

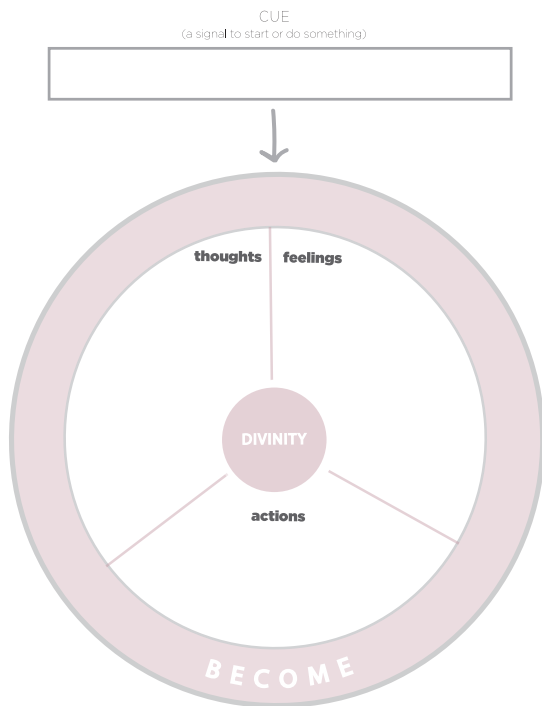
IT'S ABOUT TIME
September 2021

Step #1: Claim Responsibility

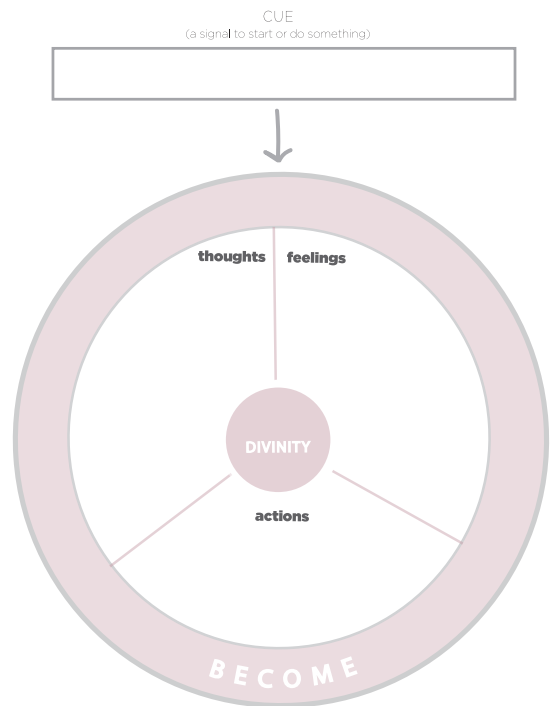
Am I a blamer, shamer or claimer? Who do I want to be?

Step #2: Master Internal Triggers

What emotion am I trying to escape the very most? Is there a thought or belief about myself that is holding me back from gaining traction? Put it into the circle, slow the spin and see what is going on and what needs to be addressed. Gain awareness and then choose what thoughts and feelings you want driving you.



MIND + HEART + BODY



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Step #3: Make time for traction

YOU

How would the person I want to become spend time taking care of themselves? What things do I love? What brings me peace, joy & satisfaction?

YOUR RELATIONSHIPS

How much time should I invest in the important people in my life? Decide with intent how you plan to spend your time.

YOUR CONTRIBUTION

What is the most important thing that I want to do this week?

Weekly Schedule

WEEKLY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TODAY'S SCHEDULE:	TODAY'S SCHEDULE:	TODAY'S SCHEDULE:	TODAY'S SCHEDULE:	TODAY'S SCHEDULE:	TODAY'S SCHEDULE:	TODAY'S SCHEDULE:
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10