



SMALL DAILY PROMISE PLANNER

*Building Confidence Through
Consistent Action*

MindFluent
NLP & Hypnotherapy



HOW TO USE THIS PLANNER

Welcome to your Small Daily Promise Planner! This planner is designed to support you in building confidence and self-trust through consistent, daily actions. Here's how to make the most of it:

1. Start of Day Reflection

Begin each morning by setting your intentions for the day.

- **Today's Focus:**
 - Identify a habit or reaction you'd like to shift today.
 - Be specific. For example: "Responding calmly when under pressure" or "Taking short breaks to breathe during busy periods."
- **My Small Daily Promise:**
 - Write down one small, achievable action you commit to taking today.
 - Keep it realistic and manageable. Consistency is more important than scale.
 - Example: "I will pause and take three deep breaths before starting each new task."
- **Gratitude Statement:**
 - Note something you're grateful for.
 - Starting your day with gratitude sets a positive tone.
 - It can be anything—from appreciating a good night's sleep to feeling thankful for supportive colleagues.

2. End of Day Reflection

Conclude your day by reflecting on your experiences.

- **Reflection on Keeping My Promise:**
 - Did you keep your small daily promise?
 - How did it feel to follow through (or not)?
 - Be honest and compassionate with yourself.



CONT...



- **Progress Noted:**
 - Acknowledge any moments of growth or insight.
 - Even small achievements are steps forward.
 - Example: "I noticed I was more patient during meetings."
- **Learnings and Applications:**
 - What did you learn from today's experience?
 - How will you apply these insights moving forward?
 - Consider how today's lessons can inform tomorrow's actions.

Tips for Success

- **Consistency is Key:**
 - Aim to use the planner daily for the best results.
 - It only takes a few minutes each morning and evening.
- **Be Specific and Realistic:**
 - Set clear and attainable promises.
 - Small, consistent actions lead to significant change over time.
- **Practice Self-Compassion:**
 - If you miss a day or don't keep a promise, avoid self-criticism.
 - Reflect on any obstacles and plan for tomorrow.
- **Celebrate Small Wins:**
 - Recognise and appreciate your efforts, no matter how minor they may seem.
 - Acknowledging progress boosts motivation.

Remember:

This planner is a personal tool designed to empower you on your journey towards greater confidence and self-awareness. It's not about perfection, but about making consistent efforts to become the best version of yourself.

Embrace each day as a new opportunity to grow and learn. You've got this!

With warm wishes,

The MindFluent UK Team

Feel free to reach out if you have any questions or need additional support. We're here to help you succeed every step of the way.





DAILY

journal

DATE: _____

S M T W T F S

TODAY'S FOCUS:

Start of Day

WHAT HABIT OR REACTION WOULD YOU LIKE TO SHIFT TODAY?

1

2

MY SMALL DAILY PROMISE:

☐

WHAT SPECIFIC ACTION WILL YOU TAKE TODAY?

☐

☐

DAILY GRATITUDE:

WHAT ARE YOU GRATEFUL FOR TODAY?

End of Day

REFLECTION ON KEEPING MY PROMISE:

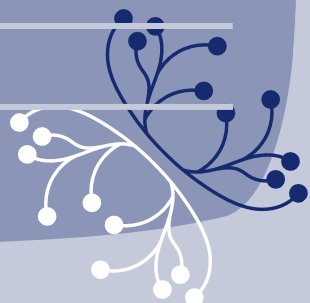
HOW DID IT FEEL? WHAT DID YOU NOTICE?

LEARNINGS AND APPLICATIONS:

WHAT DID YOU LEARN, AND HOW WILL YOU APPLY IT?

PROGRESS NOTED:

ANY MOMENTS OF GROWTH OR INSIGHT?





DAILY

journal

DATE: _____

S M T W T F S

TODAY'S FOCUS:

Start of Day

WHAT HABIT OR REACTION WOULD YOU LIKE TO SHIFT TODAY?

1

2

MY SMALL DAILY PROMISE:

☐

WHAT SPECIFIC ACTION WILL YOU TAKE TODAY?

☐

☐

DAILY GRATITUDE:

WHAT ARE YOU GRATEFUL FOR TODAY?

End of Day

REFLECTION ON KEEPING MY PROMISE:

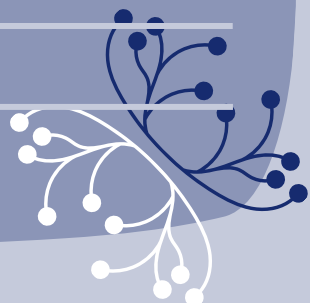
HOW DID IT FEEL? WHAT DID YOU NOTICE?

LEARNINGS AND APPLICATIONS:

WHAT DID YOU LEARN, AND HOW WILL YOU APPLY IT?

PROGRESS NOTED:

ANY MOMENTS OF GROWTH OR INSIGHT?





DAILY

journal

DATE: _____

S M T W T F S

TODAY'S FOCUS:

Start of Day

WHAT HABIT OR REACTION WOULD YOU LIKE TO SHIFT TODAY?

1

2

MY SMALL DAILY PROMISE:

☐

WHAT SPECIFIC ACTION WILL YOU TAKE TODAY?

☐

☐

DAILY GRATITUDE:

WHAT ARE YOU GRATEFUL FOR TODAY?

End of Day

REFLECTION ON KEEPING MY PROMISE:

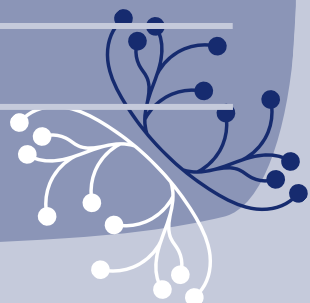
HOW DID IT FEEL? WHAT DID YOU NOTICE?

LEARNINGS AND APPLICATIONS:

WHAT DID YOU LEARN, AND HOW WILL YOU APPLY IT?

PROGRESS NOTED:

ANY MOMENTS OF GROWTH OR INSIGHT?





DAILY

journal

DATE: _____

S M T W T F S

TODAY'S FOCUS:

Start of Day

WHAT HABIT OR REACTION WOULD YOU LIKE TO SHIFT TODAY?

1

2

MY SMALL DAILY PROMISE:

☐

WHAT SPECIFIC ACTION WILL YOU TAKE TODAY?

☐

☐

DAILY GRATITUDE:

WHAT ARE YOU GRATEFUL FOR TODAY?

End of Day

REFLECTION ON KEEPING MY PROMISE:

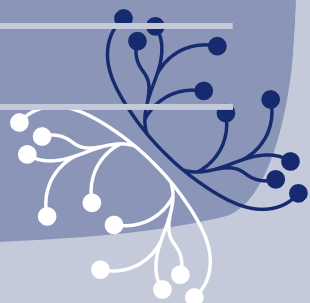
HOW DID IT FEEL? WHAT DID YOU NOTICE?

LEARNINGS AND APPLICATIONS:

WHAT DID YOU LEARN, AND HOW WILL YOU APPLY IT?

PROGRESS NOTED:

ANY MOMENTS OF GROWTH OR INSIGHT?





DAILY

journal

DATE: _____

S M T W T F S

TODAY'S FOCUS:

Start of Day

WHAT HABIT OR REACTION WOULD YOU LIKE TO SHIFT TODAY?

1

2

MY SMALL DAILY PROMISE:

☐

WHAT SPECIFIC ACTION WILL YOU TAKE TODAY?

☐

☐

DAILY GRATITUDE:

WHAT ARE YOU GRATEFUL FOR TODAY?

End of Day

REFLECTION ON KEEPING MY PROMISE:

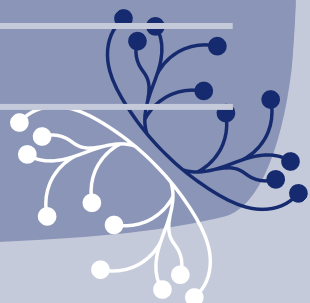
HOW DID IT FEEL? WHAT DID YOU NOTICE?

LEARNINGS AND APPLICATIONS:

WHAT DID YOU LEARN, AND HOW WILL YOU APPLY IT?

PROGRESS NOTED:

ANY MOMENTS OF GROWTH OR INSIGHT?





DAILY

journal

DATE: _____

S M T W T F S

TODAY'S FOCUS:

Start of Day

WHAT HABIT OR REACTION WOULD YOU LIKE TO SHIFT TODAY?

1

2

MY SMALL DAILY PROMISE:

☐

WHAT SPECIFIC ACTION WILL YOU TAKE TODAY?

☐

☐

DAILY GRATITUDE:

WHAT ARE YOU GRATEFUL FOR TODAY?

End of Day

REFLECTION ON KEEPING MY PROMISE:

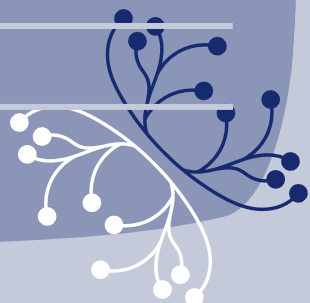
HOW DID IT FEEL? WHAT DID YOU NOTICE?

LEARNINGS AND APPLICATIONS:

WHAT DID YOU LEARN, AND HOW WILL YOU APPLY IT?

PROGRESS NOTED:

ANY MOMENTS OF GROWTH OR INSIGHT?





DAILY

journal

DATE: _____

S M T W T F S

TODAY'S FOCUS:

Start of Day

WHAT HABIT OR REACTION WOULD YOU LIKE TO SHIFT TODAY?

1

2

MY SMALL DAILY PROMISE:

☐

WHAT SPECIFIC ACTION WILL YOU TAKE TODAY?

☐

☐

DAILY GRATITUDE:

WHAT ARE YOU GRATEFUL FOR TODAY?

End of Day

REFLECTION ON KEEPING MY PROMISE:

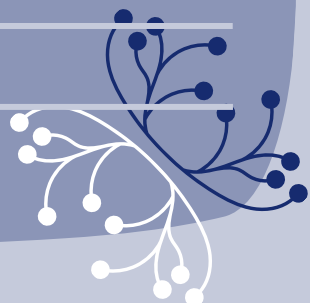
HOW DID IT FEEL? WHAT DID YOU NOTICE?

LEARNINGS AND APPLICATIONS:

WHAT DID YOU LEARN, AND HOW WILL YOU APPLY IT?

PROGRESS NOTED:

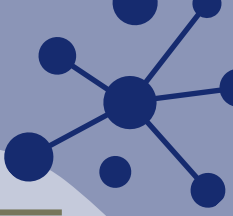
ANY MOMENTS OF GROWTH OR INSIGHT?





WEEKLY *journal*

DATE: _____



HIGHLIGHTS OF THE WEEK

WHAT WERE YOUR BIGGEST SUCCESSSES?"

CHALLENGES FACED

WHAT OBSTACLES DID YOU ENCOUNTER?

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

GOALS FOR NEXT WEEK

HOW WILL YOU CONTINUE TO BUILD ON YOUR PROGRESS?

NOTES:





CONGRATULATIONS



Congratulations on Completing Your Planner!

As you reach the end of your Small Daily Promise Planner, take a moment to acknowledge and celebrate the commitment you've made to yourself. Each small promise kept is a step towards greater confidence, self-trust, and personal growth.

Reflect on Your Journey:

- **Growth Achieved:** Consider the insights you've gained and the progress you've made.
- **Challenges Overcome:** Recognise the obstacles you've navigated and how they've strengthened you.
- **Habits Formed:** Appreciate the positive habits you've cultivated through consistent action.

Moving Forward:

Your journey doesn't end here. The practices you've embraced are powerful tools that will continue to support you in all areas of your life.

- **Stay Consistent:** Keep setting and honouring your small daily promises.
- **Embrace Change:** Be open to new opportunities for growth and learning.
- **Support Network:** Remember, you're not alone—reach out to your community or to us at MindFluent UK whenever you need encouragement.

A Final Thought:

"Confidence comes not from always being right but from not fearing to be wrong."

– Peter T. McIntyre

Thank you for allowing us to be part of your journey. We're excited for what the future holds for you and are here to support you every step of the way.

With warm regards,

The MindFluent UK Team





STAY CONNECTED WITH MINDFLUENT UK



We hope you've found the Small Daily Promise Planner valuable on your path to personal and professional growth. We'd love to continue supporting you on your journey.

Join Our Community:

Website: www.mindfluentuk.com

Email: mindfluentuk@gmail.com

LinkedIn: www.linkedin.com/company/mindfluentuk

Insta: www.instagram.com/mindfluentuk/

Facebook: www.facebook.com/MindFluentUK

YouTube: www.youtube.com/@MindFluentUK

Explore More:

Check out our other courses and resources designed to empower you.

Subscribe to our newsletter for the latest updates, tips, and inspiration.

Feedback Welcome:

Your insights help us grow and improve. If you have any feedback or success stories you'd like to share, please reach out—we'd love to hear from you!

Keep In Touch:

Stay tuned for upcoming events, workshops, and new offerings from MindFluent UK.

"The journey of personal growth is continuous. Every step forward, no matter how small, is progress worth celebrating." – Unknown

Thank You

Thank you for choosing MindFluent UK as your partner in growth. We're honoured to be part of your journey and look forward to supporting you in the future.

The MindFluent UK Team

MindFluent
NLP & Hypnotherapy