LIVE • CREATE • LEAD
GoGetEm
COACHING
IT DOES NOT MATTER HOW SLOW YOU GO
SO LONG AS YOU DON'T STOP
#INSPIRATIONALPLANNER2019/2020

# Weekend Planning Routine

**DATE:**

- [ ] MEDITATION/VISUALISATION
- [ ] JOURNAL WRITING TO SET FOUNDATION FOR WEEK (USE TEMPLATE)
- [ ] SCHEDULE WEEKLY ACTIVITIES
- [ ] THREE PRIORITY FUN, INSPIRING OR CREATIVE ACTIVITIES THIS WEEK

1:

2:

3:

WHAT BARRIERS MAY STAND IN THE WAY OF THE ABOVE?

HOW MIGHT I OVERCOME THESE?

INSPIRATIONAL SCALE

UNINSPIRED | AVERAGE | SOMEWHAT INSPIRED | INSPIRED | HIGHLY INSPIRED

**HAVE AN INSPIRATIONAL WEEK!!**

# Journaling Prompts

**DATE:**

## WHAT DO I WANT MY DAY/WEEK TO BE LIKE?

## HOW DO I WANT TO FEEL?

## WHAT ACTIVITIES/ACHIEVEMENTS WILL HELP ME FEEL THIS WAY?

- [ ] **WHAT THEREFORE ARE MY THREE PRIORITIES FOR TODAY/THIS WEEK?**

1:

2:

3:

**HAVE AN INSPIRATIONAL WEEK!!**

# Inspirational Routine

**DATE:**

- [ ] EXERCISE
- [ ] GET READY FOR DAY (BREAKY/SHOWER/DRESS)
- [ ] DAILY STATEMENT OF THANKS

- [ ] MEDITATION/VISUALISATION

- [ ] THREE INSPIRING OR CREATIVE ACTIVITIES TODAY

1:

2:

3:

- [ ] INSPIRATIONAL QUOTE (OVER PAGE)
- [ ] INSPIRATIONAL SCALE

UNINSPIRED | AVERAGE | SOMEWHAT INSPIRED | INSPIRED | HIGHLY INSPIRED

- [ ] JOURNALLING/NOTES

**HAVE AN INSPIRATIONAL DAY TODAY....AND EVERY DAY!!**

# Inspirational Day

*Quote of the Day:*

## CALENDAR DATE:

9:

10:

11:

12:

1:

2:

3:

4:

5:

## PLAN OF ACTION:

MORNING:

## STOP FOR LUNCH!

AFTERNOON:

## DON'T FORGET! & NOTES: