

BE FULFILLED

JOURNAL

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JOURNAL

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THIS JOURNAL BELONGS TO

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Created by Tony Grebmeier
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“

YOUR LEVEL OF SUCCESS WILL
SELDOM EXCEED YOUR LEVEL
OF PERSONAL DEVELOPMENT.

Jim Rohn

”

FOREWORD

Dr. Sean C. Stephenson

What you're holding is alive!

Unlike a traditional book that is static, this journal is tailor-made for you, by you.

I think that's badass.

This beautiful journal can be used to map out your wildest dreams and navigate you through some of your most challenging days.

Let's face it, life doesn't unfold seamlessly for any of us.

No one on this planet (and I've met hundreds of thousands of people) gets to live a life of epic proportion without facing major obstacles.

In my life, I've faced tons of hurdles such as...

- Hundreds of broken bones.
- Lifetime confinement to a wheelchair.
- Restriction to a physical height of only three feet tall.
- Numerous medical procedures and operations.
- Near life-ending accidents.
- Massive career rejections.
- Relationship heartaches.
- Public Ridicule.
- Financial struggles.
- Lawsuits.
- Loss of family and friends.

And the list goes on.

You know how I kept my sanity through it all?
Writing in my journal.

Seriously, if it wasn't for my journal, I'd most certainly be dead.

My journals have absorbed more than just the ink from my pens, they've absorbed the pain from my heart.

As a Board Certified Therapist, I tell all my clients that if they would just journal 3 pages each morning, they might not need to work with me.

Writing in a journal allows you to take out the trash in your head.

Just the act of taking that mind-chatter and getting it down on paper can be incredibly healing.

I've been using journals for decades, but consistently for the past five years.

Every time I review my journals I'm reminded that a journal is a time machine.

You can write notes and letters to future versions of yourself. I've made promises to future versions of me, and it's so cool to review these promises and see how they have played out.

Reading your old journals can be comical, painful, and deeply therapeutic.

You get to track your internal dialogue, keep a pulse on your progress, and relive the wild battles you've won and lost.

I'm always amazed when reading my old journals by how much I have changed over the years.

But, I'm also amazed by how much I haven't changed at all (in other areas of life).

The fact that a person is capable of such growth and yet, simultaneously, stay just who they are is an illusive quirk that fascinates me about the human condition.

We are such complex and divine creatures.

I selfishly wish everyone had to keep a journal like this. The world (in my opinion) would be a much more peaceful place.

When Tony Grebmeier first asked me if I would write this foreword, I didn't even let him end his sentence...I just screamed, "HELL YES!"

Tony has poured his heart into this project.

Every tiny detail of this masterpiece has been chosen with loving care and purposeful intention.

Take full advantage of every page and match his intensity with how you use it.

Tony is a man who cares for humanity, and it shows.

His projects, companies, family, and friends are all gorgeous reflections of his commitment to positively impacting everyone he comes in contact with.

May his love for you (through this journal) be a guiding light as you forge ahead on your journey.

Enjoy the journal, my friend.

Love,

Sean Stephenson



INTRODUCTION

Tony Grebmeier

"Journaling is the best way to start the day."

- Sean Stephenson

I'll never forget sitting at my desk on November 9th, 2017, surrounded by a mess of scrap papers with half-written letters and notes. I had all these pieces of ideas, good intentions, plans, and goals, but no way to structure them.

After 20 years of being a husband, father, and entrepreneur, I was ready to stop making excuses and start reaching new personal and professional heights.

That's when I listened to Sean and started journaling. Quickly I developed my own framework, one that was tailored to my needs as a business owner and entrepreneur, and found tremendous success. I started to share it with other business owners and friends who were facing similar obstacles. And they too found great success.

The Be Fulfilled Journal was born on October 15th, 2018.

The journal is compact—easy to carry into a meeting or on a plane. It has reminders regarding your professional aspirations, your well-being, and how you nurture your relationships. It's a tool that's built to be your ever-present best friend.

"Everything has been carefully designed to give you two pages of room for creating your best days. What I love about this journal is it allows you to touch upon every aspect of your life, albeit briefly. You can give it very little time, but get so much out of using it." - Jennifer Cohen, Forbes Contributor

If you were gifted this, purchased it, or happened to find it on a store shelf, you hold in your hands a unique tool that has helped thousands of business leaders worldwide. The journal has gone through many revisions with countless instances of feedback. You can't build something for everyone, but I certainly tried!

The most beneficial way of using the Be Fulfilled Journal is to add it to your daily routine. Use it to create your day, check-in on your health, wealth, and personal relationships each day, and plan new goals week after week.

Let me know how this changes your life. I always love hearing how people are using their Be Fulfilled Journals to make their lives better. Enjoy the journal!

Your friend,



THE WEEK OF 10 / 15 / 2020

"Positivity always wins... Always."

Gary Vaynerchuk

WHAT GOALS/PRIORITIES DO YOU NEED TO ACHIEVE
TO CONSIDER YOUR WEEK A SUCCESS?

MONDAY

- ~~Lead team meeting (celebrate/vision)~~
- ~~Order house paint~~
- ~~Prepare for the VP meeting~~

TUESDAY

- ~~Create monthly social media plan~~
- ~~Order dumpster~~
- ~~Record podcast w/ Justin Armstrong~~

WEDNESDAY

- ~~Advisory board prep~~
- ~~Coaching session w/ Jordan Waldo~~
- ~~Training call w/ Amber & Glenn (Rosetta)~~

THURSDAY

- ~~Prep for Apple/Shipoffers call~~
- ~~Interview New Sales Person~~
- ~~Meet w/ Josh & Jamie about New Sales Promo's~~

FRIDAY

- ~~Lead team meeting (\$\$\$celebrate)~~
- ~~Meet my sponsor for coffee~~
- ~~Coaching session w/ Peter Esteves~~

SATURDAY

- ~~Paint entryway~~
- ~~Stain back deck~~
- ~~Take a hike w/ Amber & Oliver~~

SUNDAY

- ~~Take a 10-20 mile bike ride w/ Kurt~~ — made it to 25!!!
- ~~Read my Bible~~
- ~~Sunset Meditation Session~~

TODAY'S DATE 10 / 15 / 2020

CREATE YOUR DAY

CURRENT FOCUS?



Weekly sales Target

I AM GRATEFUL FOR:

My sponsor's insights
Amazing friends
My health

TOP PRIORITIES:

Lead Team Meeting
Order house paint
Prep for UP meeting

RELATIONSHIPS TO NURTURE:

Mike G (Podcast)
Clark B (Fitness)
Suresh M (Artistic)

Follow up

Great day

WATER TRACKER (OZ):



8 16 24 32 40 48 56 64 72 80 88

- 4A
- 5A Read / DD
- 6A Walk & Talk w/ Ian
- 7A Sobriety Meeting
- 8A Head to work
- 9A Lead Team Meeting
- 10A Emails & Calls
- 11A Cont.
- 12P Lunch
- 1P Call with Cara and Team
- 2P UP Meeting
- 3P Head Home
- 4P Stain back deck
- 5P Bike Ride with Amber ♥
- 6P Relax
- 7P Dinner / Sunset
- 8P Relax and Read (pg. 157)
- 9P Bedtime
- 10P
- 11P

The morning often arrives fast, and the day goes by even quicker.

Hold on to the idea that you must embrace and be present in each element of your day to experience the wonder, God has in store.

Anger was the topic of my devotional reading this morning and I learned the idea of how to remove it appropriately and fast.

Don't hesitate - let go and move on!

Team Meeting

~~Review weekly goals~~

~~Celebrate wins~~

UP Meeting

~~Carrier Updates~~

~~SPL~~

~~Building Updates~~

~~Hubspot~~

New Hires (Courtney rework ad)

"Life is short. Do stuff that matters."

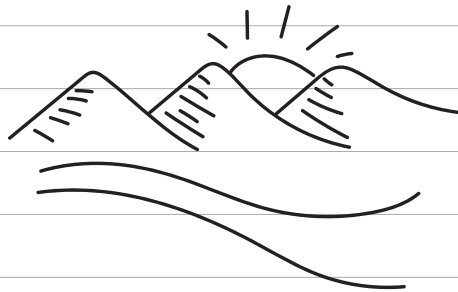
Sigi Chen

what a crazy day dealing with the difficulties and opportunities the day brought to my world.

I am so thankful for the ability to see that I needed to take a quick afternoon walk to clear my head and remember that I have resources at my fingertips to help me get through anything I will ever face.

As I fall asleep tonight, I remember I am possible and can overcome anything as long as my attitude is right and fixed on God's plan instead of my own beliefs and limitations.

Today was a good day!



THE BEST PART OF TODAY WAS

I loved hearing about Owen's first day of sophomore year of college.



ONE THING I LEARNED WAS

I must remember that even the best website sites in the world crash from time to time.

TONIGHT I AM GRATEFUL FOR

Clean sheets on our bed (thank you Amber)

RATE THE FOLLOWING AREAS

FOCUS	①	②	③	ⓧ	⑤	RELATIONSHIPS	①	②	ⓧ	④	⑤
GRATITUDE	①	②	③	ⓧ	⑤	NUTRITION	①	②	③	④	ⓧ
SLEEP	①	②	③	ⓧ	⑤	EXERCISE	①	②	③	④	ⓧ
CREATIVITY	①	②	ⓧ	④	⑤	ME TIME	①	②	ⓧ	④	⑤

"The act of writing down your anxiety and worry, gives you permission to rest at night and handle your feelings the next day."

Anne Wolski

WEEKLY REFLECTION

SAMPLE

ON A SCALE OF 1 TO 5 (LOW TO HIGH), RATE THE FOLLOWING AREAS OF HOW YOU FELT THIS WEEK.

FOCUS _____

① ② ③ ~~④~~ ⑤

GRATITUDE _____

① ② ③ ④ ~~⑤~~

SLEEP _____

① ② ③ ~~④~~ ⑤

CREATIVITY _____

① ② ③ ~~④~~ ⑤

RELATIONSHIPS _____

① ② ③ ~~④~~ ⑤

NUTRITION _____

① ② ③ ④ ~~⑤~~

EXERCISE _____

① ② ③ ④ ~~⑤~~

ME TIME _____

① ② ~~③~~ ④ ⑤

LESSONS LEARNED

1. See it with your own eyes first
2. I am capable of achieving my dreams
3. I need to measure twice before cutting first (LOL)
4. I miss my friend Sean, glad he documented his work for others to watch.

THOUGHTS TO CONSIDER

Some way in which you have grown or matured?

I've made personal development a daily habit that has turned into a powerful practice that others have noticed.

ACCOMPLISHMENTS AND WINS

- Longest move goal achieved*
- The seller accepted our offer.*
- The sales team crushed last month's goal.*
- Meet my sponsor for coffee for the past four weeks.*
- Launching SAT at ShipOffers*
- Worked out twice every day this week*

THE WEEK OF ___ / ___ / 20___

“It takes as much energy to wish as it does to plan.”

Eleanor Roosevelt

WHAT GOALS/PRIORITIES DO YOU NEED TO ACHIEVE
TO CONSIDER YOUR WEEK A SUCCESS?

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

TODAY'S DATE ___/___/20___

CREATE YOUR DAY

CURRENT FOCUS?



Empty box for current focus

4A

5A

6A

7A

8A

9A

10A

11A

12P

1P

2P

3P

4P

5P

6P

7P

8P

9P

10P

11P

I AM GRATEFUL FOR:

Two horizontal lines for gratitude

TOP PRIORITIES:

Two horizontal lines for top priorities

RELATIONSHIPS TO NURTURE:

Two horizontal lines for relationships to nurture

WATER TRACKER (OZ):



8 16 24 32 40 48 56 64 72 80 88

Vertical time slots from 4A to 11P with shaded bars


Horizontal lines for notes on page 25

"Become the most positive and enthusiastic person you know."

Zig Ziglar

TODAY'S DATE ___ / ___ / 20___

CREATE YOUR DAY

CURRENT FOCUS? 

4A	
5A	<div style="background-color: #cccccc; width: 200px; height: 20px;"></div>
6A	
7A	<div style="background-color: #cccccc; width: 200px; height: 20px;"></div>
8A	
9A	<div style="background-color: #cccccc; width: 200px; height: 20px;"></div>
10A	
11A	<div style="background-color: #cccccc; width: 200px; height: 20px;"></div>
12P	
1P	<div style="background-color: #cccccc; width: 200px; height: 20px;"></div>
2P	
3P	<div style="background-color: #cccccc; width: 200px; height: 20px;"></div>
4P	
5P	<div style="background-color: #cccccc; width: 200px; height: 20px;"></div>
6P	
7P	<div style="background-color: #cccccc; width: 200px; height: 20px;"></div>
8P	
9P	<div style="background-color: #cccccc; width: 200px; height: 20px;"></div>
10P	
11P	<div style="background-color: #cccccc; width: 200px; height: 20px;"></div>

I AM GRATEFUL FOR:

TOP PRIORITIES:

RELATIONSHIPS TO NURTURE:

WATER TRACKER (OZ):



8 16 24 32 40 48 56 64 72 80 88

"Your thinking creates your world."
Robin Sharma

THE BEST PART OF TODAY WAS 

ONE THING I LEARNED WAS 

TONIGHT I AM GRATEFUL FOR 

RATE THE FOLLOWING AREAS 

FOCUS	① ② ③ ④ ⑤	RELATIONSHIPS	① ② ③ ④ ⑤
GRATITUDE	① ② ③ ④ ⑤	NUTRITION	① ② ③ ④ ⑤
SLEEP	① ② ③ ④ ⑤	EXERCISE	① ② ③ ④ ⑤
CREATIVITY	① ② ③ ④ ⑤	ME TIME	① ② ③ ④ ⑤

“Friendship is the shadow of the evening, which increases with the setting sun of life.”

Jean de La Fontaine

TODAY'S DATE ___ / ___ / 20___

CREATE YOUR DAY

CURRENT FOCUS?



4A

5A

6A

7A

8A

9A

10A

11A

12P

1P

2P

3P

4P

5P

6P

7P

8P

9P

10P

11P

I AM GRATEFUL FOR:

Horizontal lines for writing gratitude.

TOP PRIORITIES:

Horizontal lines for writing top priorities.

RELATIONSHIPS TO NURTURE:

Horizontal lines for writing relationships to nurture.

WATER TRACKER (OZ):



8 16 24 32 40 48 56 64 72 80 88

Gray bar for time slot 4A-5A.

Gray bar for time slot 7A-8A.

Gray bar for time slot 9A-10A.

Gray bar for time slot 11A-12P.

Gray bar for time slot 1P-2P.

Gray bar for time slot 3P-4P.

Gray bar for time slot 5P-6P.

Gray bar for time slot 7P-8P.

Gray bar for time slot 9P-10P.

Gray bar for time slot 11P-12P.

Horizontal lines for additional notes or reflections.

“Tough times never last, but tough people do.”

Robert H. Schuller

THE BEST PART OF TODAY WAS

☾

ONE THING I LEARNED WAS

☾

TONIGHT I AM GRATEFUL FOR

☾

RATE THE FOLLOWING AREAS

☾

FOCUS	①	②	③	④	⑤	RELATIONSHIPS	①	②	③	④	⑤
GRATITUDE	①	②	③	④	⑤	NUTRITION	①	②	③	④	⑤
SLEEP	①	②	③	④	⑤	EXERCISE	①	②	③	④	⑤
CREATIVITY	①	②	③	④	⑤	ME TIME	①	②	③	④	⑤

“What a nice night for an evening.”

Steven Wright

TODAY'S DATE ___ / ___ / 20___

CREATE YOUR DAY

CURRENT FOCUS?



4A

5A

6A

7A

8A

9A

10A

11A

12P

1P

2P

3P

4P

5P

6P

7P

8P

9P

10P

11P

I AM GRATEFUL FOR:

Horizontal lines for writing

TOP PRIORITIES:

Horizontal lines for writing

RELATIONSHIPS TO NURTURE:

Horizontal lines for writing

WATER TRACKER (OZ):



8 16 24 32 40 48 56 64 72 80 88

"Good Morning! I hope your day is as positive as you are."

Unknown

Multiple horizontal lines for writing

TODAY'S DATE ___/___/20___

CREATE YOUR DAY

CURRENT FOCUS?



Empty box for current focus

I AM GRATEFUL FOR:

Three horizontal lines for gratitude

TOP PRIORITIES:

Three horizontal lines for priorities

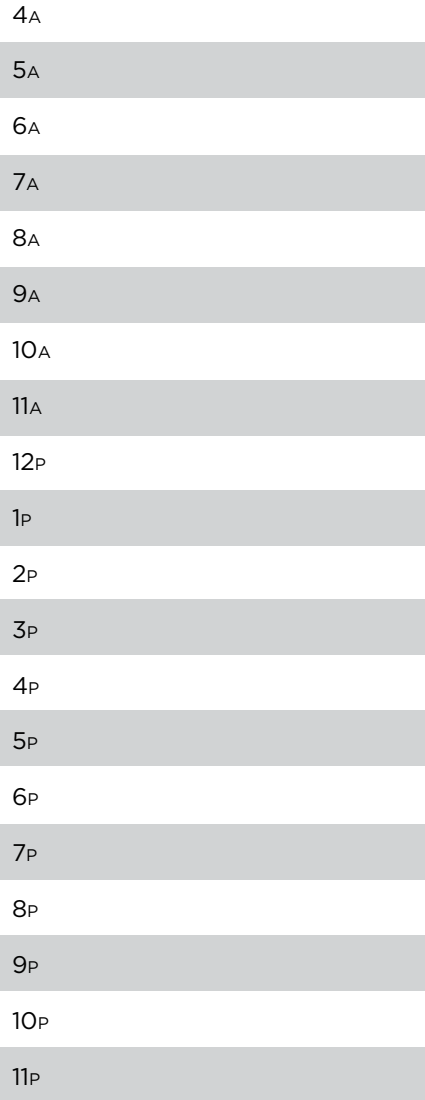
RELATIONSHIPS TO NURTURE:

Three horizontal lines for relationships

WATER TRACKER (OZ):




8 16 24 32 40 48 56 64 72 80 88




Multiple horizontal lines for notes on the right page


“Acknowledging the good that you already have in your life is the foundation for all abundance.”

Eckhart Toll

THE BEST PART OF TODAY WAS 


ONE THING I LEARNED WAS 


TONIGHT I AM GRATEFUL FOR 


RATE THE FOLLOWING AREAS 

FOCUS	①	②	③	④	⑤	RELATIONSHIPS	①	②	③	④	⑤
GRATITUDE	①	②	③	④	⑤	NUTRITION	①	②	③	④	⑤
SLEEP	①	②	③	④	⑤	EXERCISE	①	②	③	④	⑤
CREATIVITY	①	②	③	④	⑤	ME TIME	①	②	③	④	⑤

“Moonlight is sculpture.”
Nathaniel Hawthorne

THE BEST PART OF TODAY WAS 

ONE THING I LEARNED WAS 

TONIGHT I AM GRATEFUL FOR 

RATE THE FOLLOWING AREAS 

FOCUS	(1) (2) (3) (4) (5)	RELATIONSHIPS	(1) (2) (3) (4) (5)
GRATITUDE	(1) (2) (3) (4) (5)	NUTRITION	(1) (2) (3) (4) (5)
SLEEP	(1) (2) (3) (4) (5)	EXERCISE	(1) (2) (3) (4) (5)
CREATIVITY	(1) (2) (3) (4) (5)	ME TIME	(1) (2) (3) (4) (5)

"Every sunset brings the promise of a new dawn."
Ralph Waldo Emerson

WEEKLY REFLECTION

ON A SCALE OF 1 TO 5 (LOW TO HIGH), RATE THE FOLLOWING AREAS OF HOW YOU FELT THIS WEEK.

FOCUS _____	RELATIONSHIPS _____
① ② ③ ④ ⑤	① ② ③ ④ ⑤
GRATITUDE _____	NUTRITION _____
① ② ③ ④ ⑤	① ② ③ ④ ⑤
SLEEP _____	EXERCISE _____
① ② ③ ④ ⑤	① ② ③ ④ ⑤
CREATIVITY _____	ME TIME _____
① ② ③ ④ ⑤	① ② ③ ④ ⑤

LESSONS LEARNED

THOUGHTS TO CONSIDER

What can I do right now to make the week less stressful?

ACCOMPLISHMENTS AND WINS

THE WEEK OF ___ / ___ / 20___

“Lack of direction, not lack of time, is the problem. We all have twenty-four hour days.”

Zig Ziglar

WHAT GOALS/PRIORITIES DO YOU NEED TO ACHIEVE TO CONSIDER YOUR WEEK A SUCCESS?

MONDAY

TUESDAY

WEDNESDAY

THURSDAY


FRIDAY

SATURDAY

SUNDAY

TODAY'S DATE ___/___/20___


CREATE YOUR DAY

CURRENT FOCUS? 

I AM GRATEFUL FOR:

TOP PRIORITIES:

RELATIONSHIPS TO NURTURE:

WATER TRACKER (OZ): 

8 16 24 32 40 48 56 64 72 80 88

4A

5A

6A

7A

8A

9A

10A

11A

12P

1P

2P

3P

4P

5P

6P

7P

8P

9P

10P

11P

“Life shrinks or expands in proportion to one’s courage.”
Anais Nin

TODAY'S DATE ___ / ___ / 20___

CREATE YOUR DAY

CURRENT FOCUS?



Empty box for current focus.

I AM GRATEFUL FOR:

Three horizontal lines for gratitude notes.

TOP PRIORITIES:

Three horizontal lines for top priorities.

RELATIONSHIPS TO NURTURE:

Three horizontal lines for relationships to nurture.

WATER TRACKER (OZ):



8 16 24 32 40 48 56 64 72 80 88

4A

5A

6A

7A

8A

9A

10A

11A

12P

1P

2P

3P

4P

5P

6P

7P

8P

9P

10P

11P

Multiple horizontal lines for journaling or notes.

“Attitude is a little thing that makes a big difference.”

Winston Churchill

TODAY'S DATE ___/___/20___

CREATE YOUR DAY

CURRENT FOCUS?



Empty box for current focus

4A

5A

6A

7A

8A

9A

10A

11A

12P

1P

2P

3P

4P

5P

6P

7P

8P

9P

10P

11P

I AM GRATEFUL FOR:

Three horizontal lines for gratitude

TOP PRIORITIES:

Three horizontal lines for top priorities

RELATIONSHIPS TO NURTURE:

Three horizontal lines for relationships to nurture

WATER TRACKER (OZ):




8 16 24 32 40 48 56 64 72 80 88

Time slots 4A-11P with alternating shaded and unshaded bars


Series of horizontal lines for notes

"There are better starters than me but I'm a strong finisher."

Usain Bolt

THE BEST PART OF TODAY WAS 

ONE THING I LEARNED WAS 

TONIGHT I AM GRATEFUL FOR 

RATE THE FOLLOWING AREAS 


FOCUS	① ② ③ ④ ⑤	RELATIONSHIPS	① ② ③ ④ ⑤
GRATITUDE	① ② ③ ④ ⑤	NUTRITION	① ② ③ ④ ⑤
SLEEP	① ② ③ ④ ⑤	EXERCISE	① ② ③ ④ ⑤
CREATIVITY	① ② ③ ④ ⑤	ME TIME	① ② ③ ④ ⑤

“Every sunset is an opportunity to reset.”

Richie Norton

TODAY'S DATE ___/___/20__

CREATE YOUR DAY

CURRENT FOCUS? 

4A
5A
6A
7A

I AM GRATEFUL FOR:

8A
9A
10A
11A
12P

TOP PRIORITIES:

1P
2P
3P
4P
5P

RELATIONSHIPS TO NURTURE:

6P
7P
8P
9P
10P

WATER TRACKER (OZ): 

8 16 24 32 40 48 56 64 72 80 88


11P

“Strength and growth come only through continuous effort and struggle.”

Napoleon Hill

TODAY'S DATE ___ / ___ / 20___

CREATE YOUR DAY

CURRENT FOCUS? 

4A

5A

6A

7A

8A

9A

10A

11A

12P

1P

2P

3P

4P

5P

6P

7P

8P

9P

10P

11P

I AM GRATEFUL FOR:

TOP PRIORITIES:


RELATIONSHIPS TO NURTURE:

WATER TRACKER (OZ): 


8 16 24 32 40 48 56 64 72 80 88

“That which does not kill us makes us stronger.”

Friedrich Nietzsche

THE BEST PART OF TODAY WAS 

ONE THING I LEARNED WAS 

TONIGHT I AM GRATEFUL FOR 

RATE THE FOLLOWING AREAS 

FOCUS	①	②	③	④	⑤	RELATIONSHIPS	①	②	③	④	⑤
GRATITUDE	①	②	③	④	⑤	NUTRITION	①	②	③	④	⑤
SLEEP	①	②	③	④	⑤	EXERCISE	①	②	③	④	⑤
CREATIVITY	①	②	③	④	⑤	ME TIME	①	②	③	④	⑤

"Sometimes it falls upon a generation to be great. You can be that generation."

Nelson Mandela

WEEKLY REFLECTION

ON A SCALE OF 1 TO 5 (LOW TO HIGH), RATE THE FOLLOWING AREAS OF HOW YOU FELT THIS WEEK.

FOCUS _____

(1) (2) (3) (4) (5)

GRATITUDE _____

(1) (2) (3) (4) (5)

SLEEP _____

(1) (2) (3) (4) (5)

CREATIVITY _____

(1) (2) (3) (4) (5)

RELATIONSHIPS _____

(1) (2) (3) (4) (5)

NUTRITION _____

(1) (2) (3) (4) (5)

EXERCISE _____

(1) (2) (3) (4) (5)

ME TIME _____

(1) (2) (3) (4) (5)

LESSONS LEARNED

THOUGHTS TO CONSIDER

You could be anywhere in the world. Why are you here?

ACCOMPLISHMENTS AND WINS
