A ...)

My Weekly 'Big 3' Goals that I will accomplish this week are:

1. _____
2. _____
3. _____

Today, I will feel proud of myself for:

'Big 3' Tasks: Steps I'll take today toward my 'Big 3':

1. _____
2. _____
3. _____

One thing I'll do just for me:

I will do my 'Big 3' Tasks at the following times today:

Task #1: _____ Task #2: _____ Task #3: _____

Resetting: What would it look like to start fresh today, even in a small way?**Did you...**

Accomplish your tasks?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Exercise?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Spend time with loved ones?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Drink Water?	<input type="checkbox"/> Yes	<input type="checkbox"/> No





WEEKLY REVIEW & REFLECT

(date)

Revisit your acceptance speech. Let it remind you what you're working towards.

What are your 3 Biggest Wins from this past week:

1. _____
2. _____
3. _____

How did you celebrate those wins?

Did you complete your **Weekly Big 3**? ☐ Yes ☐ No

If not, what got in the way? What can you adjust this coming week?

Check-in on your Yearly Big 3 Progress:

Goal #1: ☐ 10% ☐ 20% ☐ 30% ☐ 40% ☐ 50% ☐ 60% ☐ 70% ☐ 80% ☐ 90% ☐ 100%

Goal #2: ☐ 10% ☐ 20% ☐ 30% ☐ 40% ☐ 50% ☐ 60% ☐ 70% ☐ 80% ☐ 90% ☐ 100%

Goal #3: ☐ 10% ☐ 20% ☐ 30% ☐ 40% ☐ 50% ☐ 60% ☐ 70% ☐ 80% ☐ 90% ☐ 100%

Top 3 Priorities for This Week Ahead:

1. _____
2. _____
3. _____

Are you still committed to your vision?
Write yourself a note of encouragement.





AN IDEA DOESN'T
HAVE TO BE EPIC IN
SCALE TO BE LIFE-
CHANGING. MANY
TIMES, IT'S THE
SMALL, SIMPLE,
THOUGHTFUL IDEAS
THAT REALLY
CHANGE OUR LIVES.

-Joy Mangano, Inventor



YOUR DAILY ACTION PLAN

DAY 1:

(date)

(MY NAME IS ... AND I AM A ...)

My Weekly 'Big 3' Goals that I will accomplish this week are:

1. _____
2. _____
3. _____

Today, I will feel proud of myself for:

'Big 3' Tasks: Steps I'll take today toward my 'Big 3':

1. _____
2. _____
3. _____

One thing I'll do just for me:

I will do my 'Big 3' Tasks at the following times today:

Task #1: _____ Task #2: _____ Task #3: _____

Finding joy: What's one thing I'm genuinely excited for today?

Did you...

Accomplish your tasks?

☐

Yes

☐

No

Exercise?

☐

Yes

☐

No

Spend time with loved ones?

☐

Yes

☐

No

Drink Water?

☐

Yes

☐

No





YOUR DAILY ACTION PLAN

DAY 2:

(date)

(MY NAME IS ... AND I AM A ...)

My Weekly 'Big 3' Goals that I will accomplish this week are:

1. _____
2. _____
3. _____

Today, I will feel proud of myself for:

'Big 3' Tasks: Steps I'll take today toward my 'Big 3':

1. _____
2. _____
3. _____

One thing I'll do just for me:

I will do my 'Big 3' Tasks at the following times today:

Task #1: _____ Task #2: _____ Task #3: _____

Finding joy: Where can I add a little fun or play into my day?

Did you...

Accomplish your tasks?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Exercise?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Spend time with loved ones?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Drink Water?	<input type="checkbox"/> Yes	<input type="checkbox"/> No





YOUR DAILY ACTION PLAN

DAY 3:_____
(date)_____
(MY NAME IS ... AND I AM A ...)**My Weekly 'Big 3' Goals** that I will accomplish this week are:

1. _____
2. _____
3. _____

Today, I will feel proud of myself for:

'Big 3' Tasks: Steps I'll take today toward my 'Big 3':

1. _____
2. _____
3. _____

One thing I'll do just for me:

I will do my 'Big 3' Tasks at the following times today:

Task #1: _____ Task #2: _____ Task #3: _____

Finding joy: What's bringing me peace, even if it's small?

Did you...

Accomplish your tasks?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Exercise?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Spend time with loved ones?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Drink Water?	<input type="checkbox"/> Yes	<input type="checkbox"/> No





YOUR DAILY ACTION PLAN

DAY 4:

(date)

(MY NAME IS ... AND I AM A ...)

My Weekly 'Big 3' Goals that I will accomplish this week are:

1. _____
2. _____
3. _____

Today, I will feel proud of myself for:

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3. _____

One thing I'll do just for me:

I will do my 'Big 3' Tasks at the following times today:

Task #1: _____ Task #2: _____ Task #3: _____

Finding joy: What moment from today can I savor a little longer?

Did you...

Accomplish your tasks?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Exercise?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Spend time with loved ones?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Drink Water?	<input type="checkbox"/> Yes	<input type="checkbox"/> No





YOUR DAILY ACTION PLAN

DAY 5:_____
(date)_____
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3. _____

One thing I'll do just for me:

I will do my 'Big 3' Tasks at the following times today:

Task #1: _____ Task #2: _____ Task #3: _____

Finding joy: How can I show up with more lightness today?

Did you...

Accomplish your tasks?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Exercise?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Spend time with loved ones?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Drink Water?	<input type="checkbox"/> Yes	<input type="checkbox"/> No





YOUR DAILY ACTION PLAN

DAY 6:

(date)

(MY NAME IS ... AND I AM A ...)

My Weekly 'Big 3' Goals that I will accomplish this week are:

1. _____
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Today, I will feel proud of myself for:

'Big 3' Tasks: Steps I'll take today toward my 'Big 3':

1. _____
2. _____
3. _____

One thing I'll do just for me:

I will do my 'Big 3' Tasks at the following times today:

Task #1: _____ Task #2: _____ Task #3: _____

Finding joy: What would make me smile today? can I make that happen?

Did you...

Accomplish your tasks?

☐

Yes

☐

No

Exercise?

☐

Yes

☐

No

Spend time with loved ones?

☐

Yes

☐

No

Drink Water?

☐

Yes

☐

No





YOUR DAILY ACTION PLAN

DAY 7:_____
(date)_____
(MY NAME IS ... AND I AM A ...)**My Weekly 'Big 3' Goals** that I will accomplish this week are:

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3. _____

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I will do my 'Big 3' Tasks at the following times today:

Task #1: _____ Task #2: _____ Task #3: _____

Finding joy: Where did I feel most like myself today? (Or yesterday)

Did you...

Accomplish your tasks?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Exercise?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Spend time with loved ones?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Drink Water?	<input type="checkbox"/> Yes	<input type="checkbox"/> No





WEEKLY REVIEW & REFLECT

(date)

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What are your 3 Biggest Wins from this past week:

1. _____
2. _____
3. _____

How did you celebrate those wins?

Did you complete your **Weekly Big 3**? ☐ Yes ☐ No

If not, what got in the way? What can you adjust this coming week?

Check-in on your Yearly Big 3 Progress:

Goal #1: ☐ 10% ☐ 20% ☐ 30% ☐ 40% ☐ 50% ☐ 60% ☐ 70% ☐ 80% ☐ 90% ☐ 100%

Goal #2: ☐ 10% ☐ 20% ☐ 30% ☐ 40% ☐ 50% ☐ 60% ☐ 70% ☐ 80% ☐ 90% ☐ 100%

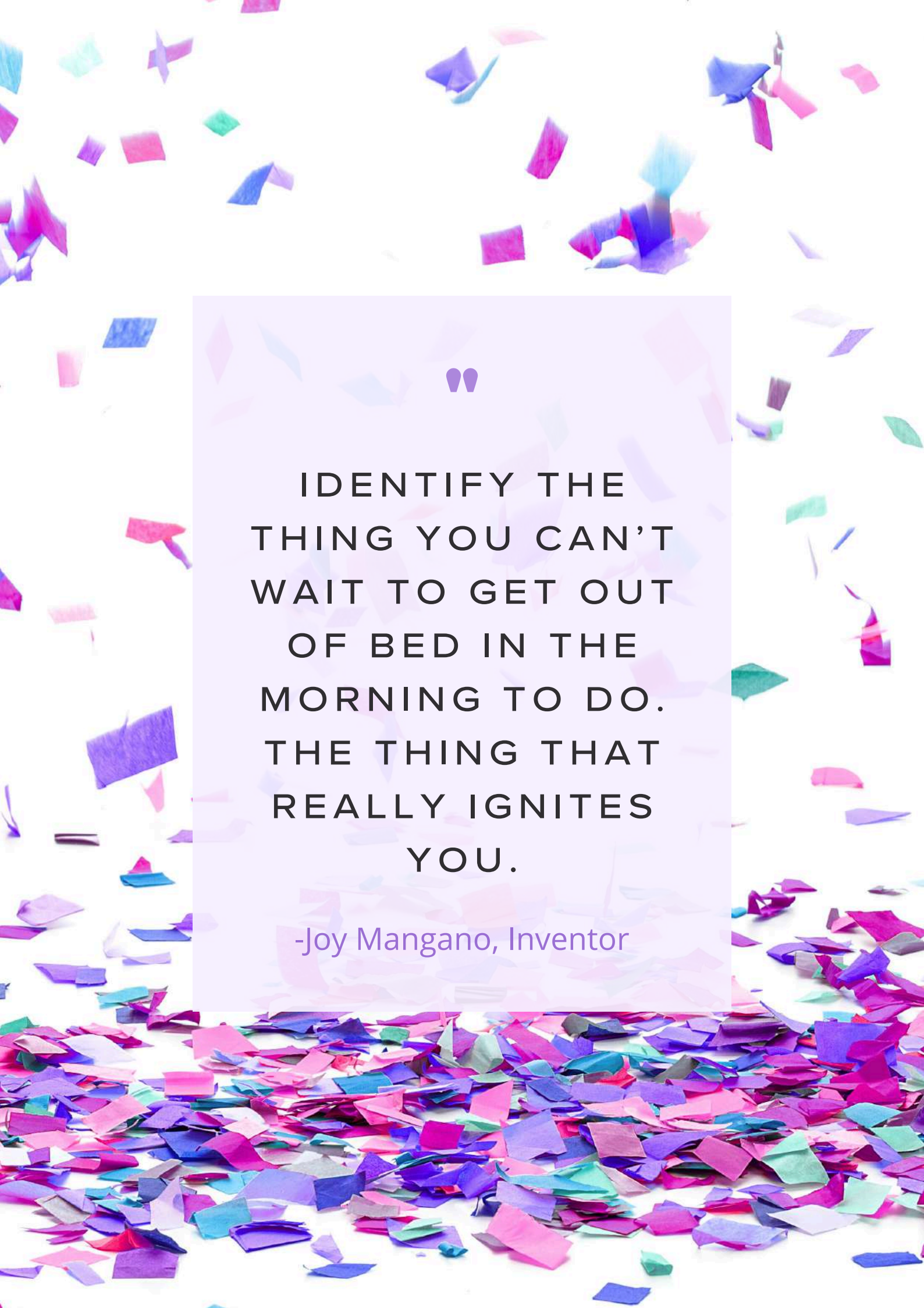
Goal #3: ☐ 10% ☐ 20% ☐ 30% ☐ 40% ☐ 50% ☐ 60% ☐ 70% ☐ 80% ☐ 90% ☐ 100%

Top 3 Priorities for This Week Ahead:

1. _____
2. _____
3. _____

Are you still committed to your vision?
Write yourself a note of encouragement.





“

IDENTIFY THE
THING YOU CAN'T
WAIT TO GET OUT
OF BED IN THE
MORNING TO DO.
THE THING THAT
REALLY IGNITES
YOU.

-Joy Mangano, Inventor



YOUR DAILY ACTION PLAN

DAY 1:

(date)

(MY NAME IS ... AND I AM A ...)

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1. _____
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3. _____

Today, I will feel proud of myself for:

'Big 3' Tasks: Steps I'll take today toward my 'Big 3':

1. _____
2. _____
3. _____

One thing I'll do just for me:

I will do my 'Big 3' Tasks at the following times today:

Task #1: _____ Task #2: _____ Task #3: _____

Celebrating Wins: What am I proud of today, big or small?

Did you...

Accomplish your tasks?

☐

Yes

☐

No

Exercise?

☐

Yes

☐

No

Spend time with loved ones?

☐

Yes

☐

No

Drink Water?

☐

Yes

☐

No





YOUR DAILY ACTION PLAN

DAY 2:

(date)

(MY NAME IS ... AND I AM A ...)

My Weekly 'Big 3' Goals that I will accomplish this week are:

1. _____
2. _____
3. _____

Today, I will feel proud of myself for:

'Big 3' Tasks: Steps I'll take today toward my 'Big 3':

1. _____
2. _____
3. _____

One thing I'll do just for me:

I will do my 'Big 3' Tasks at the following times today:

Task #1: _____ Task #2: _____ Task #3: _____

Celebrating Wins: What progress have I made that deserves a moment of recognition?

Did you...

Accomplish your tasks? ☐ Yes ☐ No Exercise? ☐ Yes ☐ No

Spend time with loved ones? ☐ Yes ☐ No Drink Water? ☐ Yes ☐ No





YOUR DAILY ACTION PLAN

DAY 3:

(date)

(MY NAME IS ... AND I AM A ...)

My Weekly 'Big 3' Goals that I will accomplish this week are:

1. _____
2. _____
3. _____

Today, I will feel proud of myself for:

'Big 3' Tasks: Steps I'll take today toward my 'Big 3':

1. _____
2. _____
3. _____

One thing I'll do just for me:

I will do my 'Big 3' Tasks at the following times today:

Task #1: _____ Task #2: _____ Task #3: _____

Celebrating Wins: What's one way I can reward myself for showing up?

Did you...

Accomplish your tasks?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Exercise?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Spend time with loved ones?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Drink Water?	<input type="checkbox"/> Yes	<input type="checkbox"/> No





YOUR DAILY ACTION PLAN

DAY 4:_____
(date)_____
(MY NAME IS ... AND I AM A ...)**My Weekly 'Big 3' Goals** that I will accomplish this week are:

1. _____
2. _____
3. _____

Today, I will feel proud of myself for:

'Big 3' Tasks: Steps I'll take today toward my 'Big 3':

1. _____
2. _____
3. _____

One thing I'll do just for me:

I will do my 'Big 3' Tasks at the following times today:

Task #1: _____ Task #2: _____ Task #3: _____

Celebrating Wins: Who helped me this week and how can I celebrate them too?

Did you...

Accomplish your tasks?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Exercise?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Spend time with loved ones?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Drink Water?	<input type="checkbox"/> Yes	<input type="checkbox"/> No





YOUR DAILY ACTION PLAN

DAY 5:_____
(date)_____
(MY NAME IS ... AND I AM A ...)**My Weekly 'Big 3' Goals** that I will accomplish this week are:

1. _____
2. _____
3. _____

Today, I will feel proud of myself for:

'Big 3' Tasks: Steps I'll take today toward my 'Big 3':

1. _____
2. _____
3. _____

One thing I'll do just for me:

I will do my 'Big 3' Tasks at the following times today:

Task #1: _____ Task #2: _____ Task #3: _____

Celebrating Wins: What's something I did this week that I would've dreamed of a year ago?

Did you...

Accomplish your tasks?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Exercise?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Spend time with loved ones?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Drink Water?	<input type="checkbox"/> Yes	<input type="checkbox"/> No





YOUR DAILY ACTION PLAN

DAY 6:

(date)

(MY NAME IS ... AND I AM A ...)

My Weekly 'Big 3' Goals that I will accomplish this week are:

1. _____
2. _____
3. _____

Today, I will feel proud of myself for:

'Big 3' Tasks: Steps I'll take today toward my 'Big 3':

1. _____
2. _____
3. _____

One thing I'll do just for me:

I will do my 'Big 3' Tasks at the following times today:

Task #1: _____ Task #2: _____ Task #3: _____

Celebrating Wins: How can I reflect on today with gratitude instead of judgement?

Did you...

Accomplish your tasks?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Exercise?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Spend time with loved ones?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Drink Water?	<input type="checkbox"/> Yes	<input type="checkbox"/> No





YOUR DAILY ACTION PLAN

DAY 7:

(date)

(MY NAME IS ... AND I AM A ...)

My Weekly 'Big 3' Goals that I will accomplish this week are:

1. _____
2. _____
3. _____

Today, I will feel proud of myself for:

'Big 3' Tasks: Steps I'll take today toward my 'Big 3':

1. _____
2. _____
3. _____

One thing I'll do just for me:

I will do my 'Big 3' Tasks at the following times today:

Task #1: _____ Task #2: _____ Task #3: _____

Celebrating Wins: If I were giving a speech about this week, what moment would I highlight?

Did you...

Accomplish your tasks?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Exercise?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Spend time with loved ones?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Drink Water?	<input type="checkbox"/> Yes	<input type="checkbox"/> No





WEEKLY REVIEW & REFLECT

(date)

Revisit your acceptance speech. Let it remind you what you're working towards.

What are your 3 Biggest Wins from this past week:

1. _____
2. _____
3. _____

How did you celebrate those wins?

Did you complete your **Weekly Big 3**? ☐ Yes ☐ No

If not, what got in the way? What can you adjust this coming week?

Check-in on your Yearly Big 3 Progress:

Goal #1: ☐ 10% ☐ 20% ☐ 30% ☐ 40% ☐ 50% ☐ 60% ☐ 70% ☐ 80% ☐ 90% ☐ 100%

Goal #2: ☐ 10% ☐ 20% ☐ 30% ☐ 40% ☐ 50% ☐ 60% ☐ 70% ☐ 80% ☐ 90% ☐ 100%

Goal #3: ☐ 10% ☐ 20% ☐ 30% ☐ 40% ☐ 50% ☐ 60% ☐ 70% ☐ 80% ☐ 90% ☐ 100%

Top 3 Priorities for This Week Ahead:

1. _____
2. _____
3. _____

Are you still committed to your vision?
Write yourself a note of encouragement.





TAKE A BREATH.
SMELL THE AIR.
THEN DO IT AGAIN.

-Joy Mangano, Inventor



INVENTING YOUR JOY

ONE MONTH DOWN!

A YEAR OF JOY AHEAD!

You've just completed the first month of what can be the most productive, fulfilling, and joy-filled year of your life. You set bold goals. You took meaningful action. You showed up for yourself. That's something worth celebrating.

✨ Keep that momentum going. The next step? Do it again.

Print out this same 28-day packet and jump right into Month 2. You already know the steps—now keep building on the foundation you've created.

The JOY is in the journey. And you're just getting started. ❤️