

Visualize

Visualize achieving your desires and goals. See it, taste it, feel the feelings in your body. It can help to play inspiring music while visualizing your long-term goals.

Self-Care Planning

What will nurture you this week?
Spend 5 minutes scheduling it.

Celebrate & Appreciate

Write down 10 things you are proud of from last week

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.

Think of something you appreciate about yourself or your life while you inhale and exhale three times.

Just Say No

What can you take off your plate this week by outsourcing, delegating, postponing or just not doing at all?

Major Lessons & Inspiration

Write down any key learnings from the past week; major lessons, meaningful quotes, things that inspire you and people you'd like to meet.

Failure is Feedback

What didn't happen? What can you improve next time?

Affirmation: "I learn from the feedback and then move on."

Giving Back and Connecting

Ask yourself "hmmmm...who else can I help this week?" List 1-3 people.

- 1.
- 2.
- 3.

Ask yourself "hmmmm...who would I benefit from reaching out to this week?" List 1-3 people and then schedule when you will reach out to them.

- 1.
- 2.

Soul Whispers/Synchronicities

Write down any soul whispers curiosities, synchronicities, gut feelings or intuitive ideas.

Take action on at least one by scheduling it.

FOCUS: Top Outcomes

What are your top 3 priorities for this week? Listening to your heart rather than your mind, what will move your career/business and personal life forward the most?

- 1.
- 2.
- 3.

Feed Your Soul

What are 3 ways I can feed my soul this week?

- 1.
- 2.
- 3.

Review

Review your:

- ✓ Yearly Goals
- ✓ Monthly Goals

DAILY GOALS

Week Of: _____

MONDAY

THURSDAY

TUESDAY

FRIDAY

WEDNESDAY

SATURDAY/SUNDAY

Appreciate yourself for having completed your weekly ritual planning!