

M A K E

TODAY

GREAT





If you can rule your morning, you  
can change your life.

It's that simple.

And that profound.

A great life is the direct result of  
many great days.

It all begins with a great start each  
day.

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## DOING WHAT MATTERS

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- Efficiency is doing things well.
- Effectiveness is doing what actually matters.
- To make the most of your time on earth, you need to efficiently accomplish those things that will maximize your effectiveness.

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## BIG PICTURE

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- Daily planning begins with a vision for the life you want to live - the reason you were put here on this earth.
- Without a vision, you are doomed to a life that is, at best, efficient.
- You can spend your whole life doing something well that you were never meant to do at all.

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## BIG PICTURE

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- To avoid that very sad outcome, take some time to discover your life mission.
- Imagine yourself at the end of your days. What do you want to look back and say that you have accomplished?
- What legacy do you want to leave?

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## BIG PICTURE

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- I offer extensive training and practical exercises to help you establish a clear vision and write a life mission in my class, *Make This Your Your Best Year Ever*.
- You can learn about it at [www.donnapartow.com/best](http://www.donnapartow.com/best)

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## BIG PICTURE

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- Begin with a spirit-led, gut-checked vision for your life.
- Why are you on the planet?
- What is your mission?
- What do you want to accomplish?
- What do you want to be remembered for?

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## BIG PICTURE

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- Write that vision and make it plain, as the Bible admonishes.
- I've actually had my vision painted by someone I found on [fiverr.com](https://www.fiverr.com). (Cost: \$35)
- It was a great investment!

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## BIG PICTURE

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- Alternatively, you can create a Vision Board.
- Warning: Do not make your Vision Board chaotic. A confused mind says “No.”
- Carefully select a handful of strategic images that represent the vision for your life.

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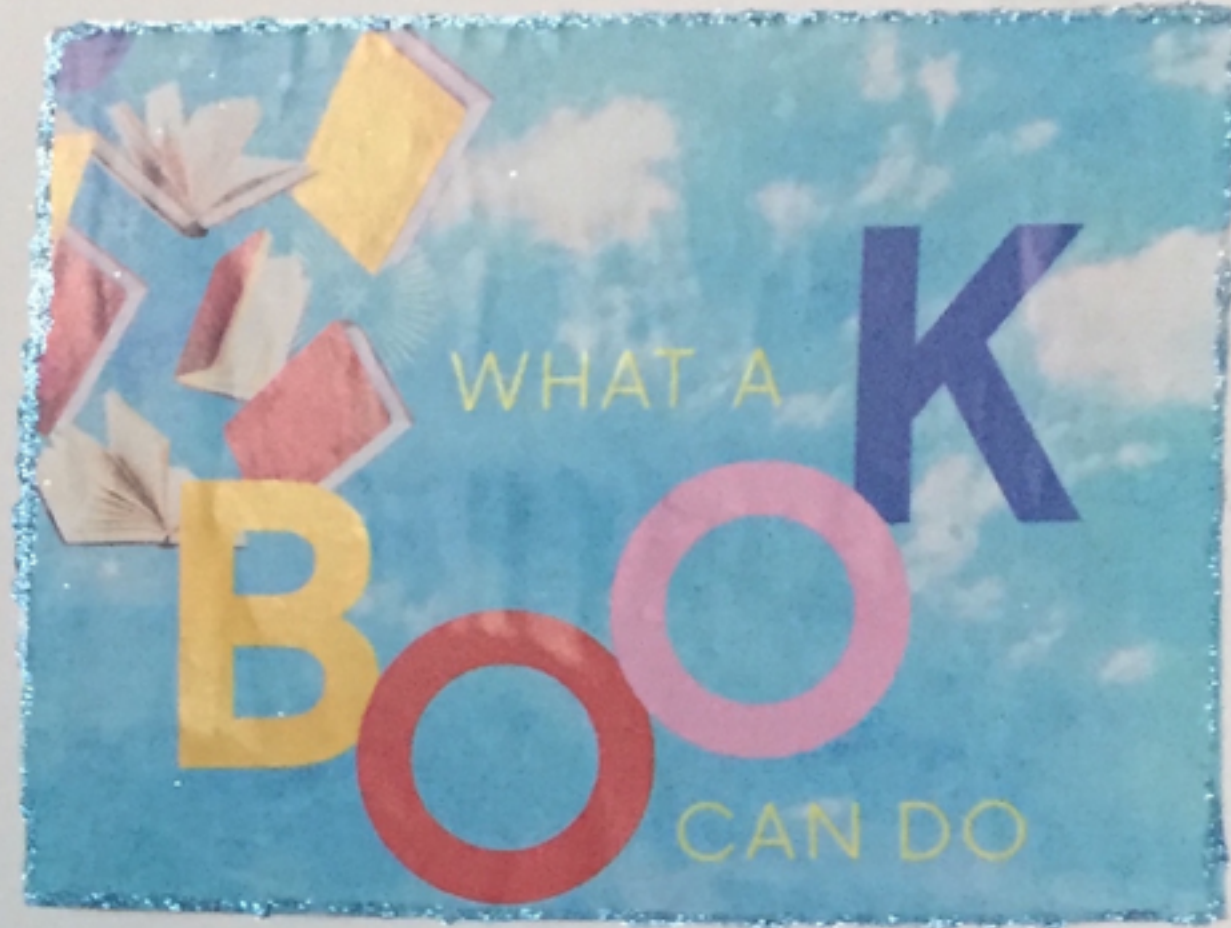


Inspire

EXCELLENCE

Health

SUPER  
NATURAL



DREAM HOME



STYLE

Family



## BIG PICTURE

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- Make it plain so you can run with it.
- Keep it where you can see it and pray over it daily.

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## THIS YEAR

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- Once you have a vision for your lifetime, you can set goals for the current year.
- Review them daily - or at least weekly.
- I am “old school” and use a whiteboard in my home office which I update weekly.

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## THIS MONTH

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- Now that you have a clear vision for your life that you keep always before you, and have made it not only plain but practical by setting annual goals designed to fulfill that vision, break it down further into monthly goals.

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## THIS WEEK

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- Now you have Lifetime, Annual and Monthly Goals.
- The next obvious step? Weekly goals.
- Only once you have completed those initial steps are you ready to Make Today Great.

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## A. WHAT WILL MAKE TODAY GREAT

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- No one can do it all.
- I can't. You can't.
- The world will conspire to commandeer our days if we allow it.
- It's easy to get sidetracked... or overwhelmed.

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## A. WHAT WILL MAKE TODAY GREAT

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- I used to make a daily To Do List of 10-15 items.
- Just looking at the list was exhausting.
- No matter how hard I worked, at the end of every day, I couldn't help noticing all that *didn't get done*.

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## A. WHAT WILL MAKE TODAY GREAT

---

- That's a recipe for discouragement. Don't make the same mistake.
- Instead carefully consider, "If I can only get one thing done today — and still be able to declare it a Great Day — what would that **ONE THING** be?"

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## A. WHAT WILL MAKE TODAY GREAT

---

- Not 2 things. Not 10 things.
- One thing.
- What is the One Thing that would make the greatest difference in “the grand scheme of things.”
- This forces you to put your Life Mission front and center.

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## A. WHAT WILL MAKE TODAY GREAT

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- If your vision is to be a Christian communicator with a global impact, the choice between cleaning your attic and writing your new book for one solid hour should be quite clear.
- I'm not saying you shouldn't clean the attic...but make sure you write for an hour FIRST.

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## A. WHAT WILL MAKE TODAY GREAT

---

- My point is: keep your Vision & Life Mission in mind as you plan the day.
- Don't let events overtake you.
- Don't let other people's demands distract you.
- Every day, do at least **ONE THING** that relates to why you are on the planet.

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## A. WHAT WILL MAKE TODAY GREAT

---

- You might even ask yourself, “If this was the last task I could accomplish before leaving planet earth, would it be time well spent?”
- If not, aim a little higher!
- Do One Thing every day that will contribute to your legacy.

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## B. SHINE

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- Now we get into the daily disciplines that form our character, contribute to the well-being of those around us and determine the overall quality of our lives and level of contribution.

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## B. SHINE

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- Section A is about what we want to do.
- Section B is about who we want to become.

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## B. SHINE

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- While in Fiji, I met a powerful minister from China who prayed over my life.
- He told me, “The Lord says stop reaching for the stars. You are already a star. SHINE for me.”
- My first thought (please don't think less of me for being honest!) was... Shine? Like a Star? Wow, maybe I'm going to have my own Christian TV show or something!!!

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## B. SHINE

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- Then I prayed and the obvious soon hit me...
- Shine....like a star...why does that sound so familiar?!?!
- Maybe just maybe the Bible had something to say about this?

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## B. SHINE

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Do everything without complaining or arguing, so that you may be blameless and pure, children of God without fault in a crooked and perverse generation, in which you shine as lights in the world as you hold forth the word of life. - Phil. 2:14-16

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## B. SHINE

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- Shining is about our character.
- It is about increasing in the fruit of the Holy Spirit.
- Gifts are given.
- Character is developed.
- As much as we desire to bring our best gifts to the fore, let's not neglect character formation.

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## B. SHINE

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- SHINE is a very practical way to ensure that our gifts (*and the diligent hard work accomplished in Section A*) do not take us where our character cannot keep us.
- SHINE enables us to be a North Star instead of a Shooting Star.

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## B. SHINE

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- SHINE became a personalized acronym for me.
- You need to personalize it for yourself.
- I will share examples of how I use it to guide my daily routine.
- Your routine will be different.

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## B. SHINE

---

- The S is non-negotiable and needs to be the same for all of us.
- **START** My Day with God.
- I encourage you to break down what that looks like for you. Have a specific daily plan/routine that you follow.

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## B. SHINE

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- Keep it simple at first, but here are some examples of what I include under S.
- I create handwritten mini-checkboxes after each, just because I love checking off boxes!

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## B. SHINE

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- Sunrise
- Study (*OYB & other*)
- Soak/Prayer
- Stretch
- Make my bed
- Gratitude list

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## B. SHINE

---

- **START** your day with God is the main point. And I don't want you to make this overly complicated, especially at the beginning.
- But I think it helps to have a specific plan concerning what **Starting Your Day with God** looks like.

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## B. SHINE

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- HOLD My Weight Under \_\_\_\_
- You can set your own target weight, but I strongly encourage you to choose a number that is within a healthy BMI range.
- This isn't about vanity, it is about living a long, healthy life to the glory of God.

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## B. SHINE

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- What we track stays on track.
- What gets measures, improves.
- So it is important to track this basic health indicator.
- If you don't want to weigh daily, at least weigh yourself once a week—but do report your most recent weight **DAILY**.

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## B. SHINE

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- Although beyond the scope of this teaching, I strongly encourage you to make a lifelong goal of being healthy in spirit soul and body.
- If you need help, enroll in my online program **The 90-Day Renewal for Spirit, Soul & Body.**

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## B. SHINE

---

- It is a biblically-based program that focuses on weight loss from the inside-out. (Get healthy in spirit and soul, first and foremost. The body will come into order.)
- Visit [www.donnapartow.com/secrets](http://www.donnapartow.com/secrets) for a free training on the basic principles of the 90-Day Renewal called “7 Secrets for Weight Loss from the Inside-Out”

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## B. SHINE

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- If 90 days seems like too large of a commitment to make at this time, I offer a simplified program that focuses on the body portion called Drop a Size in 30 Days.
- Learn more at [www.dropasizein30days.com](http://www.dropasizein30days.com)

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## B. SHINE

---

- So far we have seen that **SHINE** stands for:

**S**tart My Day with God  
**H**old My Weight Under —

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## B. SHINE

---

- I can stand for anything else you want to track on a daily basis.
- It changes for me as my life changes.
- Interact in a focused way with each of my children 30-minutes per day.

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## B. SHINE

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- I researched their love languages and tracked whether I was speaking it each day.
- My older daughter's love language is Quality Time. So each morning, we did our quiet time together at the kitchen table.

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## B. SHINE

---

- My younger daughter's love language is Words of Affirmation.
- I purchased a journal and each night, I wrote something specific about her conduct that day which I wanted to affirm.

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## B. SHINE

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- I placed in on a designated chair for her to take, read and return.
- She always returned the journal for her next Word of Affirmation!
- We continued until the entire journal was filled.

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## B. SHINE

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- “I” could represent Insight or Inspiring Quote or Intimacy with My Spouse.
- Again, this is any activity you want to track on a daily basis which will help you develop your character so you SHINE for God!

MAKE  
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## B. SHINE

---

- So far we have seen that **SHINE** stands for:

**S**tart My Day with God

**H**old My Weight Under \_\_\_\_\_

**I** (behavior you want to track)

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## B. SHINE

---

- “N” is another customizable category.
- But let me encourage you to prayerfully consider adopting mine.
- No Vain Thing.
- It was inspired by Psalm 101:3

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## B. SHINE

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- I will not set before my eyes anything that is worthless. (ESV)
- I will refuse to look at anything vile and vulgar. (NLT)
- I will set no wicked thing before mine eyes. (KJV)

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## B. SHINE

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- Worthless. Vile. Vulgar.
- Wicked.
- What are you setting before your eyes?
- People think I am an extremist but I haven't allowed television in my home for nearly 30 years.

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## B. SHINE

---

- Even if the programming doesn't always rise to the level of vile and vulgar, it is almost always worthless in terms of empowering you to live a life that actually matters for eternity.
- That is tragic.

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## B. SHINE

---

- The Greatest Destiny Thief working against you is almost certainly the media - whether it's television, streaming videos (binge watching) or endless internet surfing.
- Okay is not great.
- “Not that bad” is not great.

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## B. SHINE

---

- Our goal is to live a Great Life that glorifies our Great God by doing all we can, each day, to Make Today Great.
- No one has been able to tell me, in 30 years, how sitting and watching endless television contributes to that goal.

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## B. SHINE

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- Think of it this way, any moment you spend passively consuming media is a moment you are not proactively partnering with God to accomplish your Life Mission.
- Media is a Destiny Thief. Is it a good idea to invite a thief into your house?

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## B. SHINE

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- If you are spending money on cable TV, let me encourage you to prayerfully reconsider investing that money in your destiny.
- One simple way to do that is with Audible.

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## B. SHINE

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- What I love about Audible is that I can listen and learn from great books and even Great Courses while doing household chores or routine tasks like daily grooming.
- I have listened to an 18-hour college course on the History of Christian Theology.

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## B. SHINE

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- Two of my books are available, free of charge, with a trial membership in Audible.
- This Isn't the Life I Signed Up For...but I'm Finding Hope & Healing.
- Becoming A Vessel God Can Use
- Both of the above are read by me.

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## B. SHINE

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- An Audible Membership is less than \$15 per month — far less than cable. And it will actually enable you to learn and grow in character with a never-ending collection of great Christian books and courses.
- Learn more: <http://donnapartow.com/audible>

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## B. SHINE

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- I use the Freedom App/Freedom.to website to control my use of the internet. [www.donnapartow.com/freedomapp](http://www.donnapartow.com/freedomapp)
- The internet can be a major time-waster and therefore, a destiny thief.
- I limit which websites I can visit. Some are permanently blocked. Others are only available certain hours of the day.

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## B. SHINE

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- If the Internet is a stumbling block for you, I highly recommend The Freedom App.
- Current pricing is less than \$3 per month and it is well worth the investment.
- It takes a little getting used to but I'm glad I've learned the ropes!

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## B. SHINE

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- An obvious choice for the “N” category would be No Arguing or Complaining.
- No Eating after 6 or 7pm.
- I’m sure you can come up with a No of your own!

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## B. SHINE

---

- What is some “Vain” or worthless thing that has become a distraction in your life? It might be something completely different, but we all have a time waster we need to eliminate.
- N can stand for No More \_\_\_\_\_.

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## B. SHINE

---

- So far we have seen that **SHINE** stands for:

**S**tart My Day with God

**H**old My Weight Under \_\_\_\_\_

**I** (behavior you want to track)

**N**o (behavior you want to eliminate)

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## B. SHINE

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- E breaks down into two self-evident categories  
Exercise & Eat Right
- You get to define what Exercise looks like, but a mountain of evidence confirms that a 1-hour daily walk outdoors does more for your physical and mental health than anything else!

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## B. SHINE

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- There is an unending parade of diets and fads that claim to be the right way to Eat Healthy.
- You can choose for yourself or try the eating plan recommended in our 90-Day Renewal program.

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## B. SHINE

---

- The essential thing is to eat more of God's food, as close to the way God made it, as you possible can.
- Eat less man-made food.
- Do those two things, every day, and you'll be on your way to a long, happy, healthy life!

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## B. SHINE

---

- So far we have seen that **SHINE** stands for:

**S**tart My Day with God

**H**old My Weight Under —

**I** (behavior you want to track)

**N**o (behavior you want to eliminate)

**E**xercise & **E**at Right

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## C. STAR

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- STAR is also an acronym that stands for:

Sow Seeds

Tend the Garden

Always Pray for the Harvest

Repeat

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## C. STAR

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- STAR relates to specific tasks related to your calling or career, whether you are an attorney, a parent or both.
- Sowing seeds is focused on future returns. Don't get so caught up in the immediate crisis or tyranny of the urgent that you forget to do the truly important that will have lasting results.

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## C. STAR

---

- Tending the Garden relates to activities that will enable you to maintain the status quo - to keep what you've got while you await the harvest from the seeds you are sowing.
- Always Pray for the Harvest reminds us to bathe our work in the presence of God.

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## C. STAR

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- Repeat refers to consistency and daily diligence. Wake up, every day, and do what needs to be done to secure your present position and your future progress.
- This is your Things To Do Today list that goes beyond the One Thing.

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## C. STAR

---

- Only AFTER you have completed the One Thing can you move to your list of Things to Do. Notice it is limited to 5 items. That is plenty!
- Again, remember to prioritize both the urgent and the truly important.

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## C. STAR

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- For example, keeping your current clients happy while also investing time cultivating new prospects.

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## D. EVALUATION

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- This section is absolutely mission-critical for a life well-lived.
- It's so easy to miss but just as easy to do. So set yourself on a course for a Great Life by taking just a few moments to reflect upon how you lived your life each day.

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## D. EVALUATION

---

- First, list 3 Amazing Things About Today.
- It could be 3 Amazing Things you accomplished, 3 Amazing Things you saw or heard, 3 Amazing Things other people did for you.
- Or some combination thereof.

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## D. EVALUATION

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- Amazing can mean you woke up in time to watch a spectacular sunrise or that you finally had a difficult (and long-overdue) conversation with a loved one.
- Amazing can mean you kept the One Thing the main thing and hit it out of the park.

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## D. EVALUATION

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- Amazing can mean God really spoke to you at a church service for through a song on the radio.
- Reflect: What Made Today Great?
- Take a moment to thank God for his mercy & goodness!

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## D. EVALUATION

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- Today would have been even better if....
- Notice this isn't "Today was terrible because..."
- It's not gripe and groan time (remember, we shine by doing everything without arguing or complaining!)

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## D. EVALUATION

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- So this is not about complaining. And it should **NOT** be focused on things outside of your control.
- Instead, focus on ways **YOU** could have handled the day better.

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## D. EVALUATION

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- Example: Don't write "Today would have been better if my spouse hadn't been so rude to me."
- Write, "Today would have been even better if I had responded in love to my spouse."

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## D. EVALUATION

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- As you take time to reflect at the end of each day, noticing what you list as reasons it was Amazing and ways it could have been better, you will begin to notice trends.
- You will realize what you want more of — and what you want less of — in your Great Life.

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# MAKE TODAY GREAT

You can download a copy of the  
Make Today Great worksheet  
which I personally use at

[www.donnapartow.com/today](http://www.donnapartow.com/today)

Date \_\_\_\_\_

## A. What Will Make Today Great?

\_\_\_\_\_  
\_\_\_\_\_

## B. SHINE

Start My Day with God

Hold My Weight Under \_\_\_\_\_

I \_\_\_\_\_

N \_\_\_\_\_

Exercise  and Eat Right

## C. STAR

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_  
5. \_\_\_\_\_

## D. Evaluation

3 Amazing Things About Today:

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

Today would have been even better if:

\_\_\_\_\_  
\_\_\_\_\_



# MAKE TODAY GREAT

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For your convenience, you can also purchase a copy featuring 90 daily Make Today Great pages for just \$9.99 at [www.donnapartow.com/maketodaygreat](http://www.donnapartow.com/maketodaygreat)



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