



START YO' WEEK OFF AWESOME

Join us MONDAYS AT 9:30AM EST in:
THE PASSION AND PURPOSE PROJECT FACEBOOK GROUP
½ Hour of LIVE Planning and Productivity Power to Activate & Accelerate Your
Aligned And Abundant Life

AWESOME ACCOMPLISHMENTS

CELEBRATE YO' SUCCESSES FROM LAST WEEK:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

GRADE YO'SELF: _____

AHA MOMENTS/CLARITY/LESSONS/NOTES:



COACHING

AWESOME ACCOUNTABILITY

THIS WEEK'S FEEL AND FOCUS: _____

DON'T	DELEGATE	DO

(THINK: REVENUE, ADMIN AND SELF CARE)

What's the **ONE THING** that I can do **THIS WEEK**, in which by doing it, everything else become easier or unnecessary:

MON	TUES	WED	THURS	FRI	SAT	SUN

- * Front load THE ONE THING at the beginning of the week/day "Eat the Frog"
- * Front load a healthy habit in the a.m. MY HEALTHY HABIT IS: _____
- * Schedule in self-care, fun and freedom
- * Don't break the chain: cross off the completed days

#BIGAWESOMEPROJECTS

PROJECT	AWESOME ACTION TO TAKE THIS WEEK	NAILED IT!

Dive Heart First

COACHING

<u>Plan Tomorrow Today: TUESDAY</u>	<u>Plan Tomorrow Today: WEDNESDAY</u>
<u>Plan Tomorrow Today: THURSDAY</u>	<u>Plan Tomorrow Today: FRIDAY</u>
<u>Plan Tomorrow Today: SATURDAY</u>	<u>Plan Tomorrow Today: SUNDAY</u>
<u>Plan Tomorrow Today: MONDAY</u> 9:30am EST – START YOUR WEEK OFF AWESOME in THE PASSION AND PURPOSE PROJECT Facebook Group	<u>Energy Leaks To Complete</u>



COACHING

HEART FIRST ACTIONS TO TAKE: