



SET FOR SUCCESS SUNDAY

Set yourself up for a great week by getting clear on what you want to achieve in the next 7 days.

Sunday is the perfect day to reflect on the week that has past, and to plan the week ahead.

Remember that what your mind can perceive it can achieve!

No matter how big your goal, there is always a baby step you can take to get closer to it every day and every week, as long as you keep taking those baby steps and visualising your goals, you will achieve them!

If you want to have the things you REALLY want in the LONG LASTING happiness in the future, you have to sacrifice the things that will give you temporary pleasure today.

You can do this, and you can ENJOY THE PROCESS.

Feel good for making progress with your goals.

Feel proud for all of your daily and weekly achievements.

And make sure celebrate your wins! (Even if it is just with a mini fist pump!) YAY!





WEEKLY PLANNER AND GOAL LIST

Week Beginning Monday 13th May 2013

My top FIVE goals this week:- Your top goals should be things that will move you closer to where you want to be. These could include goals for your weight loss, health, home, family, romance, career, business, social life, hobbies and helping others. Maybe you want to lose 4 pounds, go to yoga class twice, bring the kids to the park, finish a report for work/uni, and have a date night. Pick 5 things will make you happy. ☺

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

My treat for having a good week is:- You may or may not achieve all of your 5 goals, as long as you make some progress you are winning, and even if you win a little bit then make sure you celebrate your small achievements by treating yourself. You can simply have a lush bath, paint your nails, or treat yourself to a manicure or massage. Whatever your budget, find a way to treat yourself this week.

My Weekly Planner:- Now that you know what you want to achieve in the next 7 days, you need to schedule it! If you don't schedule it then chances are it won't happen.

Day	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			