

DAILY JOURNAL PAGES



TAKE THE FIRST STEP YOUR JOURNEY STARTS TODAY

Ben Angel | Bestselling Author of *Unstoppable*

Welcome to your very own copy of the Daily Planning Pages from *The Unstoppable Journal: A 90 Day Journal to Unlock Your Potential*.

I'm so excited to share these pages with you to provide you with a tool that you can use to check-in with yourself & keep you on task to achieve your goals.

Based on the research from the now bestselling book, *Unstoppable: A 90 Day Plan to Biohack Your Mind & Body For Success* these daily pages are currently being used by 1,000's of members of the [13 Week Mission to Becoming Unstoppable](#) to plan their day, monitor their mood, energy & focus plus track their progress on their journey to becoming Unstoppable.

And now it's your turn!

Ben Angel
Bestselling Author
VIP Contributor for Entrepreneur Magazine

HOW TO GET STARTED

1. Below you'll find a template of these pages you can print off, as well as sample pages on how to fill them out.
2. Print out multiple pages of page 4 & 5 (2 pages to a day), monitor your energy & what triggers may be effecting it, your focus & concentration. Pop these pages in a folder so you can stay organized.
3. Repeat this daily for a few weeks to see your energy increase & your focus improve.
4. Purchase a Hardcover copy of the complete [Unstoppable Journal here](#). It includes goal setting pages, monthly/weekly planners & review, plus 27 easy-to-reference biohacking tips.

Order Your Hardcopy Today:
www.areyouunstoppable.com/unstoppablejournal

The Unstoppable Journal is typical journal size, 6" x 9" x 0.72". and 1.12lb, Sample pages shown here are enlarged so you can print them off & put them in a folder for ease of use.

DATE: / /
 SUNDAY MONDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

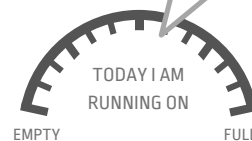
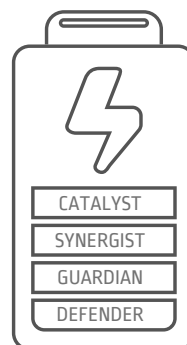
WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4 | WEEK 5 | WEEK 6 | WEEK 7 | WEEK 8 | WEEK 9 | WEEK 10 | WEEK 11 | WEEK 12

ENTER THE DATE
& CIRCLE THE DAY
OF THE WEEK &
CURRENT IN
JOURNAL

MARK HOW
YOU'RE FEELING
EACH MORNING

HOW TO FILL
IN THE DAILY
PAGES

TAKE THE QUIZ &
CIRCLE YOUR
CURRENT IDENTITY
TYPE IN THE
BATTERY



WHAT IS YOUR IDENTITY TYPE?

Our identities/moods fluctuate daily based on emotional & physical output. Circle your current identity type & track your progress once a week at: www.unstoppablejournal.com/quiz

9:
 PREP MEETING WITH JOAN

10:
 MEET WITH JOAN

11:
 REPLY TO EMAILS

12:

1:
 SCHEDULE YOUR PRIORITIES FOR THE DAY

2:
 RESEARCH COMPETITORS

3:
 FORMULATE SOCIAL MEDIA STRATEGY

4:

5:

6:

7:

8:
 LIST WHAT YOU'RE GRATEFUL FOR HERE

9:

TODAY I AM GRATEFUL FOR

1. A PRODUCTIVE DAY

2. EXERCISING FIRST THING

3. DINNER WITH FRIENDS



NOTES/BRAINSTORM

OUTLINE
SOCIAL MEDIA
SCHEDULE

RESEARCH
COMPETITORS
SOCIAL MEDIA
STRATEGY

WRITE NOTES
OR BRAINSTORM
IDEAS HERE

"DESIRE, BURNING DESIRE, IS BASIC TO ACHIEVING ANYTHING BEYOND THE ORDINARY."
 JOSEPH B. WIRTHLIN

TODAY'S TOP PRIORITIES

Revisit your 13-Week Unstoppable goals and prioritize accordingly.

- ☐ PRIORITY 1 **SOCIAL MEDIA SCHEDULE**
- ☐ PRIORITY 2 **PREP PITCH FOR JOAN**
- ☐ PRIORITY 3 **CATCHING UP ON INBOX**

LIST YOUR
PRIORITIES
FOR THE
DAY

HOW TO FILL
IN THE DAILY
PAGES

WHAT CAN YOU
DO TO RECHARGE
YOURSELF
TODAY

TASK LIST

Break down your 3 priorities into manageable chunks then schedule a time to do them in your journal.

CHUNK YOUR
PRIORITIES
INTO EASY
STEPS

- ☒ 1 **SET TIME LIMIT TO REPLY TO EMAILS**
- ☒ 2 **SPEAK TO MARK RE. PITCH MEETING**
- ☐ 3
- ☐ 4
- ☐ 5

List three wins for the day...

LIST YOUR WINS
FOR THE DAY

- ☒ 1 **SUCCESSFUL PITCH MEETING**
- ☒ 2 **FELT ENERGIZED AND IN CHARGE**
- ☐ 3

MASTER YOUR ENERGY AND YOUR EMOTIONS

Having an off day? Complete the following checklist to identify the cause, then come up with a solution.



- | | |
|--|---|
| <input checked="" type="checkbox"/> PHYSICAL/MENTAL STRESS | <input type="checkbox"/> CHRONIC PAIN/HEADACHES |
| <input checked="" type="checkbox"/> POOR FOOD CHOICES | <input type="checkbox"/> EXCESSIVE CAFFEINE USAGE |
| <input type="checkbox"/> MEDICATION SIDE EFFECTS | <input type="checkbox"/> LACK OF EXERCISE |
| <input type="checkbox"/> NUTRITIONAL DEFICIENCIES | <input type="checkbox"/> NEGATIVE THOUGHTS |
| <input checked="" type="checkbox"/> POOR SLEEP QUALITY | <input type="checkbox"/> LACK OF DIRECTION |
| <input checked="" type="checkbox"/> BRAIN FOG/CAN'T FOCUS | <input checked="" type="checkbox"/> DEHYDRATION |
| <input type="checkbox"/> POOR GUT HEALTH | <input type="checkbox"/> POORLY VENTILATED ROOM |
| <input type="checkbox"/> FATIGUE/EXHAUSTION | <input type="checkbox"/> SHALLOW BREATHING |

IDENTIFY WHAT'S
HOLDING YOU
BACK

TO ADDRESS THIS CHALLENGE I WILL? [HINT: Pick a biohack]

GET TO BED EARLY / HEALTHY DINNER / MORE WATER

TODAY I WILL FUEL GROWTH THROUGH

- ☒ FUN
- ☐ MUSIC
- ☒ MEDITATION
- ☐ VISUALIZATION
- ☐ FASTING
- ☐ DISCONNECTING
- ☒ EXERCISING
- ☐ POWER NAP
- ☐ COLD SHOWER
- ☐ ENERGIZING FOOD
- ☒ SUPPLEMENTATION
- ☐ RECHARGING SLEEP
- ☐ EDUCATION



WHAT CAN I DO BETTER TOMORROW?



**WORK
IN 90
MINUTE
BLOCKS**

STRATEGIES TO
MAKE TOMORROW
EVEN BETTER



TODAY'S TOP PRIORITIES

Revisit your 13-Week Unstoppable goals and prioritize accordingly.

- ☐ PRIORITY 1
- ☐ PRIORITY 2
- ☐ PRIORITY 3

TASK LIST

Break down your 3 priorities into manageable chunks, then schedule a time to do them in your journal.



- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

List three wins for the day...



- ☐ 1
- ☐ 2
- ☐ 3

MASTER YOUR ENERGY AND YOUR EMOTIONS

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|---|---|
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TO ADDRESS THIS CHALLENGE I WILL? [HINT: Pick a biohack]

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- ☐ RECHARGING SLEEP
- ☐ EDUCATION



WHAT CAN I DO BETTER TOMORROW?



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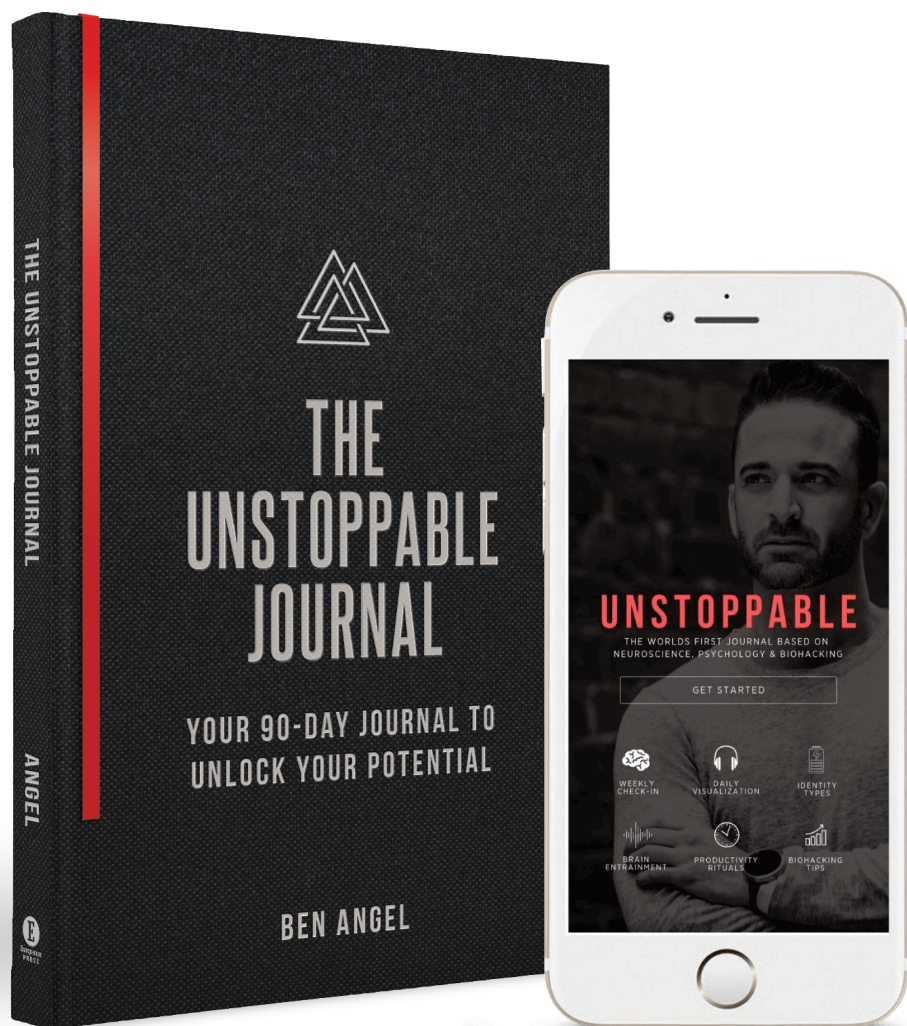
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GET YOUR PHYSICAL COPY

THE UNSTOPPABLE JOURNAL: YOUR 90 DAY
JOURNAL TO UNLOCK YOUR POTENTIAL



INCLUDING

A 90 Day Hardcover copy of
The Unstoppable Journal

The Unstoppable App

Guided Visualizations,
Educational Videos,
Biohacking Tips & more...

Got a big goal, but you're exhausted,
stressed-out, & can't focus?

It's time to finally reclaim your focus,
energy, & drive & become Unstoppable
with The Unstoppable 13-Week Journal.
A daily planner designed to help reboot
your body, brain, & your life!

You'll learn, step by simple step how to
optimize mental performance, get into
the "zone" so you can get more done in
less time, interrupt your stress response
& become unstoppable. Plus, you'll get
FREE access to bonus resources to help
boost your productivity.

[CLICK HERE TO ORDER YOUR COPY TODAY](#)