

EBC/A+ CONTENT

SELF-MASTERY, MINDFULNESS JOURNAL

FOR MEN AND WOMEN

EVERSTRIVE

EVERSTRIVE JOURNAL

Become your greatest self with Everstrive. Your ultimate tool to build better habits and accomplish your goals. Our game-changing approach is designed to help you achieve your goals, one stride at a time.

UNLOCK YOUR FULL POTENTIAL | BECOME YOUR GREATEST SELF | MAKE YOUR DREAMS A REALITY



PERSONAL GROWTH & AND GOAL SETTING
Realize Your Potential



INSPIRATIONAL & MOTIVATIONAL
Enhance Confidence and Happiness

PERSONAL GROWTH

CREATING YOUR REALITY

If you could achieve anything you wanted, what would it be? Write down everything that you can think of, big or small. Set goals in all aspects of your life, such as health, money, mindset, social life, experiences, learning and material desires.

Ask yourself what you truly want from life and remember that you are the creator of your own reality.

Make it a habit to return to your vision and review it consistently throughout your Everstrive journey.

DAILY STRIDE

DATE 01.01.2024

Our life is what our thoughts make it.
— Marcus Aurelius

TODAY I AM GRATEFUL FOR

1. All the abundance in my life
2. The opportunity to achieve my goals and dreams
3. Having a healthy mind and body

DAILY AFFIRMATION

I believe in myself

HABITS

Habits I will commit to today

1. 10 min meditation ☒
2. 30 min exercise ☒
3. Read 10 pages ☒

PRIORITIES

Tasks to accomplish today

1. Complete 4 hours of deep work ☒
2. Finish work project ☒
3. Open up savings account ☒

REFLECTION

- I achieved all my goals and was able to stay positive throughout the day.
- An incredible insight I learned is that small habits compound over time.
- Tomorrow I need to focus on reducing distractions when working.



Gratitude Prompt
Dive into the joy of daily gratitude



Positive Affirmation
Empower your day with uplifting beliefs



Your Priorities
Focus on today's top goals



Daily Reflection
Reflect, learn, and recalibrate for tomorrow

START YOUR JOURNEY TODAY

POWERFUL GUIDED EXERCISES



Morning & Night Routine



Easy To Use



Repeatable Daily Format



Perfect To Take On The Go



Goals, Habits & Mindset



Gift Box Included

TRANSFORM WITH EVERSTRIVE

HABIT TRACKING MADE SIMPLE

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GET 1% BETTER EACH DAY

LEVEL UP DAILY

ONE PAGE AT A TIME

SIZE A5 (8.58 X 5.27)

26-Week Undated

SEE, BELIEVE, ACHIEVE

Describe a scene for one of your goals as if it was already achieved. Write it down in complete detail. Now tonight before going to sleep visualize this scene in detail. You can repeat this exercise for any dream you have, and build it into a daily habit as part of your visualization practice. Remember, you can achieve anything your mind can visualize.

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