Phil Preston

Your Impact Journal

Keeping track of the **impact you make** and the people who've had a **positive impact on you**.

Day / Date	Who you have helped		Who has helped you	
	Who	How	Who	How

NOTES:

There's been times in my life where I wasn't sure if I was making a difference or not. By consciously recording who I've helped - combined with who has helped me - the true picture emerged. It's the 'data' that backs up or dispels my hunches. I suggest you keep track yourself and then review your list regularly and ponder: What should I do more of, do differently or do better in my work and life?

If you'd like a speaker or working session on this topic, contact me on **hello@philpreston.com.au**

Copyright Phil Preston 2025. All Rights Reserved