

Daily Plan of Action (5-6 days a week)

Date: \_\_\_\_\_

Add two possibilities per day

1. \_\_\_\_\_

2. \_\_\_\_\_

Call two NEW people per day

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_ Bonus

Follow up with two people

1. \_\_\_\_\_

2. \_\_\_\_\_

Read Daily Affirmations (as often as needed)

\_\_\_\_\_

Read 15 minutes per day

1. \_\_\_\_\_

Listen to audio 15 minutes per day

1. \_\_\_\_\_

Make one call to a partner (unactivated)

1. \_\_\_\_\_

Read GOALS twice a day

1. \_\_\_\_\_

2. \_\_\_\_\_

Make To Do list before bed

**\*\*The Key is not to prioritize what's**

**on your schedule, but to schedule YOUR**

**PRIORITIES (YOUR GOALS)!!**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

Exercise ½ hour

1. \_\_\_\_\_