Unstoppable You 30-Day Challenge SUCCESS PLANNER

Created by Stephanie McWilliams

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JoinTheUnstoppables.com/challenge

How to Use This Planner

FREE TRAINING ON USING THIS PLANNER: JoinTheUnstoppables.com/challenge

Hey there, Unstoppable-One! I want to welcome you to this exciting, and empowered step toward living at 100% — so you can actually step into your Unstoppability, learn to love yourself more deeply, and make a radically positive impact on the planet, and those around you. Every word used in this Planner has been intuitive crafted to help inspire you to become your most Unstoppable self!

ONE UNSTOPPABLE GOAL AT A TIME: I believe that a woman's life will become unrecognizable if she simply focused on making 1 smart, soulful change — and follow it to completion — each and every month. So I encourage you to think about what 1 shift would create the most dramatic ripple effect throughout your entire life. It may be a seemingly small change: Like clearing off your desk every night so you wake up to a calm, quiet, beautiful workspace. Or tackling a project you've been putting off for years. Whatever it is, really sink down deep, be willing to be surprised by the answer, and ask your wiser inner-self what 1 goal is the most potent elixir for your life. (See below for a free **30-Day Challenge Training**, or info on **Club Unstoppable**.)

FYI: You'll also notice I've thrown in 2 bonus pages: for day 31, and for week 5 — just in case you're using this challenge on a monthly basis where there might be 31 days, or the month spreads out over 5 weeks. This Planner is customizable for however you wish to set your goals — and achieve them!

ONE UNSTOPPABLE QUESTION: You'll notice that I've used the statement: "If I loved myself..." quite a bit throughout the Planner. I've found that this 1 question can instantly trigger your Soul's innate wisdom, and help bring you powerfully back into your intuitive know-how... bringing you back into your greatness, beauty and wholeness inside. And when you are on your own side, and in your own skin — you make powerfully different choices for yourself and your life, and you take radically bolder actions.

Get in the habit of asking yourself this question throughout your life - before ANY activity, choice or action: "If I loved myself, what would I do or choose right now?" It can help you make a decision, or take an action that is far more authentic to your Soul's deepest desires — vs. innocently playing out internal or outdated baggage, childhood wounds, etc. . . with 0 awareness.

You and I are here for a limited amount of time. No one is here without an expiration date! And time, once spent, is gone forever. Learning to use your life wisely — and creating with gusto, passion and overflowing love — allows you to feel a rich, deep sense of fulfillment, meaning and purpose, ...And in my book: that's a pretty darn Unstoppable way to live!

<u>DAILY PLANNING PAGES</u>: You have 2 types of daily planning pages — feel free to use one or both of them (and refer to the free training below that walks you through both types.

<u>WEEKLY PLANNING PAGES</u>: You'll notice that I've included several weekly planning pages near the beginning of your Planner. Depending on the day and date you begin your challenge, you can use these pages to plan your months — simply mark those pages with a post-it note, or bookmark, so you can easily access it throughout the week as you're planning each day of your adventure...

MONTHLY PLANNING PAGES: And of course, enjoy the variety of monthly planning pages at the beginning and end of your Planner. If you have suggestions for other types of monthly reminders that would help you become more Unstoppable, please reach out — your insights and ideas will help make all of our programs, products and services even more amazing!

Tip: You'll want to use bookmarks, post-it notes, ribbon, etc. to mark the pages you refer to most — for easy access!

As you use this guide: if you find that there are exercises, questions or challenges that you believe would benefit this Planner, please let my team know (our email below) — as we will happily be upgrading and making changes to this guide over time to ensure that it's the most dynamic, inspiring and life-changing tool that you interact with each day.

And if you haven't joined my online Unstoppable family, definitely pop over and introduce yourself! I look forward to the opportunity to get to know you, and support your journey — whether it's through your business, or your personal spiritual development. Pop over to grab up all the free goodies, dive into our powerful programs, and join our live virtual events here:

To Order More 30-Day Planners, or get a FREE <u>30-Day Challenge Training</u>: <u>www.JoinTheUnstoppables.com/challenge</u>

To Join <u>CLUB UNSTOPPABLE</u> — and get 1 year of challenges, tools + trainings: <u>www.ClubUnstoppable.com</u>

For Suggestions, Questions and Love-Notes: Support@JoinTheUnstoppables.com

SETTING THE STAGE PLANNING PAGES

30-DAY CHALLENGE

onth	Start Date:	//	
What #1 most-transfo	ormational goal will I focus my attentic	on on over the next 30 days?	
THIS MON	NTH'S MOST LIFE-CHANG	SING GOAL IS:	
If I meet my goal, I v	will reward myself by:		
If I don't meet my go	oal, the ramification will be:		

Try to make sure that your goal above is a **S.M.A.R.T. Goal** — that fits the following criteria:

Specific

What specific result do you want to create or achieve? And what is the big, juicy reason(s) that you're selecting this goal? What other details or people are involved in this?

Measurable

You want to select a goal that you can track and/or measure – such as: How much? How many? How will I know when I've achieved this goal?

Achievable

You want to make sure you're selecting a goal that isn't so outrageous that you'll want to give up. It's often better to pick a goal that you know you can blow out of the water!

Relevant

Make sure you select a goal that is going to make the biggest ripple-effect throughout your entire life. Pick an achievement that is rich with meaning and impact!

Iime-bound

Setting a goal within a specific time frame is key. In this tracking journal, you'll use a 30-day goal setting strategy – but I encourage you to have powerful 1-year and 3-month goals too!

My Number One Goal

MY BIG "WHY": This #1 goal is SO important to me because
RIPPLE-EFFECT: By achieving this goal, my life will be positively impacted in these ways
CHALLENGES: I've had a hard time achieving this in the past because
COMMITMENT: To accomplish my goal, it will require that I make these kinds of changes
COMMITMENT: To accomplish my goal, it will require that I become this kind of person

The Unstoppable Life

An Unstoppable Life is strong in ALL of the important areas. So review this list and brainstorm ways you can schedule, implement or focus on strengthening any of the areas that might need more attention or TLC:

Self-Love:	
Spirituality:	
Health:	
Trodini.	
Love Relationships:	
Fun + Adventure:	
Finances:	
Work:	
Creativity:	
Family + Friends:	
•	

Monthly Checklist

TASK LIST: Make sure you're consistently taking care of the MOST important aspects of your Unstoppable life: If I completely loved myself, I would *ADD* these things, people, actions or activities to my life: If I completely loved myself, I would *DELETE* these things, people, actions or activities from my life: TIME + PRODUCTIVITY: MONEY: ☐ Review last month's expenses + income ☐ Schedule time to plan my month ☐ Tracked this month's income ☐ Schedule time to plan my weeks ☐ Balanced checkbooks + accounts ☐ Schedule time to plan NEXT month's goals ☐ Put a % of money into savings ☐ Reviewed my 1-Year Goals □ Donated a % of my income ☐ Reviewed my Quarterly Goals ☐ Filled out quarter income goal form ☐ Reviewed Last Month's Goals ☐ Planned and set my budget ☐ Set my 30-Day Challenge(s) ☐ Filled out **Money Speedometer** form ☐ Set accountability or support to reach my goal(s) ☐ Reviewed the **Cost of Playing Small** ☐ Set up reward(s) for reaching my goal(s) ☐ Set up ramification(s) for reaching my goal(s) ☐ Tracked my time in 15-minute increments **ENVIRONMENT:** ☐ Deep-cleaned my home/office □ Scheduled organizing projects ☐ Tossed anything that's no longer needed **ADVENTURE + FUN:** ☐ Fixed broken items or scheduled repairs □ Scheduled adventure(s) ■ Scheduled socializing activities ☐ Scheduled educational activities OTHER + MISC:

My Unstoppable Vision

Create a collage of images and/or words that describe the goals + emotions you wish to experience this month:

My Unstoppable Vision

Create a collage of images and/or words that describe the goals + emotions you wish to experience this month:

Monthly Master Wish-List | BIZ

UNSTOPPABLE TO-DO'S: If I were a woman who loved	myself completely, what would I accomplish this month?

Monthly WishList | PERSONAL

Month: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Month: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
,						
,						7

Month: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
,						
,						7

WEEKLY OVERVIEW PLANNING PAGES

WEEK 1 | REVIEW + VISION

LAST WEEK'S BEST ACCOMPLISHMENTS:
1
2.
3
UNSTOPPABLE OUTLOOK: If I loved myself completely, this week I would
1
2
3
4
5
CHALLENGES: Last week I struggled with
1
2
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5
COURSE-CORRECTING: If I loved myself completely, here's how I'd solve these challenges
1
2
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v .
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9
5
UNSTOPPABLE WISDOM: Insights + "Ah-Ha's"

WEEK 1 | POWER PLANNING

res: From/thru _ v I Want to Feel This Week:	
virational Reminder:	
	ny time on today? What actions would get me closer to living my Mission?
STOPPABLE BUSINESS TASKS: (rank 1–10)	UNSTOPPABLE PERSONAL TASKS: (rank 1–10)
<u></u>	
ON-URGENT BUSINESS TASKS:	NON-URGENT PERSONAL TASKS:

WEEK 2 | REVIEW + VISION

LAST WEEK'S BEST ACCOMPLISHMENTS:
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2.
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UNSTOPPABLE OUTLOOK: If I loved myself completely, this week I would
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CHALLENGES: Last week I struggled with
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COURSE-CORRECTING: If I loved myself completely, here's how I'd solve these challenges
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v .
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9
5
UNSTOPPABLE WISDOM: Insights + "Ah-Ha's"

WEEK 2 | POWER PLANNING

If I loved myself completely, what would I spend my time on today? What actions would get me closer to living my Mission?
How I Want to Feel This Week:
nspirational Reminder:
NON-URGENT BUSINESS TASKS: NON-URGENT PERSONAL TASKS:

WEEK 3 | REVIEW + VISION

LAST WEEK'S BEST ACCOMPLISHMENTS:
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UNSTOPPABLE OUTLOOK: If I loved myself completely, this week I would
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CHALLENGES: Last week I struggled with
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COURSE-CORRECTING: If I loved myself completely, here's how I'd solve these challenges
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v .
4
9
5
UNSTOPPABLE WISDOM: Insights + "Ah-Ha's"

WEEK 3 | POWER PLANNING

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w I Want to Feel This Week:	
pirational Reminder:	
	UNSTOPPABLE PERSONAL TASKS: (rank 1–10)
ON-URGENT BUSINESS TASKS:	NON-URGENT PERSONAL TASKS:

WEEK 4 | REVIEW + VISION

LAST WEEK'S BEST ACCOMPLISHMENTS:
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UNSTOPPABLE OUTLOOK: If I loved myself completely, this week I would
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CHALLENGES: Last week I struggled with
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COURSE-CORRECTING: If I loved myself completely, here's how I'd solve these challenges
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UNSTOPPABLE WISDOM: Insights + "Ah-Ha's"

WEEK 4 | POWER PLANNING

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WEEK 5 | REVIEW + VISION

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CHALLENGES: Last week I struggled with	
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UNSTOPPABLE WISDOM: Insights + "Ah-Ha's"	

WEEK 5 | POWER PLANNING

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virational Reminder:	
	ny time on today? What actions would get me closer to living my Mission?
STOPPABLE BUSINESS TASKS: (rank 1–10)	UNSTOPPABLE PERSONAL TASKS: (rank 1–10)
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ON-URGENT BUSINESS TASKS:	NON-URGENT PERSONAL TASKS:

WEEK
AT-A-GLANCE
DAILY
PLANNING
PAGES

WEEK 1 | My 30-Day Challenge:

Weekly List by Categories			
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Daily To-Do List [Rank in orde	er of Priority 1		
		Wodnosday	Thursday
Monday	Tuesday	Wednesday	Thursday
Monday		Wednesday	Thursday
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Month:	Dates: _	/	—/
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Weekly List by Categories			
Daily To-Do List [Rank in orde	r of Priority]		
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Daily To-Do List [Rank in order		Sunday	
Friday	Saturday		
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Friday	Saturday 1 2	1 2	
Friday	Saturday	1	
Friday	Saturday 1 2	1 2	
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Friday 1 2 3	Saturday 1 2 3	1 2	
Friday	Saturday 1 2 3	1	
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WEEK 2 | My 30-Day Challenge:

Weekly List by Categories			
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Weekly List by Categories			
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Friday	Saturday 1 2	1 2	
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WEEK $3 \mid$ My 30-Day Challenge:

Weekly List by Categories			
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Weekly List by Categories			
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Friday	Saturday 1 2 3	1	
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WEEK 4 | My 30-Day Challenge:

Weekly List by Categories			
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Monday	Tuesday	1	1
Monday	Tuesday	1	1
Monday	Tuesday	1.	1
Monday	Tuesday	1.	1. 2. 3.
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Month:	Dates: __	/	—/
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Weekly List by Categories			
			4
			
Daily To-Do List [Rank in orde	er of Priority]		
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Friday	Saturday	1	
Friday 1 2	Saturday 1 2	1 2	
Friday 1 2	Saturday 1 2	1 2	
Friday 1 2 3	Saturday 1 2 3	1	
Friday 1 2 3	Saturday 1 2 3	1 2	
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Friday	Saturday	1.	
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WEEK $5 \mid$ My 30-Day Challenge:

Weekly List by Categories			
Daily To-Do List [Rank in orde	er of Priority 1		
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Monday	Tuesday	1 2	1 2
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Monday	Tuesday	1. 2. 3.	1
Monday	Tuesday	1. 2. 3.	1
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Month:	Dates: _	/	—/
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Weekly List by Categories			
Daily To-Do List [Rank in orde	r of Priority]		
Daily To-Do List [Rank in order		Sunday	
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Friday	Saturday	1	
Friday	Saturday 1 2	1 2	
Friday	Saturday	1	
Friday	Saturday 1 2	1 2	
Friday	Saturday 1 2	1 2	
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Friday	Saturday 1 2 3	1	
Friday	Saturday	1	
Friday	Saturday 1 2 3	1	
Friday	Saturday 1 2 3	1	
Friday	Saturday	1.	

ONE DAY AT-A-TIME PLANNING PAGES

DAY 1 | MORNING/EVENING

UNSTOPPABLE CELEBRATION: I'm so proud of myself because today I kicked some serious but because UNSTOPPABLE CELEBRATION: I'm so proud of myself because today I kicked some serious but because UNSTOPPABLE EVENING GRATITUDE: These great things happened today / Here's what I did well today UNSTOPPABLE EVENING GRATITUDE: These great things happened today / Here's what I did well today 1.	UNSTOPPABLE MAGIC	I visualized my dreams as if they were already here and/or worked some energetic or manifesting-magic b
2. 7. 3. 8. 4. 9 UNSTOPPABLE CELEBRATION: I'm so proud of myself because foday I kicked some serious butt because UNSTOPPABLE EVENING GRATITUDE: These great things happened today / Here's what I did well today 1. 6. 7. 3. 8. 4. 9. 5. 10. UNSTOPPABLE CHALLENGES: Today I faced these challenges or difficulties: 1. 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2. 2. 3. 3. 4. 4. 4. 4. 4. 4. 4. 4. 4. 4. 4. 4. 4.	UNSTOPPABLE MORNIN	IG GRATITUDE: Today I am grateful for / I am proud of myself for
3. 8. 9. 10. UNSTOPPABILITY: What would a woman who loved herself completely – do, feel, think or act today? UNSTOPPABLE CELEBRATION: I'm so proud of myself because today I kicked some serious but tbecause UNSTOPPABLE EVENING GRATITUDE: These great things happened today / Here's what I did well today 1. 6. 7. 3. 8. 8. 9. 5. 10. UNSTOPPABLE CHALLENGES: Today I faced these challenges or difficulties: 1. 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2. 2. 3. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2. 3. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2. 3. 4. 4. 5. 4. 5. 5. 5. 5. 5. 5. 5. 5. 5. 5. 5. 5. 5.	1	6
9. 5. 10. UNSTOPPABILITY: What would a woman who loved herself completely – do. feel, think or act today? UNSTOPPABLE CELEBRATION: I'm so proud of myself because today I kicked some serious butt because UNSTOPPABLE EVENING GRATITUDE: These great things happened today, / Here's what I did well today 6. 2. 7. 3. 8. 4. 9. 5. 10. UNSTOPPABLE CHALLENGES: Today I faced these challenges or difficulties: 1. 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. 4. 5. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. 4. 5. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 4. 5. 6. 6. 6. 7. 8. 8. 9. 9. 8. 9. 8. 9. 8. 9. 8. 9. 8. 9. 8. 9. 8. 9. 8. 9. 8. 9. 8. 9. 8. 9. 8. 9. 8. 9. 8. 9. 8. 9. 8. 9. 8. 9. 8. 9. 9. 9. 9. 9. 9. 9. 9. 9. 9. 9. 9. 9.	2	7
UNSTOPPABLE CELEBRATION: I'm so proud of myself because today I kicked some serious butt because UNSTOPPABLE EVENING GRATITUDE: These great things happened today / Here's what I did well today 1. 6. 7. 3. 8. 9. 10. UNSTOPPABLE CHALLENGES: Today I faced these challenges or difficulties: 1. 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 3. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 3. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow?	3	8
UNSTOPPABLE CELEBRATION: I'm so proud of myself because today I kicked some serious butt because UNSTOPPABLE EVENING GRATITUDE: These great things happened today / Here's what I did well today 6. 2. 7. 3. 8. 4. 9. 5. 10. UNSTOPPABLE CHALLENGES: Today I faced these challenges or difficulties: 1. 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. 3. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2.	4	9
UNSTOPPABLE CELEBRATION: I'm so proud of myself because today I kicked some serious butt because UNSTOPPABLE EVENING GRATITUDE: These great things happened today / Here's what I did well today 6. 2. 7. 3. 8. 4. 9. 5. 10. UNSTOPPABLE CHALLENGES: Today I faced these challenges or difficulties: 1. 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2.	5	10
UNSTOPPABLE EVENING GRATITUDE: These great things happened today / Here's what I did well today 1. 6. 7. 3. 8. 4. 9. 5. 10. UNSTOPPABLE CHALLENGES: Today I faced these challenges or difficulties: 1. 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 2. 3. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2. 2. 3. 4. 4. 5. 5. 6. 6. 6. 6. 6. 6. 6. 6. 6. 6. 6. 6. 6.	UNSTOPPABILITY: What	vould a woman who loved herself completely – do, feel, think or act today?
1. 6. 2. 7. 3. 8. 4. 9. 5. 10. UNSTOPPABLE CHALLENGES: Today I faced these challenges or difficulties: 1. 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2. 2. 3. 4. 4. 9. 9. 4. 9. 4. 9. 9. 4. 9. 9. 4. 9. 9. 9. 9. 9. 9. 9. 9. 9. 9. 9. 9. 9.	UNSTOPPABLE CELEBRA	ATION: I'm so proud of myself because today I kicked some serious butt because
6. 2. 7. 3. 8. 4. 9. 5. 10. UNSTOPPABLE CHALLENGES: Today I faced these challenges or difficulties: 1. 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2.		
2. 7. 8. 8. 9. 9. 10. UNSTOPPABLE CHALLENGES: Today I faced these challenges or difficulties: 1. 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 2. EXCITEMENT: Tomorrow is going to be an amazing day because: 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow?	UNSTOPPABLE EVENIN	GRATITUDE: These great things happened today / Here's what I did well today
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9	2	7
UNSTOPPABLE CHALLENGES: Today I faced these challenges or difficulties: 1. 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 2. 2. 2. 2. 2. 2. 2. 2. 2. 2. 2. 2. 2. 2		
UNSTOPPABLE CHALLENGES: Today I faced these challenges or difficulties: 1.		
COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2.		
COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2.	UNSTOPPABLE CHALLE	NGES: Today I faced these challenges or difficulties:
COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 2. EXCITEMENT: Tomorrow is going to be an amazing day because:	l	
COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 2. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2.	2	
2	3	
EXCITEMENT: Tomorrow is going to be an amazing day because: 1	COURSE-CORRECTING	What would a woman who loved herself do to solve these challenges tomorrow?
EXCITEMENT: Tomorrow is going to be an amazing day because: 1	1	
EXCITEMENT: Tomorrow is going to be an amazing day because: 1	2	
1	3	
1	EXCITEMENT: Tomorrow is	going to be an amazing day because:
3.	2.	
	3	

DAY 1 | POWER PLANNING

y of Week:	///
w I Want to Feel Today:	
oirational Reminder:	
	ne on today? What actions would get me closer to living my Mission
STOPPABLE BUSINESS TASKS: (rank 1–10)	UNSTOPPABLE PERSONAL TASKS: (rank 1–10)
N-URGENT BUSINESS TASKS:	NON-URGENT PERSONAL TASKS:

NOTE: If you don't complete any tasks, transfer them to your weekly, monthly or quarterly list + revisit during your monthly planning session.

DAY 2 | MORNING/EVENING

MY 30-DAY CHALLENGE GOAL:		
		worked some energetic or manifesting-magic by:
LINCTODDADIE MODNING CDATI	TUDE: To desire the first of the second	
	TUDE: Today I am grateful for / I am proud (
	6	
	7	
	8	
	9	
5	10	
UNSTOPPABILITY: What would a won	nan who loved herself completely – do, feel, thir	nk or act today?
HAICTORDANI F OF FRRATION.		
UNSTOPPABLE CELEBRATION: I'm	so proud of myself because today I kicked som	ne serious butt because
	UDE: These great things happened today / F	
	6	
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4	9	
5	10	
UNSTOPPABLE CHALLENGES: Tod	ay I faced these challenges or difficulties:	
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2.		
3.		
COURSE CORRECTING: W		
	ld a woman who loved herself do to solve these	e challenges tomorrow?
1		
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EVCITEMENT: Tanaaman in mains to be		
EXCITEMENT: Tomorrow is going to be	an amazing day because:	
1		
2.		
J		
EVENING CHECKLIST: I visua	alized my Goals as if they are already here.	I've planned out my priorities for tomorrow.

DAY 2 | POWER PLANNING

ay of Week:	Date	:/	/
ow I Want to Feel Today:			
spirational Reminder:			
If I loved myself completely, what would I spend my to NSTOPPABLE BUSINESS TASKS: (rank 1–10)			
	_		
	_		
ON-URGENT BUSINESS TASKS:	NON-URGENT P	ERSONAL TAS	KS:

DAY 3 | MORNING/EVENING

UNSTOPPABLE CELEBRATION: I'm so proud of myself because today I kicked some serious but because UNSTOPPABLE CELEBRATION: I'm so proud of myself because today I kicked some serious but because UNSTOPPABLE EVENING GRATITUDE: These great things happened today / Here's what I did well today UNSTOPPABLE EVENING GRATITUDE: These great things happened today / Here's what I did well today 1.	UNSTOPPABLE MAGIC	I visualized my dreams as if they were already here and/or worked some energetic or manifesting-magic b
2. 7. 3. 8. 4. 9 UNSTOPPABLE CELEBRATION: I'm so proud of myself because foday I kicked some serious butt because UNSTOPPABLE EVENING GRATITUDE: These great things happened today / Here's what I did well today 1. 6. 7. 3. 8. 4. 9. 5. 10. UNSTOPPABLE CHALLENGES: Today I faced these challenges or difficulties: 1. 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2. 2. 3. 3. 4. 4. 4. 4. 4. 4. 4. 4. 4. 4. 4. 4. 4.	UNSTOPPABLE MORNIN	IG GRATITUDE: Today I am grateful for / I am proud of myself for
3. 8. 9. 10. UNSTOPPABILITY: What would a woman who loved herself completely – do, feel, think or act today? UNSTOPPABLE CELEBRATION: I'm so proud of myself because today I kicked some serious but tbecause UNSTOPPABLE EVENING GRATITUDE: These great things happened today / Here's what I did well today 1. 6. 7. 3. 8. 8. 9. 5. 10. UNSTOPPABLE CHALLENGES: Today I faced these challenges or difficulties: 1. 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2. 2. 3. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2. 3. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2. 3. 4. 4. 5. 4. 5. 5. 5. 5. 5. 5. 5. 5. 5. 5. 5. 5. 5.	1	6
9. 5. 10. UNSTOPPABILITY: What would a woman who loved herself completely – do. feel, think or act today? UNSTOPPABLE CELEBRATION: I'm so proud of myself because today I kicked some serious butt because UNSTOPPABLE EVENING GRATITUDE: These great things happened today, / Here's what I did well today 6. 2. 7. 3. 8. 4. 9. 5. 10. UNSTOPPABLE CHALLENGES: Today I faced these challenges or difficulties: 1. 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. 4. 5. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. 4. 5. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 4. 5. 6. 6. 6. 7. 8. 8. 9. 9. 8. 9. 8. 9. 8. 9. 8. 9. 8. 9. 8. 9. 8. 9. 8. 9. 8. 9. 8. 9. 8. 9. 8. 9. 8. 9. 8. 9. 8. 9. 8. 9. 8. 9. 8. 9. 9. 9. 9. 9. 9. 9. 9. 9. 9. 9. 9. 9.	2	7
UNSTOPPABLE CELEBRATION: I'm so proud of myself because today I kicked some serious butt because UNSTOPPABLE EVENING GRATITUDE: These great things happened today / Here's what I did well today 1. 6. 7. 3. 8. 9. 10. UNSTOPPABLE CHALLENGES: Today I faced these challenges or difficulties: 1. 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 3. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 3. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow?	3	8
UNSTOPPABLE CELEBRATION: I'm so proud of myself because today I kicked some serious butt because UNSTOPPABLE EVENING GRATITUDE: These great things happened today / Here's what I did well today 6. 2. 7. 3. 8. 4. 9. 5. 10. UNSTOPPABLE CHALLENGES: Today I faced these challenges or difficulties: 1. 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. 3. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2.	4	9
UNSTOPPABLE CELEBRATION: I'm so proud of myself because today I kicked some serious butt because UNSTOPPABLE EVENING GRATITUDE: These great things happened today / Here's what I did well today 6. 2. 7. 3. 8. 4. 9. 5. 10. UNSTOPPABLE CHALLENGES: Today I faced these challenges or difficulties: 1. 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2.	5	10
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6. 2. 7. 3. 8. 4. 9. 5. 10. UNSTOPPABLE CHALLENGES: Today I faced these challenges or difficulties: 1. 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2.		
2. 7. 8. 8. 9. 9. 10. UNSTOPPABLE CHALLENGES: Today I faced these challenges or difficulties: 1. 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 2. EXCITEMENT: Tomorrow is going to be an amazing day because: 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow?	UNSTOPPABLE EVENIN	GRATITUDE: These great things happened today / Here's what I did well today
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UNSTOPPABLE CHALLENGES: Today I faced these challenges or difficulties: 1. 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 2. 2. 2. 2. 2. 2. 2. 2. 2. 2. 2. 2. 2. 2		
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COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2.	UNSTOPPABLE CHALLE	NGES: Today I faced these challenges or difficulties:
COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 2. EXCITEMENT: Tomorrow is going to be an amazing day because:	l	
COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 2. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2.	2	
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EXCITEMENT: Tomorrow is going to be an amazing day because: 1	COURSE-CORRECTING	What would a woman who loved herself do to solve these challenges tomorrow?
EXCITEMENT: Tomorrow is going to be an amazing day because: 1	1	
EXCITEMENT: Tomorrow is going to be an amazing day because: 1	2	
1	3	
1	EXCITEMENT: Tomorrow is	going to be an amazing day because:
3.	2.	
	3	

DAY 3 | POWER PLANNING

ay of Week:	Date	:/	/
ow I Want to Feel Today:			
spirational Reminder:			
If I loved myself completely, what would I spend my to NSTOPPABLE BUSINESS TASKS: (rank 1–10)			
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	_		
ON-URGENT BUSINESS TASKS:	NON-URGENT P	ERSONAL TAS	KS:

DAY 4 | MORNING/EVENING

MY 30-DAY CHALLENGE GOAL:		
		orked some energetic or manifesting-magic by
	DE: Today I am grateful for / I am proud of	
	6	
	7	
	8	
	9	
5	10	
UNSTOPPABILITY: What would a woman	who loved herself completely – do, feel, think	or act today?
UNSTOPPABLE CELEBRATION: I'm so	proud of myself because today I kicked some	serious butt because
	,	
IINSTOPPARIE EVENING GRATITIID	E: These great things happened today / Her	re's what I did well today
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	7	
	8.	
	9.	
	10.	
UNSTOPPABLE CHALLENGES: Today		
2		
COURSE-CORRECTING: What would c	a woman who loved herself do to solve these c	hallenges tomorrow?
1		
2		
3		
EXCITEMENT: Tomorrow is going to be an	amazing day because:	
1		
2		
3		
EVENING CHECKLIST: I visualize	ed my Goals as if they are already here.	I've planned out my priorities for tomorrow.

DAY 4 | POWER PLANNING

ay of Week:	Date	:/	/
ow I Want to Feel Today:			
spirational Reminder:			
If I loved myself completely, what would I spend my to NSTOPPABLE BUSINESS TASKS: (rank 1–10)			
	_		
	_		
ON-URGENT BUSINESS TASKS:	NON-URGENT P	ERSONAL TAS	KS:

DAY 5 | MORNING/EVENING

MY 30-DAY CHALLENGE GOAL:		
		worked some energetic or manifesting-magic by:
LINCTODDADIE MODNING CDATI	TUDE: To desire the first of the second	
	TUDE: Today I am grateful for / I am proud (
	6	
	7	
	8	
	9	
5	10	
UNSTOPPABILITY: What would a won	nan who loved herself completely – do, feel, thir	nk or act today?
HAICTORDANI F OF FRRATION.		
UNSTOPPABLE CELEBRATION: I'm	so proud of myself because today I kicked som	ne serious butt because
	UDE: These great things happened today / F	
	6	
	7	
	8	
4	9	
5	10	
UNSTOPPABLE CHALLENGES: Tod	ay I faced these challenges or difficulties:	
	,	
2.		
3.		
COURSE CORRECTING: W		
	ld a woman who loved herself do to solve these	e challenges tomorrow?
1		
2		
3		
EVCITEMENT: Tanaaman in mains to be		
EXCITEMENT: Tomorrow is going to be	an amazing day because:	
1		
2.		
J		
EVENING CHECKLIST: I visua	alized my Goals as if they are already here.	I've planned out my priorities for tomorrow.

DAY 5 | POWER PLANNING

ay of Week:	Date	e: / ₋	/
ow I Want to Feel Today:			
spirational Reminder:			
If I loved myself completely, what would I spend my NSTOPPABLE BUSINESS TASKS: (rank 1–10)	time on today? What actions v UNSTOPPABLE I		
ON-URGENT BUSINESS TASKS:	NON-URGENT	PERSONAL TA	ASKS:

NOTE: If you don't complete any tasks, transfer them to your weekly, monthly or quarterly list + revisit during your monthly planning session.

DAY 6 | MORNING/EVENING

MY 30-DAY CHALLENGE GO UNSTOPPABLE MAGIC: 1 visuo	OAL: alized my dreams as if they were already here and/or worked some energetic or manifesting-magic by
UNSTOPPABLE MORNING G	RATITUDE: Today I am grateful for / I am proud of myself for
1	δ
2	7
3	8
4	9
5	10
UNSTOPPABILITY: What would	a woman who loved herself completely – do, feel, think or act today?
UNSTOPPABLE CELEBRATIO	N: I'm so proud of myself because today I kicked some serious butt because
UNSTOPPABLE EVENING GR	RATITUDE: These great things happened today / Here's what I did well today
1	6
2	7
3	8
4	9
5	10
UNSTOPPABLE CHALLENGES	S: Today I faced these challenges or difficulties:
1	
2	
3	
COURSE-CORRECTING: Who	at would a woman who loved herself do to solve these challenges tomorrow?
1	·
2	
3	
EXCITEMENT: Tomorrow is going	to be an amazina day because:
1	
2.	
2 3.	

DAY 6 | POWER PLANNING

ay of Week:	Date	:/	/
ow I Want to Feel Today:			
spirational Reminder:			
If I loved myself completely, what would I spend my to NSTOPPABLE BUSINESS TASKS: (rank 1–10)			
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	_		
ON-URGENT BUSINESS TASKS:	NON-URGENT P	ERSONAL TAS	KS:

DAY 7 | MORNING/EVENING

MY 30-DAY CHALLEN UNSTOPPABLE MAGIC	GE GOAL: Livisualized my dreams as if they were already here and/or worked some energetic or manifesting-magic by
	INC CRATITUDE: To be a second of the second
	ING GRATITUDE: Today I am grateful for / I am proud of myself for
	6
	7
	8
	would a woman who loved herself completely – do, feel, think or act today?
UNSTOPPABLE CELEBR	RATION: I'm so proud of myself because today I kicked some serious butt because
IINICTODD A DI E EVENIA	IC CRATITUDE: To the state of t
	IG GRATITUDE: These great things happened today / Here's what I did well today
	6
	9.
	10
	ENGES: Today I faced these challenges or difficulties:
COURSE-CORRECTING	G: What would a woman who loved herself do to solve these challenges tomorrow?
1	
2	
4.	
3	
EXCITEMENT: Tomorrow	is going to be an amazing day because:
1	
2	
3	
EVENING CHECKLIST:	I visualized my Goals as if they are already here.

DAY 7 | POWER PLANNING

y of Week:		Date:	//	//
ow I Want to Feel Today:				
pirational Reminder:				
If I loved myself completely, what would I spend my time	e on today? What	actions would get	me closer to liv	ing my Mission?
NSTOPPABLE BUSINESS TASKS: (rank 1–10)	UNSTOPP	ABLE PERSO	NAL TASKS:	(rank 1–10)
ON-URGENT BUSINESS TASKS:	NON-UR	GENT PERSO	NAL TASKS	•

DAY 8 | MORNING/EVENING

MY 30-DAY CHALLENGE GO UNSTOPPABLE MAGIC: 1 visuo	OAL: alized my dreams as if they were already here and/or worked some energetic or manifesting-magic by
UNSTOPPABLE MORNING G	RATITUDE: Today I am grateful for / I am proud of myself for
1	δ
2	7
3	8
4	9
5	10
UNSTOPPABILITY: What would	a woman who loved herself completely – do, feel, think or act today?
UNSTOPPABLE CELEBRATIO	N: I'm so proud of myself because today I kicked some serious butt because
UNSTOPPABLE EVENING GR	RATITUDE: These great things happened today / Here's what I did well today
1	6
2	7
3	8
4	9
5	10
UNSTOPPABLE CHALLENGES	S: Today I faced these challenges or difficulties:
1	
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COURSE-CORRECTING: Who	at would a woman who loved herself do to solve these challenges tomorrow?
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EXCITEMENT: Tomorrow is going	to be an amazina day because:
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2.	
2 3.	

DAY 8 | POWER PLANNING

ay of Week:	Date	://	/
ow I Want to Feel Today:			
spirational Reminder:			
If I loved myself completely, what would I spend my to NSTOPPABLE BUSINESS TASKS: (rank 1–10)			
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	_		
ON-URGENT BUSINESS TASKS:	NON-URGENT P	ERSONAL TAS	KS:

DAY 9 | MORNING/EVENING

MY 30-DAY CHALLEN UNSTOPPABLE MAGIC	GE GOAL: Livisualized my dreams as if they were already here and/or worked some energetic or manifesting-magic by
	INC CRATITUDE: To be a second of the second
	ING GRATITUDE: Today I am grateful for / I am proud of myself for
	6
	7
	8
	would a woman who loved herself completely – do, feel, think or act today?
UNSTOPPABLE CELEBR	RATION: I'm so proud of myself because today I kicked some serious butt because
IINICTODD A DI E EVENIA	IC CRATITUDE: To the state of t
	IG GRATITUDE: These great things happened today / Here's what I did well today
	6
	9.
	10
	ENGES: Today I faced these challenges or difficulties:
COURSE-CORRECTING	G: What would a woman who loved herself do to solve these challenges tomorrow?
1	
2	
4.	
3	
EXCITEMENT: Tomorrow	is going to be an amazing day because:
1	
2	
3	
EVENING CHECKLIST:	I visualized my Goals as if they are already here.

DAY 9 | POWER PLANNING

ay of Week:	Date	://	/
ow I Want to Feel Today:			
spirational Reminder:			
If I loved myself completely, what would I spend my to NSTOPPABLE BUSINESS TASKS: (rank 1–10)			
	_		
	_		
ON-URGENT BUSINESS TASKS:	NON-URGENT P	ERSONAL TAS	KS:

DAY 10 | MORNING/EVENING

MY 30-DAY CHALLENGE GOAL:		
UNSTOPPABLE MAGIC: I visualized m	ny dreams as if they were already here and/or w	vorked some energetic or manifesting-magic by
UNSTOPPABLE MORNING GRATIT	UDE: Today I am grateful for / I am proud of	myself for
1	6	
2	7	
3	8	
4	9	
5	10	
UNSTOPPABILITY: What would a women	an who loved herself completely – do, feel, think	or act today?
UNSTOPPABLE CELEBRATION: I'm s	so proud of myself because today I kicked some	serious butt because
	o produ of myself bocause ready r kieked some	Johnson Both Bocasso
UNSTOPPABLE EVENING GRATITU	DE: These great things happened today / He	re's what I did well today
1	6	
2	7	
3	8	
4	9	
5	10	
UNSTOPPABLE CHALLENGES: Toda	y I faced these challenges or difficulties:	
1		
2		
3		
COURSE-CORRECTING: What would	d a woman who loved herself do to solve these o	challenges tomorrow?
1		
2.		
3		
EXCITEMENT: Tomorrow is going to be a	ın amazing day because:	
1	<u> </u>	
2		
3		
EVENING CHECKLIST: I visual	ized my Goals as if they are already here.	I've planned out my priorities for tomorrow.

DAY 10 | POWER PLANNING

ay of Week:	///
ow I Want to Feel Today:	
nspirational Reminder:	
	e on today? What actions would get me closer to living my Mission?
NSTOPPABLE BUSINESS TASKS: (rank 1–10)	UNSTOPPABLE PERSONAL TASKS: (rank 1–10)
ON-URGENT BUSINESS TASKS:	NON-URGENT PERSONAL TASKS:

NOTE: If you don't complete any tasks, transfer them to your weekly, monthly or quarterly list + revisit during your monthly planning session.

DAY 11 | MORNING/EVENING

MY 30-DAY CHALLENGE GOAL:		
UNSTOPPABLE MAGIC: I visualized m	ny dreams as if they were already here and/or w	vorked some energetic or manifesting-magic by
UNSTOPPABLE MORNING GRATIT	UDE: Today I am grateful for / I am proud of	myself for
1	6	
2	7	
3	8	
4	9	
5	10	
UNSTOPPABILITY: What would a women	an who loved herself completely – do, feel, think	or act today?
UNSTOPPABLE CELEBRATION: I'm s	so proud of myself because today I kicked some	serious butt because
	o produ of myself bocause ready r kieked some	Johnson Both Bocasso
UNSTOPPABLE EVENING GRATITU	DE: These great things happened today / He	re's what I did well today
1	6	
2	7	
3	8	
4	9	
5	10	
UNSTOPPABLE CHALLENGES: Toda	y I faced these challenges or difficulties:	
1		
2		
3		
COURSE-CORRECTING: What would	d a woman who loved herself do to solve these o	challenges tomorrow?
1		
2.		
3		
EXCITEMENT: Tomorrow is going to be a	ın amazing day because:	
1	<u> </u>	
2		
3		
EVENING CHECKLIST: I visual	ized my Goals as if they are already here.	I've planned out my priorities for tomorrow.

DAY 11 | POWER PLANNING

ıy of Week:		oate:	//	/
w I Want to Feel Today:				
oirational Reminder:				
If I loved myself completely, what would I spend my tim	e on today? What actio	ons would get	me closer to liv	ing my Mission?
ISTOPPABLE BUSINESS TASKS: (rank 1–10)	UNSTOPPABL	LE PERSON	NAL TASKS	(rank 1–10)
	_			
ON-URGENT BUSINESS TASKS:	NON-URGEN	NT PERSOI	NAL TASKS	•
				•

DAY 12 | MORNING/EVENING

JNSTOFFABLE MAGIC. I VISUAIIZEA	ny dreams as if they were already here and/or worked some energetic or mani	ifesting-magic I
JNSTOPPABLE MORNING GRATI	UDE: Today I am grateful for / I am proud of myself for	
•	6	
<u>. </u>	7	
•	8	
	9	
•	10	
JNSTOPPABILITY: What would a won	an who loved herself completely – do, feel, think or act today?	
JNSTOPPABLE CELEBRATION: I'm	so proud of myself because today I kicked some serious butt because	
	DE: These great things happened today / Here's what I did well today	
	6	
	7	
	8	
	8. 9.	
	8. 9. 10.	
INSTOPPABLE CHALLENGES: Tod	8. 9. 10. 1y I faced these challenges or difficulties:	
JNSTOPPABLE CHALLENGES: Tod	8. 9. 10. 1y I faced these challenges or difficulties:	
I. INSTOPPABLE CHALLENGES: Tod I. IIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII	8	
B.	8. 9. 10. Ty I faced these challenges or difficulties:	
I. I	8	
JNSTOPPABLE CHALLENGES: Tod COURSE-CORRECTING: What wou	8. 9. 10. Ty I faced these challenges or difficulties:	
INSTOPPABLE CHALLENGES: Tod	8. 9. 10. Ty I faced these challenges or difficulties:	
INSTOPPABLE CHALLENGES: Tod	8. 9. 10. Ty I faced these challenges or difficulties:	
JNSTOPPABLE CHALLENGES: Tod COURSE-CORRECTING: What wou	8. 9. 10. Ty I faced these challenges or difficulties:	
B.	8. 9. 10. Ty I faced these challenges or difficulties:	
JNSTOPPABLE CHALLENGES: Tod COURSE-CORRECTING: What wou	8. 9. 10. By I faced these challenges or difficulties: d a woman who loved herself do to solve these challenges tomorrow?	
INSTOPPABLE CHALLENGES: Tod COURSE-CORRECTING: What wou	8. 9. 10. By I faced these challenges or difficulties: d a woman who loved herself do to solve these challenges tomorrow?	
JNSTOPPABLE CHALLENGES: Tod COURSE-CORRECTING: What wou	8. 9. 10. By I faced these challenges or difficulties: d a woman who loved herself do to solve these challenges tomorrow?	
INSTOPPABLE CHALLENGES: Tod COURSE-CORRECTING: What wou	8. 9. 10. By I faced these challenges or difficulties: d a woman who loved herself do to solve these challenges tomorrow?	

DAY 12 | POWER PLANNING

ay of Week:	///
ow I Want to Feel Today:	
spirational Reminder:	
	e on today? What actions would get me closer to living my Mission?
NSTOPPABLE BUSINESS TASKS: (rank 1–10)	UNSTOPPABLE PERSONAL TASKS: (rank 1–10)
ON-URGENT BUSINESS TASKS:	NON-URGENT PERSONAL TASKS:
on one control booms to the control of the control	NOW OR OLIVIT PERSONNE IN SKS.

NOTE: If you don't complete any tasks, transfer them to your weekly, monthly or quarterly list + revisit during your monthly planning session.

DAY 13 | MORNING/EVENING

MY 30-DAY CHALLENGE GO	AL: zed my dreams as if they were already here and/or worked some energetic or manifesting-r	maaic by
UNSTOPPABLE MORNING G	ATITUDE: Today I am grateful for / I am proud of myself for	
1	6	
2	7	
	8	
	9	
5	10	
UNSTOPPABILITY: What would	woman who loved herself completely – do, feel, think or act today?	
LINICTODD A DIE CEIEDD ATIO		
UNSTOPPABLE CELEBRATIO	I'm so proud of myself because today I kicked some serious butt because	
	TITUDE: These great things happened today / Here's what I did well today 6.	
	7	
3	8	
	9	
5	10	
UNSTOPPABLE CHALLENGE	Today I faced these challenges or difficulties:	
1		
2		
3		
COURSE-CORRECTING: who	would a woman who loved herself do to solve these challenges tomorrow?	
1		
2.		
3		
EXCITEMENT: Tomorrow is going	be an amazing day because:	
1		
2		
3		
EVENING CHECKLIST:	visualized my Goals as if they are already here.	

DAY 13 | POWER PLANNING

ay of Week:	Date	://	/
ow I Want to Feel Today:			
spirational Reminder:			
If I loved myself completely, what would I spend my to NSTOPPABLE BUSINESS TASKS: (rank 1–10)			
	_		
	_		
ON-URGENT BUSINESS TASKS:	NON-URGENT P	ERSONAL TAS	KS:

DAY 14 | MORNING/EVENING

JNSTOFFABLE MAGIC. I VISUAIIZEA	ny dreams as if they were already here and/or worked some energetic or mani	ifesting-magic I
JNSTOPPABLE MORNING GRATI	UDE: Today I am grateful for / I am proud of myself for	
•	6	
<u>. </u>	7	
•	8	
	9	
•	10	
JNSTOPPABILITY: What would a won	an who loved herself completely – do, feel, think or act today?	
JNSTOPPABLE CELEBRATION: I'm	so proud of myself because today I kicked some serious butt because	
	DE: These great things happened today / Here's what I did well today	
	6	
	7	
	8	
	8. 9.	
	8. 9. 10.	
INSTOPPABLE CHALLENGES: Tod	8. 9. 10. 1y I faced these challenges or difficulties:	
JNSTOPPABLE CHALLENGES: Tod	8. 9. 10. 1y I faced these challenges or difficulties:	
I. INSTOPPABLE CHALLENGES: Tod I. IIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII	8	
B.	8. 9. 10. Ty I faced these challenges or difficulties:	
I. I	8	
JNSTOPPABLE CHALLENGES: Tod COURSE-CORRECTING: What wou	8. 9. 10. Ty I faced these challenges or difficulties:	
INSTOPPABLE CHALLENGES: Tod	8. 9. 10. Ty I faced these challenges or difficulties:	
INSTOPPABLE CHALLENGES: Tod	8. 9. 10. Ty I faced these challenges or difficulties:	
JNSTOPPABLE CHALLENGES: Tod COURSE-CORRECTING: What wou	8. 9. 10. Ty I faced these challenges or difficulties:	
B.	8. 9. 10. Ty I faced these challenges or difficulties:	
JNSTOPPABLE CHALLENGES: Tod COURSE-CORRECTING: What wou	8. 9. 10. By I faced these challenges or difficulties: d a woman who loved herself do to solve these challenges tomorrow?	
INSTOPPABLE CHALLENGES: Tod COURSE-CORRECTING: What wou	8. 9. 10. By I faced these challenges or difficulties: d a woman who loved herself do to solve these challenges tomorrow?	
JNSTOPPABLE CHALLENGES: Tod COURSE-CORRECTING: What wou	8. 9. 10. By I faced these challenges or difficulties: d a woman who loved herself do to solve these challenges tomorrow?	
INSTOPPABLE CHALLENGES: Tod COURSE-CORRECTING: What wou	8. 9. 10. By I faced these challenges or difficulties: d a woman who loved herself do to solve these challenges tomorrow?	

DAY 14 | POWER PLANNING

ay of Week:	Date	://	/
ow I Want to Feel Today:			
spirational Reminder:			
If I loved myself completely, what would I spend my to NSTOPPABLE BUSINESS TASKS: (rank 1–10)			
	_		
	_		
ON-URGENT BUSINESS TASKS:	NON-URGENT P	ERSONAL TAS	KS:

DAY 15 | MORNING/EVENING

MY 30-DAY CHALLEN UNSTOPPABLE MAGIC	GE GOAL: Livisualized my dreams as if they were already here and/or worked some energetic or manifesting-magic by
	INC CRATITUDE: To be a second of the second
	ING GRATITUDE: Today I am grateful for / I am proud of myself for
	6
	7
	8
	would a woman who loved herself completely – do, feel, think or act today?
UNSTOPPABLE CELEBR	RATION: I'm so proud of myself because today I kicked some serious butt because
IINICTODD A DI E EVENIA	IC CRATITUDE: T
	IG GRATITUDE: These great things happened today / Here's what I did well today
	6
	7
	9.
	10
	ENGES: Today I faced these challenges or difficulties:
COURSE-CORRECTING	G: What would a woman who loved herself do to solve these challenges tomorrow?
1	
2	
2	
3	
J	
EXCITEMENT: Tomorrow	is going to be an amazing day because:
1	
2	
3	
EVENING CHECKLIST:	I visualized my Goals as if they are already here.

DAY 15 | POWER PLANNING

ay of Week:	Date	://	/
ow I Want to Feel Today:			
spirational Reminder:			
If I loved myself completely, what would I spend my to NSTOPPABLE BUSINESS TASKS: (rank 1–10)			
	_		
	_		
ON-URGENT BUSINESS TASKS:	NON-URGENT P	ERSONAL TAS	KS:

DAY 16 | MORNING/EVENING

JNSTOFFABLE MAGIC. I VISUAIIZEA	ny dreams as if they were already here and/or worked some energetic or mani	ifesting-magic I
JNSTOPPABLE MORNING GRATI	UDE: Today I am grateful for / I am proud of myself for	
•	6	
<u>. </u>	7	
•	8	
	9	
•	10	
JNSTOPPABILITY: What would a won	an who loved herself completely – do, feel, think or act today?	
JNSTOPPABLE CELEBRATION: I'm	so proud of myself because today I kicked some serious butt because	
	DE: These great things happened today / Here's what I did well today	
	6	
	7	
	8	
	8. 9.	
	8. 9. 10.	
INSTOPPABLE CHALLENGES: Tod	8. 9. 10. 1y I faced these challenges or difficulties:	
JNSTOPPABLE CHALLENGES: Tod	8. 9. 10. 1y I faced these challenges or difficulties:	
I. INSTOPPABLE CHALLENGES: Tod I. IIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII	8	
B.	8. 9. 10. Ty I faced these challenges or difficulties:	
I. I	8	
JNSTOPPABLE CHALLENGES: Tod COURSE-CORRECTING: What wou	8. 9. 10. Ty I faced these challenges or difficulties:	
INSTOPPABLE CHALLENGES: Tod	8. 9. 10. Ty I faced these challenges or difficulties:	
INSTOPPABLE CHALLENGES: Tod	8. 9. 10. Ty I faced these challenges or difficulties:	
JNSTOPPABLE CHALLENGES: Tod COURSE-CORRECTING: What wou	8. 9. 10. Ty I faced these challenges or difficulties:	
B.	8. 9. 10. Ty I faced these challenges or difficulties:	
JNSTOPPABLE CHALLENGES: Tod COURSE-CORRECTING: What wou	8. 9. 10. By I faced these challenges or difficulties: d a woman who loved herself do to solve these challenges tomorrow?	
INSTOPPABLE CHALLENGES: Tod COURSE-CORRECTING: What wou	8. 9. 10. By I faced these challenges or difficulties: d a woman who loved herself do to solve these challenges tomorrow?	
JNSTOPPABLE CHALLENGES: Tod COURSE-CORRECTING: What wou	8. 9. 10. By I faced these challenges or difficulties: d a woman who loved herself do to solve these challenges tomorrow?	
INSTOPPABLE CHALLENGES: Tod COURSE-CORRECTING: What wou	8. 9. 10. By I faced these challenges or difficulties: d a woman who loved herself do to solve these challenges tomorrow?	

DAY 16 | POWER PLANNING

y of Week:	///
w I Want to Feel Today:	
oirational Reminder:	
	ne on today? What actions would get me closer to living my Mission
STOPPABLE BUSINESS TASKS: (rank 1–10)	UNSTOPPABLE PERSONAL TASKS: (rank 1–10)
N-URGENT BUSINESS TASKS:	NON-URGENT PERSONAL TASKS:

DAY 17 | MORNING/EVENING

MY 30-DAY CHALLENGE GOAL:		
UNSTOPPABLE MAGIC: I visualized m	ny dreams as if they were already here and/or w	vorked some energetic or manifesting-magic by
UNSTOPPABLE MORNING GRATIT	UDE: Today I am grateful for / I am proud of	myself for
1	6	
2	7	
3	8	
4	9	
5	10	
UNSTOPPABILITY: What would a women	an who loved herself completely – do, feel, think	or act today?
UNSTOPPABLE CELEBRATION: I'm s	so proud of myself because today I kicked some	serious butt because
	o produ of myself bocause ready i kieked some	Johnson Both Bocasso
UNSTOPPABLE EVENING GRATITU	DE: These great things happened today / He	re's what I did well today
1	6	
2	7	
3	8	
4	9	
5	10	
UNSTOPPABLE CHALLENGES: Toda	y I faced these challenges or difficulties:	
1		
2		
3		
COURSE-CORRECTING: What would	d a woman who loved herself do to solve these o	challenges tomorrow?
1		
2.		
3		
EXCITEMENT: Tomorrow is going to be a	ın amazing day because:	
1	<u> </u>	
2		
3		
EVENING CHECKLIST: I visual	ized my Goals as if they are already here.	I've planned out my priorities for tomorrow.

DAY 17 | POWER PLANNING

ay of Week:	Date	e: / ₋	/
ow I Want to Feel Today:			
spirational Reminder:			
If I loved myself completely, what would I spend my NSTOPPABLE BUSINESS TASKS: (rank 1–10)	time on today? What actions v UNSTOPPABLE I		
ON-URGENT BUSINESS TASKS:	NON-URGENT	PERSONAL TA	ASKS:

NOTE: If you don't complete any tasks, transfer them to your weekly, monthly or quarterly list + revisit during your monthly planning session.

DAY 18 | MORNING/EVENING

MY 30-DAY CHALLENGE GOAL:		
UNSTOPPABLE MAGIC: I visualized m	ny dreams as if they were already here and/or w	vorked some energetic or manifesting-magic by
UNSTOPPABLE MORNING GRATIT	UDE: Today I am grateful for / I am proud of	myself for
1	6	
2	7	
3	8	
4	9	
5	10	
UNSTOPPABILITY: What would a women	an who loved herself completely – do, feel, think	or act today?
UNSTOPPABLE CELEBRATION: I'm s	so proud of myself because today I kicked some	serious butt because
	o produ of myself bocause ready i kieked some	Johnson Both Bocasso
UNSTOPPABLE EVENING GRATITU	DE: These great things happened today / He	re's what I did well today
1	6	
2	7	
3	8	
4	9	
5	10	
UNSTOPPABLE CHALLENGES: Toda	y I faced these challenges or difficulties:	
1		
2		
3		
COURSE-CORRECTING: What would	d a woman who loved herself do to solve these o	challenges tomorrow?
1		
2.		
3		
EXCITEMENT: Tomorrow is going to be a	ın amazing day because:	
1	<u> </u>	
2		
3		
EVENING CHECKLIST: I visual	ized my Goals as if they are already here.	I've planned out my priorities for tomorrow.

DAY 18 | POWER PLANNING

y of Week:		Date:	//	//
ow I Want to Feel Today:				
pirational Reminder:				
If I loved myself completely, what would I spend my time	e on today? What	actions would get	me closer to liv	ing my Mission?
NSTOPPABLE BUSINESS TASKS: (rank 1–10)	UNSTOPP	ABLE PERSO	NAL TASKS:	(rank 1–10)
ON-URGENT BUSINESS TASKS:	NON-UR	GENT PERSO	NAL TASKS	•

DAY 19 | MORNING/EVENING

MY 30-DAY CHALLENGE GOAL:		
		orked some energetic or manifesting-magic by
	DE: Today I am grateful for / I am proud of	
	6	
	7	
	8	
	9	
5	10	
UNSTOPPABILITY: What would a woman	who loved herself completely – do, feel, think	or act today?
UNSTOPPABLE CELEBRATION: I'm so	proud of myself because today I kicked some	serious butt because
	,	
IINSTOPPARIE EVENING GRATITIID	E: These great things happened today / Her	re's what I did well today
	6	
	7	
	8.	
	9.	
	10.	
UNSTOPPABLE CHALLENGES: Today		
2		
COURSE-CORRECTING: What would c	a woman who loved herself do to solve these c	hallenges tomorrow?
1		
2		
3		
EXCITEMENT: Tomorrow is going to be an	amazing day because:	
1		
2		
3		
EVENING CHECKLIST: I visualize	ed my Goals as if they are already here.	I've planned out my priorities for tomorrow.

DAY 19 | POWER PLANNING

ay of Week:	Date	e: / ₋	/
ow I Want to Feel Today:			
spirational Reminder:			
If I loved myself completely, what would I spend my NSTOPPABLE BUSINESS TASKS: (rank 1–10)	time on today? What actions v UNSTOPPABLE I		
ON-URGENT BUSINESS TASKS:	NON-URGENT	PERSONAL TA	ASKS:

DAY 20 | MORNING/EVENING

UNSTOPPABLE CELEBRATION: I'm so proud of myself because today I kicked some serious butt because UNSTOPPABLE CELEBRATION: I'm so proud of myself because today I kicked some serious butt because UNSTOPPABLE EVENING GRATITUDE: These great things happened today / Here's what I did well today (a) 6. 6. 7. 3. 6. 6. 7. 3. 6. 6. 9. 9. 9. 9. 9. 9. 9. 9. 9. 9. 9. 9. 9.	UNSTOPPABLE MAGIC: I visualized my dreams as if they were already here and/or worked some energetic or manifesting-magic by		
2. 7. 3. 8. 4. 9. 5. 10. UNSTOPPABILITY: What would a woman who loved herself completely – do, feel, think or act today? UNSTOPPABLE CELEBRATION: I'm so proud of myself because today I kicked some serious butt because UNSTOPPABLE EVENING GRATITUDE: These great things happened today / Here's what I did well today 6. 6. 2. 7. 3. 8. 4. 9. 5. 10. UNSTOPPABLE CHALLENGES: Today I faced these challenges or difficulties: 1. 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. EXCITEMENT: Tomorrow is going to be an amazing day because: 1.	UNSTOPPABLE MORNING GRA	ATITUDE: Today I am grateful for / I am proud of myself for	
8. 4. 9. 5. 10. UNSTOPPABILITY: What would a woman who loved herself completely – do, feel, think or act today? UNSTOPPABLE CELEBRATION: I'm so proud of myself because today I kicked some serious butt because UNSTOPPABLE EVENING GRATITUDE: These great things happened today / Here's what I did well today 1. 6. 2. 7. 3. 8. 4. 9. 5. 10. UNSTOPPABLE CHALLENGES: Today I faced these challenges or difficulties: 1. 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2. 3.	1	6	
9. 5. 10. UNSTOPPABILITY: What would a woman who loved herself completely – do, feel, think or act today? UNSTOPPABLE CELEBRATION: I'm so proud of myself because today I kicked some serious butt because UNSTOPPABLE EVENING GRATITUDE: These great things happened today / Here's what I did well today 6. 2. 7. 3. 8. 4. 9. 5. 10. UNSTOPPABLE CHALLENGES: Today I faced these challenges or difficulties: 1. 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. 4. 5. 5. 6. 6. 6. 7. 7. 8. 8. 9. 9. 9. 9. 9. 9. 9. 9. 9. 9. 9. 9. 9.	2	7	
UNSTOPPABLE CELEBRATION: I'm so proud of myself because today I kicked some serious butt because UNSTOPPABLE EVENING GRATITUDE: These great things happened today / Here's what I did well today 6. 2. 7. 3. 8. 4. 9. 5. 10. UNSTOPPABLE CHALLENGES: Today I faced these challenges or difficulties: 1. 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1.			
UNSTOPPABLE CELEBRATION: I'm so proud of myself because today I kicked some serious butt because UNSTOPPABLE EVENING GRATITUDE: These great things happened today / Here's what I did well today 1. 6. 7. 8. 8. 8. 9. 10. 10. 10. 10. 10. 10. 10. 10. 10. 10	4	9	
UNSTOPPABLE CELEBRATION: I'm so proud of myself because today I kicked some serious butt because UNSTOPPABLE EVENING GRATITUDE: These great things happened today / Here's what I did well today 6. 2. 7. 3. 8. 9. 10. UNSTOPPABLE CHALLENGES: Today I faced these challenges or difficulties: 1. 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2.	5	10	
UNSTOPPABLE EVENING GRATITUDE: These great things happened today / Here's what I did well today 6. 2. 7. 3. 8. 4. 9. 5. 10. UNSTOPPABLE CHALLENGES: Today I faced these challenges or difficulties: 1. 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2.	UNSTOPPABILITY: What would a w	oman who loved herself completely – do, feel, think or act today?	
1. 6. 2. 7. 3. 8. 4. 9. 5. 10. UNSTOPPABLE CHALLENGES: Today I faced these challenges or difficulties: 1. 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. 3. 4. 4. 4. 4. 4. 4. 4. 4. 4. 4. 4. 4. 4.	UNSTOPPABLE CELEBRATION:	'm so proud of myself because today I kicked some serious butt because	
6. 2. 7. 3. 8. 4. 9. 5. 10. UNSTOPPABLE CHALLENGES: Today I faced these challenges or difficulties: 1. 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2.	UNSTOPPABLE EVENING GRAI	TTUDE: These great things happened today / Here's what I did well today	
8. 9. 5. 10. UNSTOPPABLE CHALLENGES: Today I faced these challenges or difficulties: 1. 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2.			
9. UNSTOPPABLE CHALLENGES: Today I faced these challenges or difficulties: 1. 2. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 1. 2. 3. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2. 3.	2	7	
UNSTOPPABLE CHALLENGES: Today I faced these challenges or difficulties: Description: Description:	3	8	
UNSTOPPABLE CHALLENGES: Today I faced these challenges or difficulties: 1. 2. 2. 3. 3. COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 2. 2. 3. 3. 4. 5. 5. 5. 5. 5. 5. 5. 5. 5. 5. 5. 5. 5.	1	9	
COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 2. 3. EXCITEMENT: Tomorrow is going to be an amazing day because: 1.	5	10	
COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 2. 3. EXCITEMENT: Tomorrow is going to be an amazing day because:	UNSTOPPABLE CHALLENGES: 1	oday I faced these challenges or difficulties:	
COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? D	l		
COURSE-CORRECTING: What would a woman who loved herself do to solve these challenges tomorrow? 2. EXCITEMENT: Tomorrow is going to be an amazing day because: 1. 2.	<u> </u>		
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2	COURSE-CORRECTING: What w	ould a woman who loved herself do to solve these challenges tomorrow?	
EXCITEMENT: Tomorrow is going to be an amazing day because: 1	_		
EXCITEMENT: Tomorrow is going to be an amazing day because: 1	2		
EXCITEMENT: Tomorrow is going to be an amazing day because: 1			
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1	FXCITEMENT: Tomorrow is going to	be an amazina day because:	
	1.	20 an amazing day bocause.	
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DAY 20 | POWER PLANNING

ay of Week:	Date	e: / ₋	/
ow I Want to Feel Today:			
spirational Reminder:			
If I loved myself completely, what would I spend my NSTOPPABLE BUSINESS TASKS: (rank 1–10)	time on today? What actions v UNSTOPPABLE I		
ON-URGENT BUSINESS TASKS:	NON-URGENT	PERSONAL TA	ASKS:

NOTE: If you don't complete any tasks, transfer them to your weekly, monthly or quarterly list + revisit during your monthly planning session.

DAY 21 | MORNING/EVENING

MY 30-DAY CHALLENGE GOAL: UNSTOPPABLE MAGIC: I visualized my dreams as if they were already here and/or worked some energetic or manifesting-magic		
	inzod my drodina da ir moy word direddy more dridyor worked aome energene er marineaning magie by	
UNSTOPPABLE MORNING G	RATITUDE: Today I am grateful for / I am proud of myself for	
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UNSTOPPABILITY: What would	a woman who loved herself completely – do, feel, think or act today?	
LINICTODD A DI E CEI EDD ATIO		
UNSTOPPABLE CELEBRATIO	l'm so proud of myself because today I kicked some serious butt because	
	ATITUDE: These great things happened today / Here's what I did well today 6.	
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5	10	
UNSTOPPABLE CHALLENGE	Today I faced these challenges or difficulties:	
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COURSE-CORRECTING: who	t would a woman who loved herself do to solve these challenges tomorrow?	
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EXCITEMENT: Tomorrow is going	to be an amazing day because:	
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3		
EVENING CHECKLIST:	I visualized my Goals as if they are already here.	

DAY 21 | POWER PLANNING

y of Week:	///
w I Want to Feel Today:	
oirational Reminder:	
	ne on today? What actions would get me closer to living my Mission
STOPPABLE BUSINESS TASKS: (rank 1–10)	UNSTOPPABLE PERSONAL TASKS: (rank 1–10)
N-URGENT BUSINESS TASKS:	NON-URGENT PERSONAL TASKS:

DAY 22 | MORNING/EVENING

MY 30-DAY CHALLENGE GOAL: UNSTOPPABLE MAGIC: I visualized my dreams as if they were already here and/or worked some energetic or manifesting-magic		
UNSTOPPABLE MORNING G	RATITUDE: Today I am grateful for / I am proud of myself for	
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UNSTOPPABILITY: What would a	woman who loved herself completely – do, feel, think or act today?	
UNSTOPPABLE CELEBRATION	l: I'm so proud of myself because today I kicked some serious butt because	
UNSTOPPABLE EVENING GRA	ATITUDE: These great things happened today / Here's what I did well today	
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UNSTOPPABLE CHALLENGES	Today I faced these challenges or difficulties:	
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COURSE-CORRECTING: What	would a woman who loved herself do to solve these challenges tomorrow?	
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EXCITEMENT: Tomorrow is going t	o be an amazing day because:	
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EVENING CHECKLIST:	Lyisualized my Goals as if they are already here.	

DAY 22 | POWER PLANNING

y of Week:	///
w I Want to Feel Today:	
oirational Reminder:	
	ne on today? What actions would get me closer to living my Mission
STOPPABLE BUSINESS TASKS: (rank 1–10)	UNSTOPPABLE PERSONAL TASKS: (rank 1–10)
N-URGENT BUSINESS TASKS:	NON-URGENT PERSONAL TASKS:

DAY 23 | MORNING/EVENING

MY 30-DAY CHALLENGE GO UNSTOPPABLE MAGIC: 1 visuo	OAL: alized my dreams as if they were already here and/or worked some energetic or manifesting-magic by
UNSTOPPABLE MORNING G	RATITUDE: Today I am grateful for / I am proud of myself for
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UNSTOPPABILITY: What would	a woman who loved herself completely – do, feel, think or act today?
UNSTOPPABLE CELEBRATIO	N: I'm so proud of myself because today I kicked some serious butt because
UNSTOPPABLE EVENING GR	RATITUDE: These great things happened today / Here's what I did well today
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UNSTOPPABLE CHALLENGES	S: Today I faced these challenges or difficulties:
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COURSE-CORRECTING: Who	at would a woman who loved herself do to solve these challenges tomorrow?
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EXCITEMENT: Tomorrow is going	to be an amazina day because:
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DAY 23 | POWER PLANNING

ay of Week:	Date	e: / ₋	/
ow I Want to Feel Today:			
spirational Reminder:			
If I loved myself completely, what would I spend my NSTOPPABLE BUSINESS TASKS: (rank 1–10)	time on today? What actions v UNSTOPPABLE I		
ON-URGENT BUSINESS TASKS:	NON-URGENT	PERSONAL TA	ASKS:

NOTE: If you don't complete any tasks, transfer them to your weekly, monthly or quarterly list + revisit during your monthly planning session.

DAY 24 | MORNING/EVENING

MY 30-DAY CHALLENGE GO UNSTOPPABLE MAGIC: 1 visuo	OAL: alized my dreams as if they were already here and/or worked some energetic or manifesting-magic by
UNSTOPPABLE MORNING G	RATITUDE: Today I am grateful for / I am proud of myself for
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5	10
UNSTOPPABILITY: What would	a woman who loved herself completely – do, feel, think or act today?
UNSTOPPABLE CELEBRATIO	N: I'm so proud of myself because today I kicked some serious butt because
UNSTOPPABLE EVENING GR	RATITUDE: These great things happened today / Here's what I did well today
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UNSTOPPABLE CHALLENGES	S: Today I faced these challenges or difficulties:
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COURSE-CORRECTING: Who	at would a woman who loved herself do to solve these challenges tomorrow?
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EXCITEMENT: Tomorrow is going	to be an amazina day because:
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2 3.	

DAY 24 | POWER PLANNING

ay of Week:	Date	://	/
ow I Want to Feel Today:			
spirational Reminder:			
If I loved myself completely, what would I spend my to NSTOPPABLE BUSINESS TASKS: (rank 1–10)			
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ON-URGENT BUSINESS TASKS:	NON-URGENT P	ERSONAL TAS	KS:

DAY 25 | MORNING/EVENING

JNSTOPPABLE MAGIC: I visualized r	y dreams as if they were already here and/or worked some energetic or manifesting-ma
JNSTOPPABLE MORNING GRATII	JDE: Today I am grateful for / I am proud of myself for
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JNSTOPPABILITY: What would a wom	n who loved herself completely – do, feel, think or act today?
JNSTOPPABLE CELEBRATION: I'm	o proud of myself because today I kicked some serious butt because
	DE: These great things happened today / Here's what I did well today
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	8. 9. 10.
INSTOPPABLE CHALLENGES: Todd	8. 9. 10. y I faced these challenges or difficulties:
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INSTOPPABLE CHALLENGES: Toda	8. 9. 10. y I faced these challenges or difficulties:
JNSTOPPABLE CHALLENGES: Toda COURSE-CORRECTING: What would	8. 9. 10. y I faced these challenges or difficulties:
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JNSTOPPABLE CHALLENGES: Todo COURSE-CORRECTING: What would	8. 9. 10. y I faced these challenges or difficulties: a woman who loved herself do to solve these challenges tomorrow?
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JNSTOPPABLE CHALLENGES: Toda COURSE-CORRECTING: What would	8. 9. 10. y I faced these challenges or difficulties: a woman who loved herself do to solve these challenges tomorrow?
INSTOPPABLE CHALLENGES: Todo COURSE-CORRECTING: What would	8. 9. 10. y I faced these challenges or difficulties: a woman who loved herself do to solve these challenges tomorrow?

DAY 25 | POWER PLANNING

ay of Week:	///
ow I Want to Feel Today:	
nspirational Reminder:	
	e on today? What actions would get me closer to living my Mission?
INSTOPPABLE BUSINESS TASKS: (rank 1–10)	UNSTOPPABLE PERSONAL TASKS: (rank 1–10)
ION-URGENT BUSINESS TASKS:	NON-URGENT PERSONAL TASKS:

DAY 26 | MORNING/EVENING

JNSTOPPABLE MAGIC: I visualized r	y dreams as if they were already here and/or worked some energetic or manifesting-ma
JNSTOPPABLE MORNING GRATII	JDE: Today I am grateful for / I am proud of myself for
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JNSTOPPABILITY: What would a wom	n who loved herself completely – do, feel, think or act today?
JNSTOPPABLE CELEBRATION: I'm	o proud of myself because today I kicked some serious butt because
	DE: These great things happened today / Here's what I did well today
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INSTOPPABLE CHALLENGES: Todd	8. 9. 10. y I faced these challenges or difficulties:
JNSTOPPABLE CHALLENGES: Todd	8. 9. 10. y I faced these challenges or difficulties:
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JNSTOPPABLE CHALLENGES: Todd	8. 9. 10. y I faced these challenges or difficulties:
JNSTOPPABLE CHALLENGES: Todd	8. 9. 10. y I faced these challenges or difficulties:
JNSTOPPABLE CHALLENGES: Toda	8. 9. 10. y I faced these challenges or difficulties:
INSTOPPABLE CHALLENGES: Toda	8. 9. 10. y I faced these challenges or difficulties:
INSTOPPABLE CHALLENGES: Toda	8. 9. 10. y I faced these challenges or difficulties:
JNSTOPPABLE CHALLENGES: Toda COURSE-CORRECTING: What would	8. 9. 10. y I faced these challenges or difficulties:
JNSTOPPABLE CHALLENGES: Todd	8. 9. 10. y I faced these challenges or difficulties:
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JNSTOPPABLE CHALLENGES: Toda COURSE-CORRECTING: What would	8. 9. 10. y I faced these challenges or difficulties: a woman who loved herself do to solve these challenges tomorrow?
INSTOPPABLE CHALLENGES: Todo COURSE-CORRECTING: What would	8. 9. 10. y I faced these challenges or difficulties: a woman who loved herself do to solve these challenges tomorrow?

DAY 26 | POWER PLANNING

ay of Week:	Date	://	/
ow I Want to Feel Today:			
spirational Reminder:			
If I loved myself completely, what would I spend my to NSTOPPABLE BUSINESS TASKS: (rank 1–10)			
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ON-URGENT BUSINESS TASKS:	NON-URGENT P	ERSONAL TAS	KS:

DAY 27 | MORNING/EVENING

MY 30-DAY CHALLENGE GOA UNSTOPPABLE MAGIC: I visualize	L: d my dreams as if they were already here and/or worked some energ	yetic or manifesting-magic by
LINSTOPPABLE MORNING GRA	TITUDE: Today I am grateful for / I am proud of myself for	
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	oman who loved herself completely – do, feel, think or act today?	
UNSTOPPABLE CELEBRATION: 1	'm so proud of myself because today I kicked some serious butt becau	use
	ITUDE: These great things happened today / Here's what I did well 6.	
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	oday I faced these challenges or difficulties:	
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COURSE-CORRECTING: What wo	ould a woman who loved herself do to solve these challenges tomorro	òwś
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EVOITEMENT:		
EXCITEMENT: Tomorrow is going to b	e an amazing day because:	
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EVENING CHECKLIST: I vis	sualized my Goals as if they are already here.	ut my priorities for tomorrow.

DAY 27 | POWER PLANNING

y of Week:		Date:	//	//
ow I Want to Feel Today:				
pirational Reminder:				
If I loved myself completely, what would I spend my time	e on today? What	actions would get	me closer to liv	ing my Mission?
NSTOPPABLE BUSINESS TASKS: (rank 1–10)	UNSTOPP	ABLE PERSO	NAL TASKS:	(rank 1–10)
ON-URGENT BUSINESS TASKS:	NON-UR	GENT PERSO	NAL TASKS	•

DAY 28 | MORNING/EVENING

JNSTOPPABLE MAGIC: I visualized r	y dreams as if they were already here and/or worked some energetic or manifesting-ma
JNSTOPPABLE MORNING GRATII	JDE: Today I am grateful for / I am proud of myself for
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JNSTOPPABILITY: What would a wom	n who loved herself completely – do, feel, think or act today?
JNSTOPPABLE CELEBRATION: I'm	o proud of myself because today I kicked some serious butt because
	DE: These great things happened today / Here's what I did well today
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	8. 9. 10.
INSTOPPABLE CHALLENGES: Todd	8. 9. 10. y I faced these challenges or difficulties:
JNSTOPPABLE CHALLENGES: Todd	8. 9. 10. y I faced these challenges or difficulties:
JNSTOPPABLE CHALLENGES: Todo	8. 9. 10. y I faced these challenges or difficulties:
JNSTOPPABLE CHALLENGES: Todd	8. 9. 10. y I faced these challenges or difficulties:
JNSTOPPABLE CHALLENGES: Todd	8. 9. 10. y I faced these challenges or difficulties:
JNSTOPPABLE CHALLENGES: Toda	8. 9. 10. y I faced these challenges or difficulties:
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JNSTOPPABLE CHALLENGES: Toda COURSE-CORRECTING: What would	8. 9. 10. y I faced these challenges or difficulties:
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JNSTOPPABLE CHALLENGES: Todo COURSE-CORRECTING: What would	8. 9. 10. y I faced these challenges or difficulties: a woman who loved herself do to solve these challenges tomorrow?
INSTOPPABLE CHALLENGES: Todo COURSE-CORRECTING: What would	8. 9. 10. y I faced these challenges or difficulties: a woman who loved herself do to solve these challenges tomorrow?
JNSTOPPABLE CHALLENGES: Toda COURSE-CORRECTING: What would	8. 9. 10. y I faced these challenges or difficulties: a woman who loved herself do to solve these challenges tomorrow?
INSTOPPABLE CHALLENGES: Todo COURSE-CORRECTING: What would	8. 9. 10. y I faced these challenges or difficulties: a woman who loved herself do to solve these challenges tomorrow?

DAY 28 | POWER PLANNING

ay of Week:	Date	://	/
ow I Want to Feel Today:			
spirational Reminder:			
If I loved myself completely, what would I spend my to NSTOPPABLE BUSINESS TASKS: (rank 1–10)			
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ON-URGENT BUSINESS TASKS:	NON-URGENT P	ERSONAL TAS	KS:

DAY 29 | MORNING/EVENING

JNSTOFFABLE MAGIC. I VISUAIIZEA	ny dreams as if they were already here and/or worked some energetic or mani	ifesting-magic I
JNSTOPPABLE MORNING GRATI	UDE: Today I am grateful for / I am proud of myself for	
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JNSTOPPABILITY: What would a won	an who loved herself completely – do, feel, think or act today?	
JNSTOPPABLE CELEBRATION: I'm	so proud of myself because today I kicked some serious butt because	
	DE: These great things happened today / Here's what I did well today	
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INSTOPPABLE CHALLENGES: Tod	8. 9. 10. 1y I faced these challenges or difficulties:	
JNSTOPPABLE CHALLENGES: Tod	8. 9. 10. 1y I faced these challenges or difficulties:	
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JNSTOPPABLE CHALLENGES: Tod COURSE-CORRECTING: What wou	8. 9. 10. Ty I faced these challenges or difficulties:	
INSTOPPABLE CHALLENGES: Tod	8. 9. 10. Ty I faced these challenges or difficulties:	
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JNSTOPPABLE CHALLENGES: Tod COURSE-CORRECTING: What wou	8. 9. 10. By I faced these challenges or difficulties: d a woman who loved herself do to solve these challenges tomorrow?	
INSTOPPABLE CHALLENGES: Tod COURSE-CORRECTING: What wou	8. 9. 10. By I faced these challenges or difficulties: d a woman who loved herself do to solve these challenges tomorrow?	
JNSTOPPABLE CHALLENGES: Tod COURSE-CORRECTING: What wou	8. 9. 10. By I faced these challenges or difficulties: d a woman who loved herself do to solve these challenges tomorrow?	
INSTOPPABLE CHALLENGES: Tod COURSE-CORRECTING: What wou	8. 9. 10. By I faced these challenges or difficulties: d a woman who loved herself do to solve these challenges tomorrow?	

DAY 29 | POWER PLANNING

ay of Week:	Date:	/	/
ow I Want to Feel Today:			
spirational Reminder:			
If I loved myself completely, what would I spend my NSTOPPABLE BUSINESS TASKS: (rank 1–10)	unstoppable pe		
ON-URGENT BUSINESS TASKS:	NON-URGENT PE	KSONAL IAS	K3:

DAY 30 | MORNING/EVENING

MY 30-DAY CHALLENGE GOAL:		
UNSTOPPABLE MAGIC: I visualized my	dreams as if they were already here and/or	worked some energetic or manifesting-magic by
UNSTOPPABLE MORNING GRATITU	DE: Today I am grateful for / I am proud	of myself for
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UNSTOPPABILITY: What would a woman	who loved herself completely – do, feel, thi	nk or act today?
UNSTOPPABLE CELEBRATION: I'm so	proud of myself because today I kicked son	ne serious butt because
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UNSTOPPABLE EVENING GRATITUD	E: These great things happened today / F	Here's what I did well today
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UNSTOPPABLE CHALLENGES: Today	I faced these challenges or difficulties:	
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COURSE-CORRECTING: What would d		a challenges temerrow?
1.	d woman who loved hersell do to solve mese	e Challenges Tomorrow?
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EXCITEMENT: Tomorrow is going to be an	amazing day because:	
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EVENING CHECKLIST: I visualize	ed my Goals as if they are already here.	I've planned out my priorities for tomorrow.

DAY 30 | POWER PLANNING

ay of Week:	Date:	/	/
ow I Want to Feel Today:			
spirational Reminder:			
If I loved myself completely, what would I spend my NSTOPPABLE BUSINESS TASKS: (rank 1–10)	unstoppable pe		
ON-URGENT BUSINESS TASKS:	NON-URGENT PE	KSONAL IAS	K3:

DAY 31 | MORNING/EVENING

MY 30-DAY CHALLENGE GOAL:		
UNSTOPPABLE MAGIC: I visualized in	my dreams as if they were already here and/or worked some energeti	c or manifesting-magic by:
UNSTOPPABLE MORNING GRATI	ITUDE: Today I am grateful for / I am proud of myself for	
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UNSTOPPABILITY: What would a wor	nan who loved herself completely – do, feel, think or act today?	
UNSTOPPABLE CELEBRATION: I'm	n so proud of myself because today I kicked some serious butt because	}
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UNSTOPPABLE CHALLENGES: Tod		
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COURSE-CORRECTING: What would	old a woman who loved herself do to solve these challenges tomorrow?	ŝ
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EXCITEMENT: Tomorrow is going to be	an amazing day because:	
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EVENING CHECKLIST: I visua	alized my Goals as if they are already here.	my priorities for tomorrow.

DAY 31 | POWER PLANNING

ıy of Week:		oate:	//	/
w I Want to Feel Today:				
oirational Reminder:				
If I loved myself completely, what would I spend my tim	e on today? What actio	ons would get	me closer to liv	ing my Mission?
ISTOPPABLE BUSINESS TASKS: (rank 1–10)	UNSTOPPABL	LE PERSON	NAL TASKS	(rank 1–10)
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ON-URGENT BUSINESS TASKS:	NON-URGEN	NT PERSOI	NAL TASKS	•
				•

BONUS MONTHIY REVIEW PLANNING PAGFS

Congratulations!!!

It's time to celebrate your work, learning, actions, creativity, dedication and epiphanies over the past month:

CHECK-IN: Of the g	oal I set for myself, here's what I was able to accomplish
CHANGES: I've noti	ced these positive changes over the past month
SURPRISES: These th	ings pleasantly surprised me
WISDOM: He was a di	the accuracy insights about moves if aver the most 20 days
	these new insights about myself over the past 30 days
J	
GROWTH: I'm intere	sted in exploring these changes in my life next month (or over this year)
1	
2	
GRATITUDE: I'm dee	eply grateful for

Your Month In Review...

CELEBRATION: I'm so proud of myself for achieving,	learning + transforming these things this month

Quarterly Pesonal Goals

TASK LIST: Dive deep and think about what goal(s) would make the BIGGEST difference in 90 days. (The answer to this might surprise you - so stay open!) You may realize that establishing a simple new habit will have a wildly-wonderful ripple effect into all other areas of your life. Or you know that accomplishing just 1 main creative project will make you feel deeply and powerfully "On Purpose" in your life. Then list all those smaller goals or tasks you would love to accomplish over the next 3 months in the additional lines at the bottom of the page.

TOP GOALS:

	1		
	2		
		-	
	3		
	4		
	5		
	5		
Other: _			

Quarterly Business Goals

TASK LIST: Dive deep and think about what goal(s) would make the BIGGEST difference in 90 days. (The answer to this might surprise you - so stay open!) You may realize that establishing a simple new habit will have a wildly-wonderful ripple effect into all other areas of your life. Or you know that accomplishing just 1 main creative project will make you feel deeply and powerfully "On Purpose" in your life. Then list all those smaller goals or tasks you would love to accomplish over the next 3 months in the additional lines at the bottom of the page.

TOP GOALS:

	1	
	2	
	3	
	4	
	5	
Other:		

Yearly Goals

TASK LIST: List all those things that you most want to achieve over the coming 12 months. See if you can make sure to select goals for various parts of your life, not just related to income or career advancement. Consider including goals for life areas such as: health; relationships; spirituality; self-love; education; adventure, home upgrades; new habits; creativity; etc. Also really think hard: If you could ONLY achieve 1, 2 (or a small handful of) things each year, which would catapult your Soul and Mission the MOST? What would make you feel the most UNSTOPPABLE by the end of the year? — Then stay focused on those goals like a laser-beam all year long!

TOP GOALS:

	1	_
	2	_
	3	_
	4	_
	5	_
Other: _		

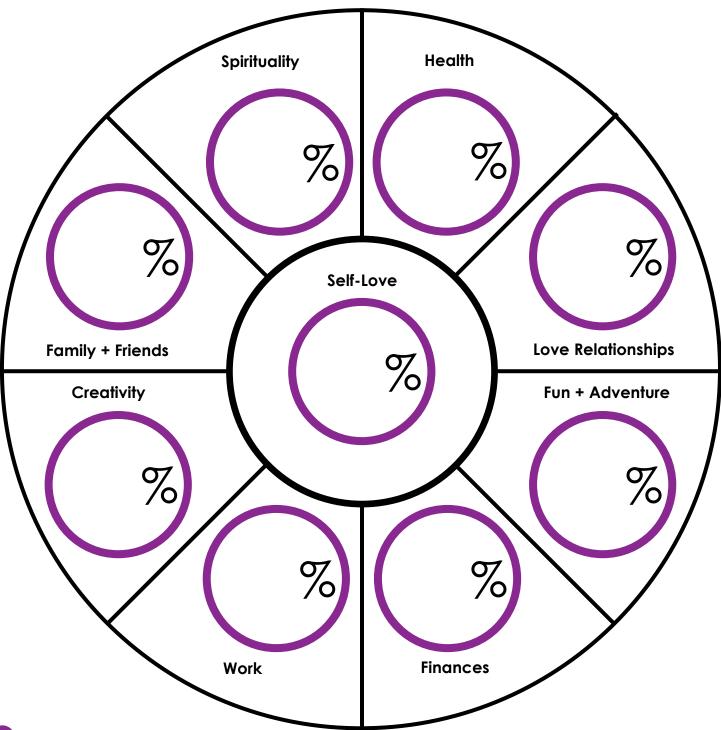
Next 30-Day Challenge

WHAT'S NEXT: From all I've learned over the past 30 days, the following goals, life challenges or habits may make the biggest impact in my life over the next month		

Circle of Unstoppability

Month:	Date:

Grade each area below on a 1—100 scale: In each category, what % are you fully enjoying + embracing? (1% = fully neglected; 100% = fully embraced!)



The Unstoppable Life | REVIEW

What changes can you make in these areas — that will help you create more balance and meaning in the next 30 days?

Self-Love %:	-
Spirituality %:	_
Health: %:	_
Love Relationships: %:	
Fun + Adventure: %:	
Finances: %:	_
Work: %:	_
Creativity: %:	_
Family + Friends: %:	_

Cost of Playing Small

Staying stuck is no small thing. Not only does it squash many opportunities throughout our lives, but it also is VERY costly.

Imagine life free from those things that have held you back. In terms of your business, career or professional growth, what would be possible for you if you were confident, bold, fearless and willing to do whatever it took? Then answer the questions below to find out the \$COST\$ this is having on your life and financial fitness.

If I were free from my current limitations...

1. How much more money would I (likely) make per month?

=	<		
	Y	,	

(Would you ask for a raise? Get a new, better-paying job? Would you bring in added side income from another love or passion? Or for entrepreneurs, how many more clients would you be magnetizing? What would the dollar-amount be monthly for those added clients?)

2. Multiply the number above by 12 (i.e. 12 months in a year):

3. Multiply the number above by 10 (i.e. the next 10 years):

The number above is how much staying stuck + playing small will LITERALLY cost you over a decade. It's also the amount you are capable of allowing into your life, too. (Yippeeee!)

Write down at least 3 things you would do with this added income:

Money Speedometer

From your monthly income tracking page, note the 5 highest income months in the past year (12 months). Write down these 5 highest months on the lines below, add them together, and divide by 5:

Date:	
Month 1:	\$
Month 2:	\$
Month 3:	\$
Month 4:	\$
Month 5:	\$
TOTAL:	\$
Now divide	the total number above by 5, and write that number below:
TOTAL ABO	OVE DIVIDED BY 5 = \$
Now write th	ne number above in the box below.
	MY CURRENT MONEY SPEEDOMETER IS SET TO:
	\$

Monthly Expense Review

MONTH:	TOTAL INCOME FOR THE MONTH: \$	•

Expense Category	Total Spent	Notes + Course-Correcting for Next Month
Rent/Mortgage		
Food/Groceries		
Dining Out		
Household / Maintenance / Furniture		
Utilities (Gas, Electric, Water)		
Phone / Cell phone		
Cable		
Internet		
Debt Repayments/Loans		
Car/Transportation/Gas/Insurance		
Short-term Savings / "Attitude Money"		
Long-Term Savings / retirement		
Business Expenses, Services + Supplies		
Clothing		
Beauty (hair, nails, products)		
Self-Care: massage, health care, etc.		
Entertainment		
Child Care		
Pets		
Health Insurance		
Savings for Taxes		
Education		
Gym		
Insurance		
Gifts		
Donations / Charity		
Spiritual Growth		
Accountant / Bookkeeper		
Lawyer Fees		
Assistants (business, housekeeping, etc.)		
Other:		
TOTAL EXPENSES:		

Unstoppable Income

MY BOLD MONEY GOAL IS:

BOLD MONEY GOAL TOTAL:

Mon	th:	\$	by//
1st	\$·	16th \$	·
2nd	\$,	17th \$	·
3rd	\$	18th \$	_··
4th	\$,	19th \$	··
5th	\$,	20th \$	··
5th	\$ · ·	21st \$	·
7th	\$,	22nd \$	··
		23rd \$	·
3th	\$,	24th \$	··
9th	\$,	25th \$	··
10th	\$,	26th \$	··
11th	\$·	27th \$	··
12th	\$	28th \$	··
13th	\$·	29th \$	··
14th	\$	30th \$	··
15th	\$·	31st \$	··

THIS MONTH'S GRAND TOTAL:

Quarterly Bold Money Goal

After doing the monthly Money-Speedometer exercise and determining what your speedometer is currently set to, pick a "Bold Money Goal" (BMG) that you would like to make 3 months from today.

DO NOT use your current circumstances, income, clients, or business plans to determine this new number. Select it from your gut, Source or Spirit — not from intellect, logic, past results or rationalizing. Don't try to figure out HOW it will happen or WHERE the money will come from — Source will figure out those details for you once you get aligned energetically to this new goal.

My	current Monthly	y Money	peedometer is set to:	\$
----	-----------------	---------	-----------------------	----

MY BOLD MONEY GOAL:

I KNOW MY SOUL IS LIMITLESS, FEARLESS
AND FULL OF INFINITE POSSIBILITIES.
FROM THIS BIGGER, BOLDER PERSPECTIVE,
I CONFIDENTLY SET MY NEW MONEY GOAL TO:

\$		
Y	 1	

I will achieve this by _____/ ____/ ____

Note: Make sure the goal above is a number that is a "stretch" for you, but not so large that it becomes an excuse to feel frustrated or to give up! Pick a number that causes you to take bolder moves, but also a goal that you KNOW you can knock out of the ball park, too!

Bold Money Goal Tracker

Bold Money Goal:	\$,	_by/
Minus Month #1 income:	\$,	_ (subtract amount from number above)
Income still needed:	\$	
Minus Month #2 total:	\$,	_ (subtract amount from number above)
Income still needed:	\$,	
Minus Month #3 total:	\$,	_ (subtract amount from number above)
Difference from BMG:	\$,	
List your total 3-mon	th income here:	\$
What course-correcting will you	do for your next quarterly mo	oney goal? What have you learned?

M	EAL PLANNING Breakfast	Lunch	Dinner	Snacks
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Sunday				
	Grocery List:			

Μ	EAL PLANNING			
	Breakfast	Lunch	Dinner	Snacks
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Thursday				
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Saturday				
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	Grocery List:			_

M	EAL PLANNING Breakfast	Lunch	Dinner	Snacks
Monday				
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Friday				
Saturday				
Sunday				
	Grocery List:			

M	EAL PLANNING Breakfast	Lunch	Dinner	Snacks
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	Grocery List:	L		

Unstoppable You® 30-Day Challenge Success Planner Unstoppable Goal Cards

Fill out the date and goal on the cards below, cut them out, and place them everywhere you look this month: on every door, wall, object, wallet, computer, bathroom mirror, car dashboard, coming + going from every room, nightstand, windows, etc.

On July 15t made \$5,00	_ I have	On	
On		On	
On	_ I have	On	_ I have
On	_ I have	On	
On	_ I have	On	_ I have
On	_ I have	On	_ I have
On	I have	On	_ I have

On		On	
On		On	
On	I have	On	I have
On	I have	On	I have
On		On	



Founder of *Unstoppable You*®, Stephanie McWilliams is an Intuitive Mentor, Business Strategist, International Speaker, author of "Your Space for Success" and "The Unstoppable Entrepreneur"; as well as the former host of HGTV's smashhit design show "Fun Shui." She inspires women on a mission to become powerful leaders — in their lives, families, communities and planet —as they finally unleash their life's deepest purpose out into the world. Stephanie's surprising mix of intuitive guidance, practical savvy + spiritual sass helps women build their own personal empires filled with passion and heart. Her mission: to change the world, one Unstoppable woman at a time!

Stephanie has appeared on programs such as: Good Morning America NOW, Martha Stewart Morning Living, HGTV, People Magazine, Sirius Radio, San Diego Living, Women's World Magazine, ABC News, John Edward's Infinite Quest, YourTime with Kim Iverson, and INside Indiana Business, to name just a few.

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