

SUNDAY SITDOWN

STEP 1: FOLLOW THE JOURNAL PROMPTS ON THE JOURNALING PAGE TO REFLECT ON LAST WEEK, IDENTIFY HOW YOU WANT THIS WEEK TO FEEL, AND MAP OUT WHAT YOU WANT TO CREATE.

STEP 2: ON THE NEXT PAGE, TRANSFER YOUR SUMMARIES TO “HOW DO I WANT THIS WEEK TO FEEL?” AND “WHAT DO I WANT TO CREATE THIS WEEK?” ASSIGN A SINGLE WORD INTENTION FOR THE WEEK.

STEP 3: UNDER ‘WEEKLY PLANNER’ WRITE DOWN EVERYTHING THAT’S ALREADY SCHEDULED ON YOUR CALENDAR FOR THE WEEK.

STEP 4: ASK YOURSELF: “IS THERE ANYTHING ON THE CALENDAR THAT I WANT TO REMOVE OR RE-SCHEDULE BASED ON HOW I WANT THIS WEEK TO FEEL AND WHAT I WANT TO CREATE?” THEN GIVE YOURSELF FULL AND TOTAL PERMISSION TO DO SO. REMEMBER: YOU ARE IN CHARGE OF YOUR LIFE.

STEP 5: ASK YOURSELF: “IS THERE ANYTHING I WANT TO ADD THIS WEEK BASED ON HOW I WANT THIS WEEK TO FEEL AND WHAT I WANT TO CREATE?” THEN SCHEDULE OR ADD IT.

STEP 6: ASK YOURSELF: “IS THERE ANYWHERE IN THE WEEK THAT I COULD USE SOME HELP OR SUPPORT?” THEN ASK FOR IT/CREATE IT.

STEP 7: GRAB YOUR MASTER TO DO LIST (IF YOU DON’T HAVE ONE, I’VE ADDED ONE AT THE END OF THIS WORKSHEET). SELECT 12 THINGS (MAX) FROM THIS LIST THAT NEED TO BE DONE THIS WEEK TO MAKE IT A SUCCESSFUL WEEK. AS YOU WALK THROUGH YOUR WEEK, YOU ARE GOING TO SELECT THREE OF THESE THINGS TO TACKLE EACH DAY (THESE ARE YOUR THREE POWER MOVES).

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STEP 8: MAKE A SEPARATE LIST OF SIX THINGS (MAX) THAT YOU'D LOVE TO ALSO DO THIS WEEK. AS YOU WALK THROUGH YOUR WEEK, NOTICE THE DAYS THAT FEEL LIGHT OR THOSE MOMENTS WHERE YOU'RE IN YOUR PRODUCTIVE ENERGY AND SELECT ONE OR TWO OF THESE THINGS TO DO - ENJOY THE FEELING THAT COMES WITH THIS KIND OF MOMENTUM!

STEP 9: LIST OUT YOUR DINNERS / OTHER MEALS, AND ORDER YOUR GROCERIES (IF YOU DON'T ALREADY DO GROCERY DELIVERY OR PICK UP, THIS IS YOUR NUDGE TO DO SO!).

STEP 10: LOOP YOUR FAMILY IN. ADDITIONAL PLANNER PAGES ARE ATTACHED FOR YOUR PARTNER OR KIDS - THIS IS A GREAT OPPORTUNITY TO CONNECT AND GET EVERYONE ON THE SAME PAGE FOR THE WEEK AHEAD!

STEP 11: FINALIZE THIS HIGH LEVEL VIEW OF YOUR WEEK, AND TAKE A FEW MINUTES TO SIMMER IN IT... YOU HAVE JUST DESIGNED YOUR WEEK FROM A PLACE OF TRUTH AND HIGH VIBE INTENTIONS. NOW GO HAVE SOME FUN, AND CREATE SOME MAGIC!

SUNDAY SITDOWN | JOURNALING

QUICK REFLECTION ON LAST WEEK - WHAT WORKED? WHAT DIDN'T?

HOW DO I WANT TO FEEL THIS WEEK? (BRAIN DUMP)

SUMMARIZE IN 2-3 WORDS HOW I WANT THIS WEEK TO FEEL

THOUGHTS OR IDEAS ON THINGS I WANT TO CHANGE,
GOALS I WANT TO WORK ON, THINGS I WANT TO CREATE
RIGHT NOW... (BRAIN DUMP)

SUMMARIZE AS 3-5 THINGS I WANT TO DO/CREATE THIS WEEK

SUNDAY SITDOWN

HOW DO I WANT THIS WEEK TO FEEL?

WHAT DO I WANT TO DO/CREATE THIS WEEK?

ONE WORD INTENTION:

WEEKLY PLANNER

WEEK OF:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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WHAT NEEDS TO HAPPEN THIS WEEK?

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I WOULD ALSO LOVE TO

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MEALS

MASTER TO DO LIST

CONTAINER:

CONTAINER:

CONTAINER:

CONTAINER:

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CONTAINER:

WEEKLY PLANNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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NOTES

TO DO/REMEMBER

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