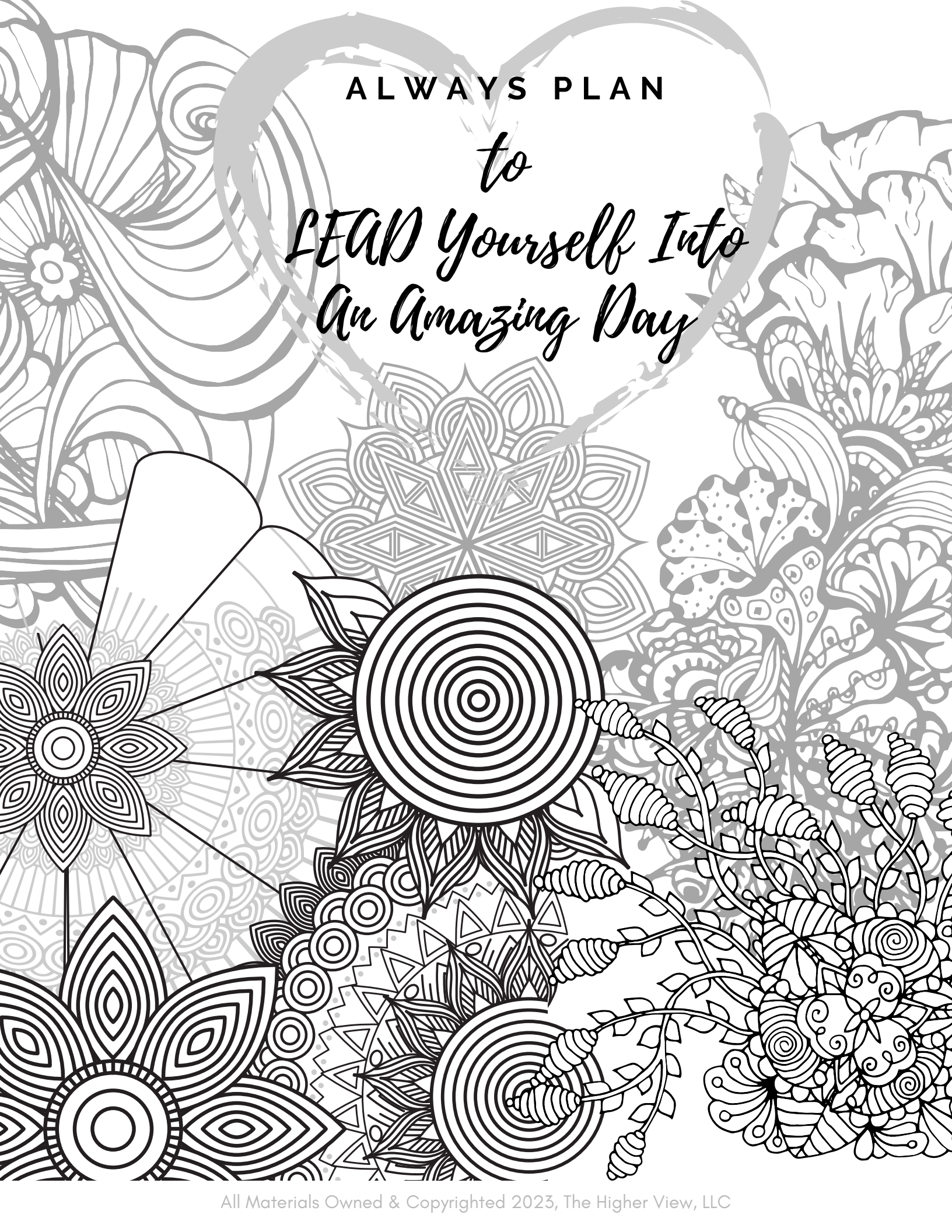


ALWAYS PLAN

to

LEAD Yourself Into
An Amazing Day



My 90 Day Reframe

For 90 Days, the theme I am going to live and work by is...

Choose a theme word or phrase to help you reframe your actions, goals, dreams and attitude. Some examples are: surrender, balance, joy, focus, trust, patience, peace, grace, love, healthy, courage, grateful, growth, release, etc.

Use the space below to write down your theme word, and the different ways that you will incorporate into your business and life.

The form consists of a central circle with the text "My Word Is:" inside. Six lines radiate from the circle to connect it to six dashed rectangular boxes arranged in a circle around it. The boxes are intended for writing down the chosen theme word and how it will be incorporated into business and life.

My Word Is:



Weekly Planner



MONDAY

TUESDAY

MONTH

WEEK NO.

ACCOUNTABILITY
CHECK-IN

WEDNESDAY

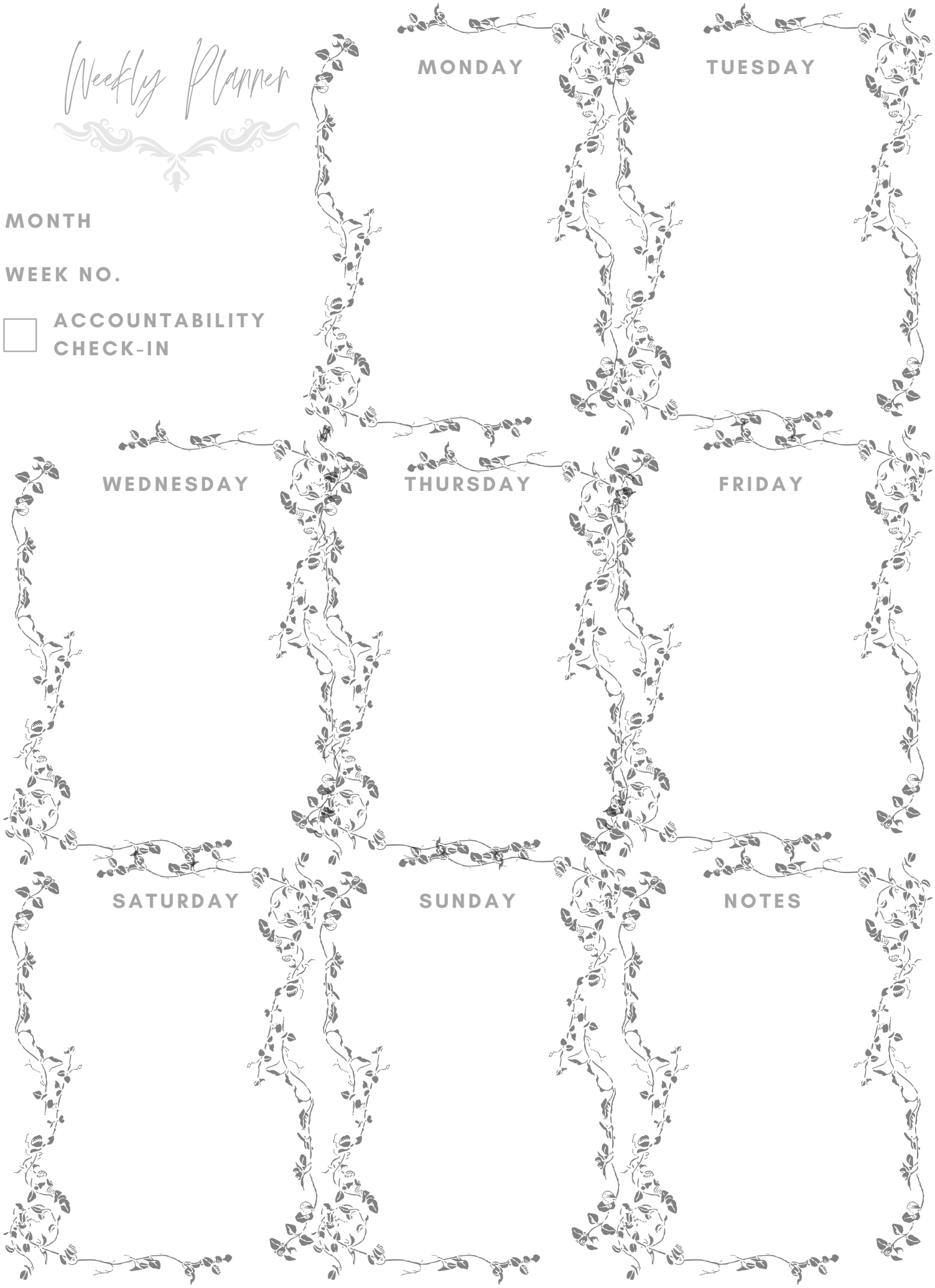
THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES



LET'S GET THINGS DONE!

Monday

Tuesday

MEALS:

PRIORITIES

BREAKFAST

LUNCH

DINNER

APPOINTMENTS

WORDS TO LIVE BY

TO DO

NOTES

Hi/Low Completed

Journal Completed

MEALS:

PRIORITIES

BREAKFAST

LUNCH

DINNER

APPOINTMENTS

WORDS TO LIVE BY

TO DO

NOTES

Hi/Low Completed

Journal Completed

Monday

What Am I Grateful For?

What Was My Biggest Challenge Today?

How Can I Reframe & Focus Forward?

Tuesday

What Am I Grateful For?

What Was My Biggest Challenge Today?

How Can I Reframe & Focus Forward?

I'm listening!

Significant Dreams & Insights

DATE:

DATE:

DATE:

DATE:

DATE:

Wednesday

What Am I Grateful For?

What Was My Biggest Challenge Today?

How Can I Reframe & Focus Forward?

Thursday

What Am I Grateful For?

What Was My Biggest Challenge Today?

How Can I Reframe & Focus Forward?

I'm listening!

Significant Dreams & Insights

DATE:

DATE:

DATE:

DATE:

DATE:

LET'S GET THINGS DONE!

Friday

Saturday

MEALS:

PRIORITIES

MEALS:

PRIORITIES

BREAKFAST

BREAKFAST

LUNCH

LUNCH

DINNER

DINNER

APPOINTMENTS

APPOINTMENTS

WORDS TO LIVE BY

WORDS TO LIVE BY

TO DO

TO DO

NOTES

NOTES

Hi/Low Completed

Journal Completed

Hi/Low Completed

Journal Completed

Friday

What Am I Grateful For?

What Was My Biggest Challenge Today?

How Can I Reframe & Focus Forward?

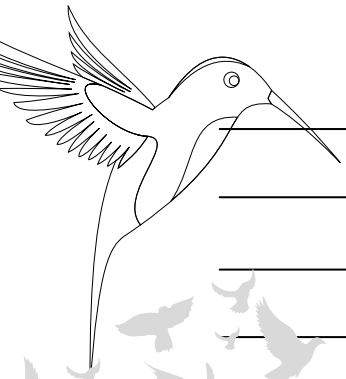
Saturday

What Am I Grateful For?

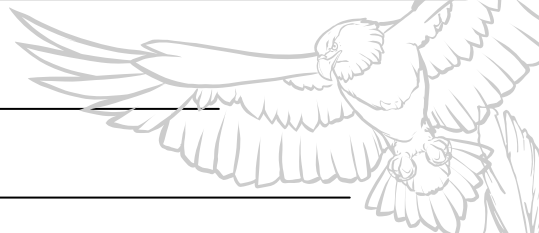
What Was My Biggest Challenge Today?

How Can I Reframe & Focus Forward?

Friday
Inspiration: _____



Saturday
Inspiration: _____



I'm listening!

Significant Dreams & Insights

DATE:

DATE:

DATE:

DATE:

DATE:

Sunday

What Am I Grateful For?

What Was My Biggest Challenge Today?

How Can I Reframe & Focus Forward?

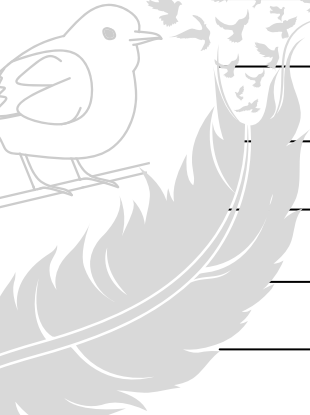
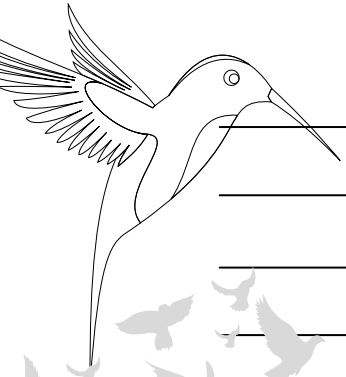
Review

What Am I Grateful For?

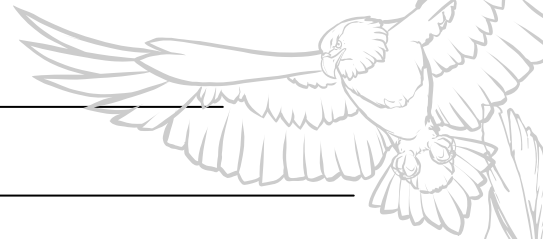
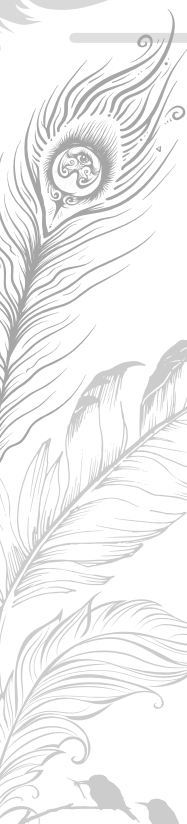
What Was My Biggest Challenge Today?

How Can I Reframe & Focus Forward?

Sunday
Inspiration: _____



Review
Inspiration: _____



I'm listening!

Significant Dreams & Insights

DATE:

DATE:

DATE:

DATE:

DATE:

