

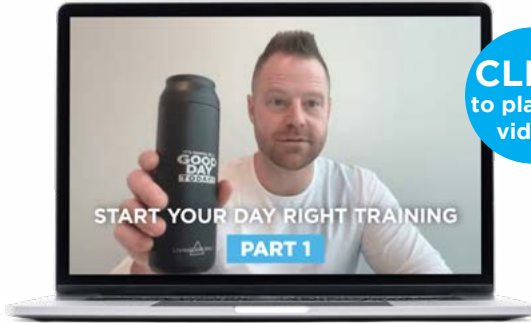
LIVINGGOOD DAILY

START YOUR DAY
— RIGHT —
JOURNAL



START YOUR DAY RIGHT TRAINING

Part 1



CLICK
to play the
video!

Part 2



CLICK
to play the
video!

Part 3



CLICK
to play the
video!

YOU ARE THE SOLUTION
TO LIVE GOOD DAILY

#IAMTHESOLUTION

START YOUR DAY RIGHT JOURNAL OVERVIEW

It's GGGonna Be A Good Day Today!

To reach your goals use your secret weapon...FOCUS. By writing, speaking, and thinking about your affirmations and goals every day and taking simple action around those goals you will bring success. Your Start Your Day Right Journal is built to bring this one powerful habit to life. It is your focus cheat sheet.

As a kid, I liked to sleep in. It wasn't uncommon for me to be the last one up in the house. My dad was an early riser and always tried to bring me with him. The house I grew up in was an old church back in the day. We took out the pews and stained glass windows and built the kitchen on the main floor. The basement is where the church's kitchen was so we ended up with two full kitchens. The basement bedroom sat right next to the kitchen and the church had put in a small window to connect the kitchen to the room. Probably to easily serve food through it. Well, we put a little door up over that window to keep the light out but it sure didn't keep the sound out. My dad would hit that kitchen in the early morning, start clanging around dishes, and making coffee for the day. Then the singing started.

Blake, Blake, Blake, Blake. BLLLLLLAAAAAAAKKKKKKE!
(In a quick deep voice)
“It’s GGGonna be a good day today!”

In the most off-pitch and gnarly singing voice, you’ve ever heard but with the happiest and excited for the day tone, you could have at 6 am. Dad was excited for another day and he was making sure I was too, even if I didn’t want to hear it.

To this day, I sing that song each morning and go figure, I got the same singing genes my dad had.

EVERY day can start right. YOU can decide that every morning. It’s a choice. Not everything will go right every day but you can start it right. Stack the deck in your favor for the day with a few simple daily practices. Just learn from Ed Livingood and the 3 drawn-out “G’s” he added to “It’s GGGonna be a good day today.”

Triple G

Gratitude

Dad was grateful for another day. EVERY SINGLE ONE is a gift. Start your day by writing down three things you are grateful for. You can come up with at least three.

Misery is learned. Depression is learned. Anxiety is learned. Gratitude is the anecdote. But it must be learned. Gratitude is like a muscle, it has to be strengthened to be powerful. You can not be stressed and grateful at the same time. Be specific and try to make the three “grats” something that has recently made you grateful. I add in prayer because my gratitude and prayer go together. You do you, but start your day with something that makes you smile, be grateful!

Your brain must go before your body. First, we must see with our mind's eye who we are in the future, what we have accomplished, what we have experienced, and the impact we want to have. Then focus on the first destination you will reach in the next 30 days to become that person. Also, we add in the health focus that will fuel that leg of our journey.

Every day develop the habit of writing down 1-3 affirmations. Whether it be about your career, motivation, or self-love, train your brain that who you have become is as good as done. Then affirm it in your DNA by speaking it over yourself. With authority and certainty speak life to yourself. This begins rewiring the brain and it will program your brain to begin to make truth out of your affirmations. To make your goals, dreams, and future self a reality, speak and focus your brain on it daily. For example:

I am worthy of the career goals I desire

I enjoy feeling productive

I have the ability to reclaim my power.

Your brain is now primed and filled with a bigger vision. To make progress towards that future destination it is time to make progress. Pick two goals to focus on for the next 30 days. One will be a health goal and one will be a life goal. Set a specific measurable goal for each of these two life areas.

Get specific and MAKE SURE the goal is measurable. Get granular, if you want to lose weight, how much? By when? If you want a better marriage then how often will you date? What will you DO every week to know you succeeded? If you want to improve your relationship with God then when will you pray? How long? Will you do a bible reading plan? If it is not measurable you will have NO IDEA if you are winning. Games are way more fun when you know the score! Plus

if you don't know that you are winning then you cannot learn from losing so you can make adjustments towards progress to reach your goal. For example:

Life Goal: I saved \$400 last month removing my fast food habit.

Health Goal: I am 10 pounds lighter and full of energy.

Eat the Toad First

The final "G" is GO!

The final "G" is GO! If you know where you are going, have the keys and vehicle to get you there, then all that is left to do is GO. Start moving towards your destination. Each day do not go to bed until you make progress towards those goals. The key to this is determining what HAS to happen today for you to make progress on the goals? Before you go to bed tonight what MUST be done? Then...eat the toad first.

Eating the toad first is a concept I learned years ago which means swallow down the slimiest, yuckiest things that you may not want to do but MUST be done FIRST in your day. If you have ever said I will work out tonight, I will snooze for a few more minutes, that can be done tomorrow, or I don't feel like it, then you have met some toads. Big slimy toads staring you in the face. Making loud RIBBIT sounds in your ear and you try to ignore them. Eat that toad first! Do what you don't FEEL like doing FIRST. Workout first. Make the phone call first. Do the objective you have to get done to make the most progress FIRST. If you win early in your day then your WHOLE DAY will be filled with that momentum. GO! Eat that toad, win your day, and make progress.

Write down your daily objectives. Write down the 1-3 things that you will do before you go to bed tonight, no matter what to make 1%

progress towards your two goals. A workout, water intake, scheduled meeting, blocked out time, task, etc. This gets done, no matter what! GSD, get stuff done.

Finish Right

Every day you win or learn. There is no losing. You are alive. You already won the lottery of life when you were born. You got the gift of life, just use it. Who cares what others do or have? You aren't playing their game nor are you on their journey. Win your game or learn today so you can win tomorrow. The progress and the wins can be small victories but a 1% improvement each day adds up over 30 days. The area of life you have your goal set in can be 30% better in the next 4 weeks. If you do that all year round you have a 360% improvement in your life! 1%. 1%. 1%. Small wins make progress.

Feedback

How did you win today? What was my 1% improvement? Why? What habit or behavior created the win? If you didn't win what did you learn? What habit or behavior were you missing? Every day keep track of your feedback system. Your body and life results are talking to you. Are you listening? If you have poor energy today, why? If you didn't lose weight this week, why? If you are super stressed today, why? Feedback is your friend.

Respond

If you won, how can you stay focused and repeat the behavior tomorrow? How can you prepare so that success does not become an enemy of your success? Like enjoying a view in a hot air balloon, how can you pull more heat and keep rising up? If you lost, completely failed, "fell off the wagon", or came up just short then just RESPOND.

Yesterday is over. Let it go and get focused on the new day that you get. You CAN get better. If you did not succeed then plan a different approach and try again. If that does not work then try something else. If that doesn't work then what do you do? Try again. And if that fails what do you do!? Respond again.

No problem can withstand the assault of sustained thinking.

Why do I feel that way today?

What did I do or did I not do yesterday that affected my results?

Did I eat something poor?

Did I lack water?

Did I not schedule enough time?

Did I procrastinate?

Did I stay up too late?

Did I workout?

Did I spend too much?

Did I work hard?

Did I slow down?

Did I interact with a negative person or situation that brought me down?

Once you chart your health and life feedback you can finally see what works best for YOU to experience real health and live good daily. 1%. 1%. 1%.

It's GGGonna be a good day today. My dad's journey ended at age 58. Before he ever got to meet four of his grandbabies, travel to Ireland, buy his dream car, take his grandson fishing, and celebrate his 50th wedding anniversary with his high school sweetheart. My dad taught me how to be grateful for each day but he never had the mindset and tools you now hold to take care of his health and live out his full journey. He served his purpose and it was God's plan to take him early. Life is short. We just don't know when it may slip away and our

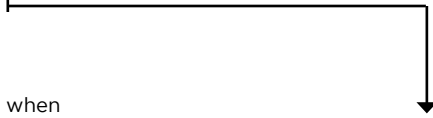
journey ends. Stop wasting life on things that do not matter and start Living Good.

Pray as if it's all up to God but work as if it's all up to you. Reach, dream, pursue, progress, and go for it. Tomorrow is not guaranteed. Make this day, month, and this year your best yet, you might as well because you will never get it back. Be grateful for the time you have and use that gift to live good and do good for the world.

START YOUR DAY RIGHT
JOURNAL

HOW TO LIVE GOOD DAILY

Record today's date so you can look back and remember this moment.



It's hard to stress or worry when you put your focus on all of the things that are going right for you. Make sure you take time daily to make a note of what you are thankful for.

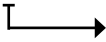
DATE

3 DAILY GRATITUDES

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Every day develop the habit of writing down and speaking 1-3 affirmations that you want to manifest into your life.

DAILY AFFIRMATIONS | WRITE & SPEAK THESE OUT LOUD



.....

Write down the things that must take highest priority today. Try to do these right away before the day's interruptions take over but don't let yourself go to sleep without getting them done.

30-DAY GOALS & TODAY'S ACTION



HEALTH GOAL

LIFE GOAL

Use this space to note where you won yesterday or what you learned. What is your feedback system trying to tell you? Then jot down your response. Let yesterday go and use the space to get focused on the new day that you get.

TODAY'S HEALTH FOCUS

TODAY'S LIFE FOCUS

FINISH RIGHT

FEEDBACK

RESPONSE



DATE _____

3 DAILY GRATITUDES

DAILY AFFIRMATIONS | WRITE & SPEAK THESE OUT LOUD

30-DAY GOALS & TODAY'S ACTION


HEALTH GOAL


LIFE GOAL

TODAY'S HEALTH FOCUS

TODAY'S LIFE FOCUS

FINISH RIGHT

 FEEDBACK

RESPONSE 

MAKE IT A GREAT DAY!
MIGHT AS WELL CAUSE
YOU'RE NEVER GONNA
GET THIS ONE BACK!

DATE _____

3 DAILY GRATITUDES

DAILY AFFIRMATIONS | WRITE & SPEAK THESE OUT LOUD

30-DAY GOALS & TODAY'S ACTION

HEALTH GOAL

LIFE GOAL

TODAY'S HEALTH FOCUS

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TODAY'S HEALTH FOCUS

TODAY'S LIFE FOCUS

FINISH RIGHT

 FEEDBACK

RESPONSE 

DATE _____

NOTHING TASTES AS
GOOD AS GOOD
HEALTH FEELS.

3 DAILY GRATITUDES

DAILY AFFIRMATIONS | WRITE & SPEAK THESE OUT LOUD

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HEALTH GOAL

LIFE GOAL

TODAY'S HEALTH FOCUS

TODAY'S LIFE FOCUS

FINISH RIGHT



FEEDBACK

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HEALTH GOAL


LIFE GOAL

TODAY'S HEALTH FOCUS

TODAY'S LIFE FOCUS

FINISH RIGHT

 FEEDBACK

RESPONSE 

DON'T COMPARE YOUR
BEHIND THE SCENES
WITH SOMEONE ELSE'S
HIGHLIGHT REEL.

DATE

3 DAILY GRATITUDES

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LIFE GOAL

TODAY'S HEALTH FOCUS

TODAY'S LIFE FOCUS

FINISH RIGHT

 FEEDBACK

RESPONSE 

DATE _____

DON'T BE SOMEONE
YOU ARE NOT, BE YOU,
JUST BE A BETTER
VERSION OF YOU.

3 DAILY GRATITUDES

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YOU DON'T NEED
SOMETHING NEW.
YOU NEED A
CONSISTENT YOU.

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LIVE GOOD SO
YOU CAN
DO GOOD.

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TODAY'S LIFE FOCUS

FINISH RIGHT

 FEEDBACK

RESPONSE 

IMPROVE BY 1% EACH
DAY AND IN 1 MONTH
YOU'LL BE 30%
BETTER.

DATE

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TODAY'S LIFE FOCUS

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DATE _____

PROCRASTINATION
IS THE THIEF OF
HEALTH.

3 DAILY GRATITUDES

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LIFE GOAL

TODAY'S HEALTH FOCUS

TODAY'S LIFE FOCUS

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RESULTS ARE
FOUND IN THE
PROCESS WE SKIP.

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TODAY'S HEALTH FOCUS

TODAY'S LIFE FOCUS

FINISH RIGHT

 FEEDBACK

RESPONSE 

DATE _____

WORK DON'T
WORRY
BECAUSE WORRY
DON'T WORK.

3 DAILY GRATITUDES

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TODAY'S HEALTH FOCUS

TODAY'S LIFE FOCUS

FINISH RIGHT

 FEEDBACK

RESPONSE 

WORK HARD FOR
PROGRESS IN YOUR
LIFE AND PLAY HARD
TO ENJOY IT.

DATE _____

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TODAY'S HEALTH FOCUS

TODAY'S LIFE FOCUS

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RESPONSE 

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YOUR SUCCESS IS
DETERMINED
BY YOUR
ENVIRONMENT.

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TODAY'S HEALTH FOCUS

TODAY'S LIFE FOCUS

FINISH RIGHT

 FEEDBACK

RESPONSE 

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BECOME YOUR
HEAD OF STATE
TODAY.

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LIFE GOAL

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LIFE GOAL

TODAY'S HEALTH FOCUS

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IT'S TIME TO MAKE
TIME FOR YOU.

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RESPONSE 

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GOD PUT BREATH
IN YOUR LUNGS FOR
A REASON.

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FINISH RIGHT



FEEDBACK

RESPONSE



CONGRATULATIONS!

Congratulations for completing a whole month of progress! You have started a habit of building real health. However, health is a journey, not a destination, and you're just getting started! Keep the course, continue to build health, and take care of your biggest asset... you!

Don't leave others behind! Now that you know what you know, help someone. 99% of people have never experienced real health the way you just have. There are thousands of people within a ten-mile radius of you right now praying and pleading for an answer to their health problems. If they keep waiting for and managing sickness and disease they will keep having sickness and disease. If they build health, they'll get health. Their answer may just be in your seat.

YOU ARE THE SOLUTION!

You could save their life just by inviting them to the challenge and it doesn't cost you a thing to do it. So, your last challenge today is, who is one person you will share this information with? Will you be the solution for real health care?

Life and health are a journey, not a destination.
Live good. Do good.

LIVINGGOOD DAILY COFFEE BUNDLE

Includes:

- Livingood Daily Coffee + Moringa
- Coffee Recipe Guide
- Start Your Day Right Training
- Start Your Day Right 30-Day Journal (Digital)
- Coffee Tumbler
- Free Shipping



LIVINGGOOD DAILY JOURNAL (365 DAYS)

The Livingood Daily Journal is your key to holding yourself accountable throughout the Challenge and throughout the rest of your year!

This soft cover, 365-day journal equips you with everything you need including a step-by-step guide on how to, not only optimize your health, but to optimize your life so you too can live good daily!



YOU ARE THE SOLUTION



Dr. Livingood, yes that is his real name, is a Doctor of Natural Medicine and DC serving thousands of people in Morrisville, NC and even more through his online and media presence. In 2007 after nearly losing his father to health conditions, Dr. Livingood was prompted to find a healthcare system to save his father's life. Where medicine failed, Dr. Livingood discovered solutions that got his father off 15 medications and overcame major heart and autoimmune conditions.

Dr. Livingood, wife Jessica, and three kids spend their lives speaking nationally and locally in the hopes that others can experience real health.