

## Big Question for today!

☐ Silence

☐ Affirmation

## □ Visualization

## □ Exercise

☐ Read

□ Scribe

**#ideajam**

**Calls/Emails I must make**

## 30 Day Goals

## 60 Day Goals

## 90 Day Goals

**My Weekly Plan will be  
part of my success!**

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

**Week #** \_\_\_\_\_

## Must Happen Items

## Shopping List

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1 .....

2.....

3.....