

BIG PICTURE GOAL:

- WEEK 2 hour "me date"
- WEEK Make/refresh 100 business contacts
- WEEK Create a milestone goal
- WEEK Create all areas of life goals: Body, Mind & Soul
- BONUS Step out of my comfort zone
- BONUS Do something EXTRA nice

DAY	TASK	MINUTES	NOTES
MON	Journal: 3 Pages	15 /	
MON	Exercise at least 15 minutes	30 /	
MON	Meditate / Breathe / Gratitude	10 /	
MON	Say goals out loud w feeling (3x/day)	0 /	
MON	Plan 3 imp. tasks for following day	5 /	

Thoughts on the day:

TUES	Journal: 3 Pages	15 /	
TUES	Exercise at least 15 minutes	30 /	
TUES	Meditate / Breathe / Gratitude	10 /	
TUES	Say goals out loud w feeling (3x/day)	0 /	
TUES	Plan 3 imp. tasks for following day	5 /	

Thoughts on the day:

WED	Journal: 3 Pages	15 /	
WED	Exercise at least 15 minutes	30 /	
WED	Meditate / Breathe / Gratitude	10 /	
WED	Say goals out loud w feeling (3x/day)	0 /	
WED	Plan 3 imp. tasks for following day	5 /	

Thoughts on the day:

JenChicago.com Betterment Project: Week beginning Monday, January 7, 2012

THURS	Journal: 3 Pages	15 /	_____
THURS	Exercise at least 15 minutes	30 /	_____
THURS	Meditate / Breathe / Gratitude	10 /	_____
THURS	Say goals out loud w feeling (3x/day)	0 /	_____
THURS	Plan 3 imp. tasks for following day	5 /	_____

Thoughts on the day:

FRI	Journal: 3 Pages	15 /	_____
FRI	Exercise at least 15 minutes	30 /	_____
FRI	Meditate / Breathe / Gratitude	10 /	_____
FRI	Say goals out loud w feeling (3x/day)	0 /	_____
FRI	Plan 3 imp. tasks for following day	5 /	_____

Thoughts on the day:

SAT	Journal: 3 Pages	15 /	_____
SAT	Exercise at least 15 minutes	30 /	_____
SAT	Meditate / Breathe / Gratitude	10 /	_____
SAT	Say goals out loud w feeling (3x/day)	0 /	_____
SAT	Plan 3 imp. tasks for following day	5 /	_____

Thoughts on the day:

SUN	Journal: 3 Pages	15 /	_____
SUN	Exercise at least 15 minutes	30 /	_____
SUN	Meditate / Breathe / Gratitude	10 /	_____
SUN	Say goals out loud w feeling (3x/day)	0 /	_____
SUN	Plan 3 imp. tasks for following day	5 /	_____

Thoughts on the day:

How am I going to live today in order to create the tomorrow I'm committed to? ~Anthony Robbins