















## Step One: Choose the Illuminators You Want to Work With

### Step One: Choose Illuminators

Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7

*(make a check mark each day that you remember to use with this week)*

Affirmations

Power Life Script

Identity Board

Mission Statement

Daily Challenge

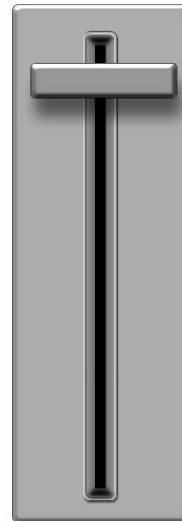
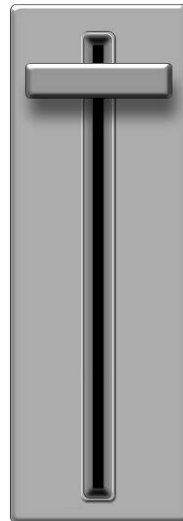
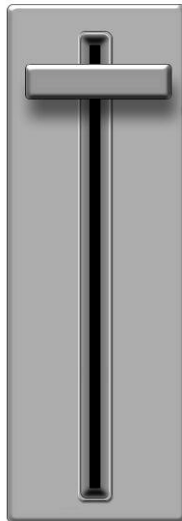
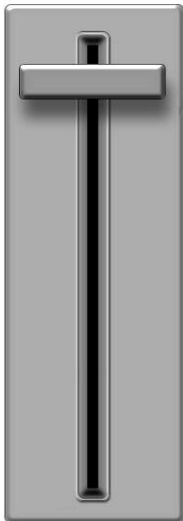
Daily Questions

Touchstone Quotation

Goal Card

Vision Board

### Step Two: Focus on Your Four Key Emotions



Love  
Blissfulness  
Harmony  
Wonder  
Kindness

Faith  
Confidence  
Calm  
Inspiration  
Abundance

Worthiness

Courage

Measurement of emotional levels are:

EMOTIONS                    \_\_\_\_\_                    \_\_\_\_\_                    \_\_\_\_\_                    \_\_\_\_\_

- Day 1
- Day 2
- Day 3
- Day 4
- Day 5
- Day 6
- Day 7
- Day 8
- Day 9
- Day 10
- Day 11
- Day 12
- Day 13
- Day 14
- Day 15
- Day 16
- Day 17
- Day 18
- Day 19
- Day 20
- Day 21
- Day 22
- Day 23
- Day 24
- Day 25
- Day 26
- Day 27
- Day 28
- Day 29
- Day 30

Day 31

**Step Three: Note Your Moments of Gratitude**

*Day One:* \_\_\_\_\_

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*Day Two:* \_\_\_\_\_

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*Day Three:* \_\_\_\_\_

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*Day Four:* \_\_\_\_\_

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*Day Five:* \_\_\_\_\_

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*Day Seven:* \_\_\_\_\_

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*Day Eight:* \_\_\_\_\_

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*Day Nine:* \_\_\_\_\_

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*Day Ten:* \_\_\_\_\_

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*Day Eleven:* \_\_\_\_\_

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*Day Twelve:* \_\_\_\_\_

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*Day Thirteen:* \_\_\_\_\_

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*Day Fourteen:* \_\_\_\_\_

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*Day Fifteen:* \_\_\_\_\_

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*Day Sixteen:* \_\_\_\_\_

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*Day Seventeen:* \_\_\_\_\_

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*Day Eighteen:* \_\_\_\_\_

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*Day Twenty:* \_\_\_\_\_

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*Day Twenty-One:* \_\_\_\_\_

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*Day Twenty-Two:* \_\_\_\_\_

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*Day Twenty-three:* \_\_\_\_\_

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*Day Twenty-four:* \_\_\_\_\_

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*Day Twenty-five:* \_\_\_\_\_

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*Day Twenty-six:* \_\_\_\_\_

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*Day Twenty-seven:* \_\_\_\_\_

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*Day Twenty-eight:* \_\_\_\_\_

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*Day Twenty-nine:* \_\_\_\_\_

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*Day Thirty:* \_\_\_\_\_

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*Day Thirty-one:* \_\_\_\_\_

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**Step Four: Record the Results of Creating Positive Emotions**

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***Your Commitment to Yourself***

I, your name, commit to following this destiny planner and improving my performance and commitment each and every day.

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signed

\_\_\_\_\_

dated

\* \* \*

***Destiny Planner Weekly Checklist***

Day One, morning: Choose four key emotions (they may be the same emotions every day – there is no need to change these emotions) and write them into your Destiny Planner. Make sure your illuminators are at hand and ready to use. Choose some to work with this week and then immediately work with them.

Day One, daytime: Work with your illuminators and switching strategies whenever you think of them. Stay positive!

Day One, evening: Work with your illuminators. Fill in your Daily Planner where you can and use the opportunity to do anything you forgot to do (such as reviewing your mission statement or creating moments of gratitude). Review what you have written for the day. Create a feeling of joy and self-love. Commit yourself to creating just as much, if not more, positivity tomorrow.

Days Two through Seven, morning: Use the illuminators you've chosen to use this week.

Day Two through Seven, daytime: Every time you think of it, use your illuminators and switching strategies. Stay positive!

Days Two through Seven, evening: Work with your illuminators. Fill in your Daily Planner and use this opportunity to do anything you forgot to do (such as reviewing your mission statement or

creating moments of gratitude). Review what you have written for the day. Create a feeling of joy and self-love. Commit yourself to creating just as much, if not more, positivity tomorrow.



## About the Author

**Peggy McColl** is an internationally recognized expert in the area of destiny achievement whose purpose is to make a positive contribution to the lives of millions of others. She has been inspiring individuals, experts, professional athletes, and organizations to reach their potential for the past 25 years. She is the president and founder of Dynamic Destinies Inc., an organization committed to deliver sound principles for creating lasting and positive change.

Peggy lives in Quebec, Canada; with her son, Michel; and her husband, Denis. You can contact her at: **peggy@destinies.com** or through her Websites: **www.destinies.com** or **www.yourdestinyswitch.com**.