

# Unstoppable You<sup>®</sup> 30-Day Challenge SUCCESS PLANNER

Created by  
Stephanie McWilliams



Unstoppable You<sup>®</sup>  
30-Day Challenge  
SUCCESS  
PLANNER

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Stephanie McWilliams

[JoinTheUnstoppables.com/challenge](http://JoinTheUnstoppables.com/challenge)

# How to Use This Planner

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**FREE TRAINING ON USING THIS PLANNER: [JoinTheUnstoppables.com/challenge](http://JoinTheUnstoppables.com/challenge)**

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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 intuitively 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!

**DAILY PLANNING PAGES:** 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).

**WEEKLY PLANNING PAGES:** 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 30-Day Challenge Training:**  
**[www.JoinTheUnstoppables.com/challenge](http://www.JoinTheUnstoppables.com/challenge)**

**To Join CLUB UNSTOPPABLE — and get 1 year of challenges, tools + trainings:**  
**[www.ClubUnstoppable.com](http://www.ClubUnstoppable.com)**

For Suggestions, Questions and Love-Notes: [Support@JoinTheUnstoppables.com](mailto:Support@JoinTheUnstoppables.com)

SETTING  
THE STAGE  
PLANNING  
PAGES

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## 30-DAY CHALLENGE

Month \_\_\_\_\_ Start Date: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

What #1 most-transformational goal will I focus my attention on over the next 30 days?

### THIS MONTH'S MOST LIFE-CHANGING GOAL IS:

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If I meet my goal, I will reward myself by:

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If I don't meet my goal, the ramification will be:

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The accountability I need is:

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

#### **S**pecific

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?

#### **M**easurable

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?

#### **A**chievable

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!

#### **R**elevant

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!

#### **T**ime-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!

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## My Number One Goal

**MY BIG "WHY":** This #1 goal is SO important to me because...

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**RIPPLE-EFFECT:** By achieving this goal, my life will be positively impacted in these ways...

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**CHALLENGES:** I've had a hard time achieving this in the past because...

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**COMMITMENT:** To accomplish my goal, it will require that I make these kinds of changes...

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**COMMITMENT:** To accomplish my goal, it will require that I become this kind of person...

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# Unstoppable You® 30-Day Challenge Success Planner

## 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:** \_\_\_\_\_

\_\_\_\_\_

**Love Relationships:** \_\_\_\_\_

\_\_\_\_\_

**Fun + Adventure:** \_\_\_\_\_

\_\_\_\_\_

**Finances:** \_\_\_\_\_

\_\_\_\_\_

**Work:** \_\_\_\_\_

\_\_\_\_\_

**Creativity:** \_\_\_\_\_

\_\_\_\_\_

**Family + Friends:** \_\_\_\_\_

\_\_\_\_\_



# Unstoppable You® 30-Day Challenge Success Planner

## 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:

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If I completely loved myself, I would **\*DELETE\*** these things, people, actions or activities from my life:

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### MONEY:

- Review last month's expenses + income
- Tracked this month's income
- Balanced checkbooks + accounts
- Put a % of money into savings
- Donated a % of my income
- Filled out quarter income goal form
- Planned and set my budget
- Filled out **Money Speedometer** form
- Reviewed the **Cost of Playing Small**
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### ENVIRONMENT:

- Deep-cleaned my home/office
- Scheduled organizing projects
- Tossed anything that's no longer needed
- Fixed broken items or scheduled repairs
- \_\_\_\_\_
- \_\_\_\_\_

### OTHER + MISC:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### TIME + PRODUCTIVITY:

- Schedule time to plan my month
- Schedule time to plan my weeks
- Schedule time to plan NEXT month's goals
- Reviewed my 1-Year Goals
- Reviewed my Quarterly Goals
- Reviewed Last Month's Goals
- Set my 30-Day Challenge(s)
- Set accountability or support to reach my goal(s)
- 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
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### ADVENTURE + FUN:

- Scheduled adventure(s)
- Scheduled socializing activities
- Scheduled educational activities
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

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## My Unstoppable Vision

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

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## My Unstoppable Vision

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





# Unstoppable You® 30-Day Challenge Success Planner

Month: \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

Month: \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

Month: \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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WEEKLY  
OVERVIEW  
PLANNING  
PAGES

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## 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. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### COURSE-CORRECTING: If I loved myself completely, here's how I'd solve these challenges...

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
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### UNSTOPPABLE WISDOM: Insights + "Ah-Ha's"...

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# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## WEEK 1 | POWER PLANNING

If I loved myself completely today, this is the #1 MOST IMPORTANT GOAL I would achieve:

**DATES:** From \_\_\_\_ / \_\_\_\_ / \_\_\_\_ thru \_\_\_\_ / \_\_\_\_ / \_\_\_\_

How I Want to Feel This Week: \_\_\_\_\_

Inspirational Reminder: \_\_\_\_\_

If I loved myself completely, what would I spend my time on today? What actions would get me closer to living my Mission?

### UNSTOPPABLE BUSINESS TASKS: (rank 1-10)

<input type="checkbox"/>	_____
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### UNSTOPPABLE PERSONAL TASKS: (rank 1-10)

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### NON-URGENT BUSINESS TASKS:

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### NON-URGENT PERSONAL TASKS:

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

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## WEEK 2 | 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. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### COURSE-CORRECTING: If I loved myself completely, here's how I'd solve these challenges...

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
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3. \_\_\_\_\_  
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### UNSTOPPABLE WISDOM: Insights + "Ah-Ha's"...

1. \_\_\_\_\_  
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# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## WEEK 2 | POWER PLANNING

If I loved myself completely today, this is the #1 MOST IMPORTANT GOAL I would achieve:

**DATES:** From \_\_\_\_ / \_\_\_\_ / \_\_\_\_ thru \_\_\_\_ / \_\_\_\_ / \_\_\_\_

How I Want to Feel This Week: \_\_\_\_\_

Inspirational Reminder: \_\_\_\_\_

If I loved myself completely, what would I spend my time on today? What actions would get me closer to living my Mission?

### UNSTOPPABLE BUSINESS TASKS: (rank 1-10)

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### UNSTOPPABLE PERSONAL TASKS: (rank 1-10)

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### NON-URGENT BUSINESS TASKS:

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### NON-URGENT PERSONAL TASKS:

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

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## WEEK 3 | 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. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### COURSE-CORRECTING: If I loved myself completely, here's how I'd solve these challenges...

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
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3. \_\_\_\_\_  
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### UNSTOPPABLE WISDOM: Insights + "Ah-Ha's"...

1. \_\_\_\_\_  
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# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## WEEK 3 | POWER PLANNING

If I loved myself completely today, this is the #1 MOST IMPORTANT GOAL I would achieve:

**DATES:** From \_\_\_\_ / \_\_\_\_ / \_\_\_\_ thru \_\_\_\_ / \_\_\_\_ / \_\_\_\_

How I Want to Feel This Week: \_\_\_\_\_

Inspirational Reminder: \_\_\_\_\_

If I loved myself completely, what would I spend my time on today? What actions would get me closer to living my Mission?

### UNSTOPPABLE BUSINESS TASKS: (rank 1-10)

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### UNSTOPPABLE PERSONAL TASKS: (rank 1-10)

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### NON-URGENT BUSINESS TASKS:

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### NON-URGENT PERSONAL TASKS:

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

# Unstoppable You® 30-Day Challenge Success Planner

## WEEK 4 | 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. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### COURSE-CORRECTING: If I loved myself completely, here's how I'd solve these challenges...

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
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### UNSTOPPABLE WISDOM: Insights + "Ah-Ha's"...

1. \_\_\_\_\_  
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4. \_\_\_\_\_  
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5. \_\_\_\_\_  
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# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## WEEK 4 | POWER PLANNING

If I loved myself completely today, this is the #1 MOST IMPORTANT GOAL I would achieve:

**DATES:** From \_\_\_\_ / \_\_\_\_ / \_\_\_\_ thru \_\_\_\_ / \_\_\_\_ / \_\_\_\_

How I Want to Feel This Week: \_\_\_\_\_

Inspirational Reminder: \_\_\_\_\_

If I loved myself completely, what would I spend my time on today? What actions would get me closer to living my Mission?

### UNSTOPPABLE BUSINESS TASKS: (rank 1-10)

<input type="checkbox"/>	_____
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### UNSTOPPABLE PERSONAL TASKS: (rank 1-10)

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### NON-URGENT BUSINESS TASKS:

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### NON-URGENT PERSONAL TASKS:

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

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## WEEK 5 | 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. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### COURSE-CORRECTING: If I loved myself completely, here's how I'd solve these challenges...

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
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3. \_\_\_\_\_  
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### UNSTOPPABLE WISDOM: Insights + "Ah-Ha's"...

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
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3. \_\_\_\_\_  
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4. \_\_\_\_\_  
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5. \_\_\_\_\_  
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# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## WEEK 5 | POWER PLANNING

If I loved myself completely today, this is the #1 MOST IMPORTANT GOAL I would achieve:

**DATES:** From \_\_\_\_ / \_\_\_\_ / \_\_\_\_ thru \_\_\_\_ / \_\_\_\_ / \_\_\_\_

How I Want to Feel This Week: \_\_\_\_\_

Inspirational Reminder: \_\_\_\_\_

If I loved myself completely, what would I spend my time on today? What actions would get me closer to living my Mission?

### UNSTOPPABLE BUSINESS TASKS: (rank 1-10)

<input type="checkbox"/>	_____
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<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### UNSTOPPABLE PERSONAL TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### NON-URGENT BUSINESS TASKS:

_____
_____
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### NON-URGENT PERSONAL TASKS:

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

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

WEEK  
AT-A-GLANCE  
DAILY  
PLANNING  
PAGES

# Unstoppable You® 30-Day Challenge Success Planner

WEEK 1 | My 30-Day Challenge:

## Weekly List by Categories


## Daily To-Do List [ Rank in order of Priority ]

Monday | \_\_\_\_\_

Tuesday | \_\_\_\_\_

Wednesday | \_\_\_\_\_

Thursday | \_\_\_\_\_

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____


# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

Month: \_\_\_\_\_ Dates: \_\_\_\_/\_\_\_\_/\_\_\_\_ — \_\_\_\_/\_\_\_\_/\_\_\_\_

## Weekly List by Categories


## Daily To-Do List [ Rank in order of Priority ]

Friday | \_\_\_\_\_ Saturday | \_\_\_\_\_ Sunday | \_\_\_\_\_

1. _____ 2. _____ 3. _____	1. _____ 2. _____ 3. _____	1. _____ 2. _____ 3. _____

# Unstoppable You® 30-Day Challenge Success Planner

**WEEK 2 | My 30-Day Challenge:**

**Weekly List by Categories**


**Daily To-Do List [ Rank in order of Priority ]**

Monday   _____	Tuesday   _____	Wednesday   _____	Thursday   _____
1. _____	1. _____	1. _____	1. _____
2. _____	2. _____	2. _____	2. _____
3. _____	3. _____	3. _____	3. _____



# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

Month: \_\_\_\_\_ Dates: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_ — \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

**Weekly List by Categories**


**Daily To-Do List** [ Rank in order of Priority ]

Friday | \_\_\_\_\_     
 Saturday | \_\_\_\_\_     
 Sunday | \_\_\_\_\_

1. _____ 2. _____ 3. _____	1. _____ 2. _____ 3. _____	1. _____ 2. _____ 3. _____
----------------------------------	----------------------------------	----------------------------------


# Unstoppable You® 30-Day Challenge Success Planner

## WEEK 3 | My 30-Day Challenge:

### Weekly List by Categories


### Daily To-Do List [ Rank in order of Priority ]

Monday   _____	Tuesday   _____	Wednesday   _____	Thursday   _____
1. _____ 2. _____ 3. _____	1. _____ 2. _____ 3. _____	1. _____ 2. _____ 3. _____	1. _____ 2. _____ 3. _____

# Unstoppable You® 30-Day Challenge Success Planner

Month: \_\_\_\_\_ Dates: \_\_\_\_/\_\_\_\_/\_\_\_\_ — \_\_\_\_/\_\_\_\_/\_\_\_\_

### Weekly List by Categories


### Daily To-Do List [ Rank in order of Priority ]

Friday | \_\_\_\_\_

Saturday | \_\_\_\_\_

Sunday | \_\_\_\_\_

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____


# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## WEEK 4 | My 30-Day Challenge:

### Weekly List by Categories


### Daily To-Do List [ Rank in order of Priority ]

Monday | \_\_\_\_\_

Tuesday | \_\_\_\_\_

Wednesday | \_\_\_\_\_

Thursday | \_\_\_\_\_

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____


# Unstoppable You® 30-Day Challenge Success Planner

Month: \_\_\_\_\_ Dates: \_\_\_\_/\_\_\_\_/\_\_\_\_ — \_\_\_\_/\_\_\_\_/\_\_\_\_

**Weekly List by Categories**


**Daily To-Do List [ Rank in order of Priority ]**

Friday | \_\_\_\_\_ Saturday | \_\_\_\_\_ Sunday | \_\_\_\_\_

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____


# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## WEEK 5 | My 30-Day Challenge:

### Weekly List by Categories


### Daily To-Do List [ Rank in order of Priority ]

Monday | \_\_\_\_\_

Tuesday | \_\_\_\_\_

Wednesday | \_\_\_\_\_

Thursday | \_\_\_\_\_

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____


# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

Month: \_\_\_\_\_ Dates: \_\_\_\_/\_\_\_\_/\_\_\_\_ — \_\_\_\_/\_\_\_\_/\_\_\_\_

## Weekly List by Categories

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
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_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

## Daily To-Do List [ Rank in order of Priority ]

Friday | \_\_\_\_\_

Saturday | \_\_\_\_\_

Sunday | \_\_\_\_\_

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____

_____	_____	_____	_____
_____	_____	_____	_____
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_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
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_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner



ONE DAY  
AT-A-TIME  
PLANNING  
PAGES

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## DAY 1 | 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 GRATITUDE:** 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 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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**EVENING CHECKLIST:**  I visualized my Goals as if they are already here.  I've planned out my priorities for tomorrow.

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## DAY 1 | POWER PLANNING

If I loved myself completely today, this is the **#1 MOST IMPORTANT GOAL** I would achieve:

Day of Week: \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

How I Want to Feel Today: \_\_\_\_\_

Inspirational Reminder: \_\_\_\_\_

If I loved myself completely, what would I spend my time on today? What actions would get me closer to living my Mission?

### UNSTOPPABLE BUSINESS TASKS: (rank 1–10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### UNSTOPPABLE PERSONAL TASKS: (rank 1–10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### NON-URGENT BUSINESS TASKS:

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### NON-URGENT PERSONAL TASKS:

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_____

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

# Unstoppable You® 30-Day Challenge Success Planner

## DAY 2 | 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 GRATITUDE:** 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 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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**EVENING CHECKLIST:**  I visualized my Goals as if they are already here.  I've planned out my priorities for tomorrow.

# Unstoppable You® 30-Day Challenge Success Planner

## DAY 2 | POWER PLANNING

If I loved myself completely today, this is the #1 MOST IMPORTANT GOAL I would achieve:

Day of Week: \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

How I Want to Feel Today: \_\_\_\_\_

Inspirational Reminder: \_\_\_\_\_

If I loved myself completely, what would I spend my time on today? What actions would get me closer to living my Mission?

### UNSTOPPABLE BUSINESS TASKS: (rank 1–10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### UNSTOPPABLE PERSONAL TASKS: (rank 1–10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### NON-URGENT BUSINESS TASKS:

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### NON-URGENT PERSONAL TASKS:

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

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## DAY 3 | 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 GRATITUDE:** 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 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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**EVENING CHECKLIST:**  I visualized my Goals as if they are already here.  I've planned out my priorities for tomorrow.

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## DAY 3 | POWER PLANNING

If I loved myself completely today, this is the #1 MOST IMPORTANT GOAL I would achieve:

Day of Week: \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

How I Want to Feel Today: \_\_\_\_\_

Inspirational Reminder: \_\_\_\_\_

If I loved myself completely, what would I spend my time on today? What actions would get me closer to living my Mission?

### UNSTOPPABLE BUSINESS TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### UNSTOPPABLE PERSONAL TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### NON-URGENT BUSINESS TASKS:

_____
_____
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_____
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### NON-URGENT PERSONAL TASKS:

_____
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_____

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

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## DAY 4 | 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 GRATITUDE:** 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 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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**EVENING CHECKLIST:**  I visualized my Goals as if they are already here.  I've planned out my priorities for tomorrow.



# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## DAY 4 | POWER PLANNING

If I loved myself completely today, this is the #1 MOST IMPORTANT GOAL I would achieve:

Day of Week: \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

How I Want to Feel Today: \_\_\_\_\_

Inspirational Reminder: \_\_\_\_\_

If I loved myself completely, what would I spend my time on today? What actions would get me closer to living my Mission?

### UNSTOPPABLE BUSINESS TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### UNSTOPPABLE PERSONAL TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### NON-URGENT BUSINESS TASKS:

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### NON-URGENT PERSONAL TASKS:

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

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## DAY 5 | 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 GRATITUDE:** 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 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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**EVENING CHECKLIST:**  I visualized my Goals as if they are already here.  I've planned out my priorities for tomorrow.

# Unstoppable You® 30-Day Challenge Success Planner

## DAY 5 | POWER PLANNING

If I loved myself completely today, this is the #1 MOST IMPORTANT GOAL I would achieve:

Day of Week: \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

How I Want to Feel Today: \_\_\_\_\_

Inspirational Reminder: \_\_\_\_\_

If I loved myself completely, what would I spend my time on today? What actions would get me closer to living my Mission?

### UNSTOPPABLE BUSINESS TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### UNSTOPPABLE PERSONAL TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### NON-URGENT BUSINESS TASKS:

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### NON-URGENT PERSONAL TASKS:

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

# Unstoppable You® 30-Day Challenge Success Planner

## DAY 6 | 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 GRATITUDE:** 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 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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**EVENING CHECKLIST:**  I visualized my Goals as if they are already here.  I've planned out my priorities for tomorrow.

# Unstoppable You® 30-Day Challenge Success Planner

## DAY 6 | POWER PLANNING

If I loved myself completely today, this is the #1 MOST IMPORTANT GOAL I would achieve:

Day of Week: \_\_\_\_\_ Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

How I Want to Feel Today: \_\_\_\_\_

Inspirational Reminder: \_\_\_\_\_

If I loved myself completely, what would I spend my time on today? What actions would get me closer to living my Mission?

### UNSTOPPABLE BUSINESS TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### UNSTOPPABLE PERSONAL TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### NON-URGENT BUSINESS TASKS:

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### NON-URGENT PERSONAL TASKS:

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

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## DAY 7 | 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 GRATITUDE:** 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 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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**EVENING CHECKLIST:**  I visualized my Goals as if they are already here.  I've planned out my priorities for tomorrow.

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## DAY 7 | POWER PLANNING

If I loved myself completely today, this is the **#1 MOST IMPORTANT GOAL** I would achieve:

Day of Week: \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

How I Want to Feel Today: \_\_\_\_\_

Inspirational Reminder: \_\_\_\_\_

If I loved myself completely, what would I spend my time on today? What actions would get me closer to living my Mission?

### UNSTOPPABLE BUSINESS TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### UNSTOPPABLE PERSONAL TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### NON-URGENT BUSINESS TASKS:

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### NON-URGENT PERSONAL TASKS:

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

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## DAY 8 | 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 GRATITUDE:** 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 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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**EVENING CHECKLIST:**  I visualized my Goals as if they are already here.  I've planned out my priorities for tomorrow.



# Unstoppable You® 30-Day Challenge Success Planner

## DAY 8 | POWER PLANNING

If I loved myself completely today, this is the #1 MOST IMPORTANT GOAL I would achieve:

Day of Week: \_\_\_\_\_ Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

How I Want to Feel Today: \_\_\_\_\_

Inspirational Reminder: \_\_\_\_\_

If I loved myself completely, what would I spend my time on today? What actions would get me closer to living my Mission?

### UNSTOPPABLE BUSINESS TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### UNSTOPPABLE PERSONAL TASKS: (rank 1-10)

<input type="checkbox"/>	_____
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<input type="checkbox"/>	_____
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<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### NON-URGENT BUSINESS TASKS:

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### NON-URGENT PERSONAL TASKS:

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\_\_\_\_\_

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

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## DAY 9 | 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 GRATITUDE:** 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 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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**EVENING CHECKLIST:**  I visualized my Goals as if they are already here.  I've planned out my priorities for tomorrow.

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## DAY 9 | POWER PLANNING

If I loved myself completely today, this is the #1 MOST IMPORTANT GOAL I would achieve:

Day of Week: \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

How I Want to Feel Today: \_\_\_\_\_

Inspirational Reminder: \_\_\_\_\_

If I loved myself completely, what would I spend my time on today? What actions would get me closer to living my Mission?

### UNSTOPPABLE BUSINESS TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### UNSTOPPABLE PERSONAL TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### NON-URGENT BUSINESS TASKS:

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### NON-URGENT PERSONAL TASKS:

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

# Unstoppable You® 30-Day Challenge Success Planner

## DAY 10 | 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 GRATITUDE:** 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 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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**EVENING CHECKLIST:**  I visualized my Goals as if they are already here.  I've planned out my priorities for tomorrow.

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## DAY 10 | POWER PLANNING

If I loved myself completely today, this is the #1 MOST IMPORTANT GOAL I would achieve:

Day of Week: \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

How I Want to Feel Today: \_\_\_\_\_

Inspirational Reminder: \_\_\_\_\_

If I loved myself completely, what would I spend my time on today? What actions would get me closer to living my Mission?

### UNSTOPPABLE BUSINESS TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### UNSTOPPABLE PERSONAL TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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### NON-URGENT BUSINESS TASKS:

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### NON-URGENT PERSONAL TASKS:

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

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## DAY 11 | 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 GRATITUDE:** 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 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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**EVENING CHECKLIST:**  I visualized my Goals as if they are already here.  I've planned out my priorities for tomorrow.

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## DAY 11 | POWER PLANNING

If I loved myself completely today, this is the #1 MOST IMPORTANT GOAL I would achieve:

Day of Week: \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

How I Want to Feel Today: \_\_\_\_\_

Inspirational Reminder: \_\_\_\_\_

If I loved myself completely, what would I spend my time on today? What actions would get me closer to living my Mission?

### UNSTOPPABLE BUSINESS TASKS: (rank 1-10)

- 
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### UNSTOPPABLE PERSONAL TASKS: (rank 1-10)

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### NON-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.

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## DAY 12 | 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 GRATITUDE:** 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 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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**EVENING CHECKLIST:**  I visualized my Goals as if they are already here.  I've planned out my priorities for tomorrow.



# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## DAY 12 | POWER PLANNING

If I loved myself completely today, this is the #1 MOST IMPORTANT GOAL I would achieve:

Day of Week: \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

How I Want to Feel Today: \_\_\_\_\_

Inspirational Reminder: \_\_\_\_\_

If I loved myself completely, what would I spend my time on today? What actions would get me closer to living my Mission?

### UNSTOPPABLE BUSINESS TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### UNSTOPPABLE PERSONAL TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### NON-URGENT BUSINESS TASKS:

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### NON-URGENT PERSONAL TASKS:

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

# Unstoppable You® 30-Day Challenge Success Planner

## DAY 13 | 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 GRATITUDE:** 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 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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**EVENING CHECKLIST:**  I visualized my Goals as if they are already here.  I've planned out my priorities for tomorrow.

# Unstoppable You® 30-Day Challenge Success Planner

## DAY 13 | POWER PLANNING

If I loved myself completely today, this is the **#1 MOST IMPORTANT GOAL** I would achieve:

Day of Week: \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

How I Want to Feel Today: \_\_\_\_\_

Inspirational Reminder: \_\_\_\_\_

If I loved myself completely, what would I spend my time on today? What actions would get me closer to living my Mission?

### UNSTOPPABLE BUSINESS TASKS: (rank 1–10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### UNSTOPPABLE PERSONAL TASKS: (rank 1–10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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### NON-URGENT BUSINESS TASKS:

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### NON-URGENT PERSONAL TASKS:

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

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## DAY 14 | 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 GRATITUDE:** 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 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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**EVENING CHECKLIST:**  I visualized my Goals as if they are already here.  I've planned out my priorities for tomorrow.

# Unstoppable You® 30-Day Challenge Success Planner

## DAY 14 | POWER PLANNING

If I loved myself completely today, this is the #1 MOST IMPORTANT GOAL I would achieve:

Day of Week: \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

How I Want to Feel Today: \_\_\_\_\_

Inspirational Reminder: \_\_\_\_\_

If I loved myself completely, what would I spend my time on today? What actions would get me closer to living my Mission?

### UNSTOPPABLE BUSINESS TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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### UNSTOPPABLE PERSONAL TASKS: (rank 1-10)

<input type="checkbox"/>	_____
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### NON-URGENT BUSINESS TASKS:

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### NON-URGENT PERSONAL TASKS:

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

# Unstoppable You® 30-Day Challenge Success Planner

## DAY 15 | 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 GRATITUDE:** 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 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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**EVENING CHECKLIST:**  I visualized my Goals as if they are already here.  I've planned out my priorities for tomorrow.

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## DAY 15 | POWER PLANNING

If I loved myself completely today, this is the #1 MOST IMPORTANT GOAL I would achieve:

Day of Week: \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

How I Want to Feel Today: \_\_\_\_\_

Inspirational Reminder: \_\_\_\_\_

If I loved myself completely, what would I spend my time on today? What actions would get me closer to living my Mission?

### UNSTOPPABLE BUSINESS TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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<input type="checkbox"/>	_____
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### UNSTOPPABLE PERSONAL TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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### NON-URGENT BUSINESS TASKS:

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### NON-URGENT PERSONAL TASKS:

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

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## DAY 16 | 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 GRATITUDE:** 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 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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**EVENING CHECKLIST:**  I visualized my Goals as if they are already here.  I've planned out my priorities for tomorrow.



# Unstoppable You® 30-Day Challenge Success Planner

## DAY 16 | POWER PLANNING

If I loved myself completely today, this is the #1 MOST IMPORTANT GOAL I would achieve:

Day of Week: \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

How I Want to Feel Today: \_\_\_\_\_

Inspirational Reminder: \_\_\_\_\_

If I loved myself completely, what would I spend my time on today? What actions would get me closer to living my Mission?

### UNSTOPPABLE BUSINESS TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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### UNSTOPPABLE PERSONAL TASKS: (rank 1-10)

<input type="checkbox"/>	_____
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<input type="checkbox"/>	_____
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### NON-URGENT BUSINESS TASKS:

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### NON-URGENT PERSONAL TASKS:

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

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## DAY 17 | 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 GRATITUDE:** 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 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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**EVENING CHECKLIST:**  I visualized my Goals as if they are already here.  I've planned out my priorities for tomorrow.

# Unstoppable You® 30-Day Challenge Success Planner

## DAY 17 | POWER PLANNING

If I loved myself completely today, this is the #1 MOST IMPORTANT GOAL I would achieve:

Day of Week: \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

How I Want to Feel Today: \_\_\_\_\_

Inspirational Reminder: \_\_\_\_\_

If I loved myself completely, what would I spend my time on today? What actions would get me closer to living my Mission?

### UNSTOPPABLE BUSINESS TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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<input type="checkbox"/>	_____
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### UNSTOPPABLE PERSONAL TASKS: (rank 1-10)

<input type="checkbox"/>	_____
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### NON-URGENT BUSINESS TASKS:

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### NON-URGENT PERSONAL TASKS:

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

# Unstoppable You® 30-Day Challenge Success Planner

## DAY 18 | 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 GRATITUDE:** 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 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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**EVENING CHECKLIST:**  I visualized my Goals as if they are already here.  I've planned out my priorities for tomorrow.

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## DAY 18 | POWER PLANNING

If I loved myself completely today, this is the #1 MOST IMPORTANT GOAL I would achieve:

Day of Week: \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

How I Want to Feel Today: \_\_\_\_\_

Inspirational Reminder: \_\_\_\_\_

If I loved myself completely, what would I spend my time on today? What actions would get me closer to living my Mission?

### UNSTOPPABLE BUSINESS TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### UNSTOPPABLE PERSONAL TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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<input type="checkbox"/>	_____

### NON-URGENT BUSINESS TASKS:

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### NON-URGENT PERSONAL TASKS:

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

# Unstoppable You® 30-Day Challenge Success Planner

## DAY 19 | 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 GRATITUDE:** 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 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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**EVENING CHECKLIST:**  I visualized my Goals as if they are already here.  I've planned out my priorities for tomorrow.

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## DAY 19 | POWER PLANNING

If I loved myself completely today, this is the #1 MOST IMPORTANT GOAL I would achieve:

Day of Week: \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

How I Want to Feel Today: \_\_\_\_\_

Inspirational Reminder: \_\_\_\_\_

If I loved myself completely, what would I spend my time on today? What actions would get me closer to living my Mission?

### UNSTOPPABLE BUSINESS TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### UNSTOPPABLE PERSONAL TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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### NON-URGENT BUSINESS TASKS:

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### NON-URGENT PERSONAL TASKS:

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

# Unstoppable You® 30-Day Challenge Success Planner

## DAY 20 | 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 GRATITUDE:** 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 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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**EVENING CHECKLIST:**  I visualized my Goals as if they are already here.  I've planned out my priorities for tomorrow.



# Unstoppable You® 30-Day Challenge Success Planner

## DAY 20 | POWER PLANNING

If I loved myself completely today, this is the #1 MOST IMPORTANT GOAL I would achieve:

Day of Week: \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

How I Want to Feel Today: \_\_\_\_\_

Inspirational Reminder: \_\_\_\_\_

If I loved myself completely, what would I spend my time on today? What actions would get me closer to living my Mission?

**UNSTOPPABLE BUSINESS TASKS:** (rank 1-10)

- \_\_\_\_\_
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- \_\_\_\_\_

**UNSTOPPABLE PERSONAL TASKS:** (rank 1-10)

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**NON-URGENT BUSINESS TASKS:**

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**NON-URGENT PERSONAL TASKS:**

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

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## 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 by:

**UNSTOPPABLE MORNING GRATITUDE:** 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 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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**EVENING CHECKLIST:**  I visualized my Goals as if they are already here.  I've planned out my priorities for tomorrow.

# Unstoppable You® 30-Day Challenge Success Planner

## DAY 21 | POWER PLANNING

If I loved myself completely today, this is the #1 MOST IMPORTANT GOAL I would achieve:

Day of Week: \_\_\_\_\_ Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

How I Want to Feel Today: \_\_\_\_\_

Inspirational Reminder: \_\_\_\_\_

If I loved myself completely, what would I spend my time on today? What actions would get me closer to living my Mission?

### UNSTOPPABLE BUSINESS TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### UNSTOPPABLE PERSONAL TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### NON-URGENT BUSINESS TASKS:

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### NON-URGENT PERSONAL TASKS:

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

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## 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 by:

**UNSTOPPABLE MORNING GRATITUDE:** 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 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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**EVENING CHECKLIST:**  I visualized my Goals as if they are already here.  I've planned out my priorities for tomorrow.

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## DAY 22 | POWER PLANNING

If I loved myself completely today, this is the #1 MOST IMPORTANT GOAL I would achieve:

Day of Week: \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

How I Want to Feel Today: \_\_\_\_\_

Inspirational Reminder: \_\_\_\_\_

If I loved myself completely, what would I spend my time on today? What actions would get me closer to living my Mission?

### UNSTOPPABLE BUSINESS TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### UNSTOPPABLE PERSONAL TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### NON-URGENT BUSINESS TASKS:

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### NON-URGENT PERSONAL TASKS:

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

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## DAY 23 | 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 GRATITUDE:** 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 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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**EVENING CHECKLIST:**  I visualized my Goals as if they are already here.  I've planned out my priorities for tomorrow.

# Unstoppable You® 30-Day Challenge Success Planner

## DAY 23 | POWER PLANNING

If I loved myself completely today, this is the #1 MOST IMPORTANT GOAL I would achieve:

Day of Week: \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

How I Want to Feel Today: \_\_\_\_\_

Inspirational Reminder: \_\_\_\_\_

If I loved myself completely, what would I spend my time on today? What actions would get me closer to living my Mission?

### UNSTOPPABLE BUSINESS TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### UNSTOPPABLE PERSONAL TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### NON-URGENT BUSINESS TASKS:

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### NON-URGENT PERSONAL TASKS:

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

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## DAY 24 | 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 GRATITUDE:** 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 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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**EVENING CHECKLIST:**  I visualized my Goals as if they are already here.  I've planned out my priorities for tomorrow.



# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## DAY 24 | POWER PLANNING

If I loved myself completely today, this is the #1 MOST IMPORTANT GOAL I would achieve:

Day of Week: \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

How I Want to Feel Today: \_\_\_\_\_

Inspirational Reminder: \_\_\_\_\_

If I loved myself completely, what would I spend my time on today? What actions would get me closer to living my Mission?

### UNSTOPPABLE BUSINESS TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### UNSTOPPABLE PERSONAL TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### NON-URGENT BUSINESS TASKS:

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### NON-URGENT PERSONAL TASKS:

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

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## DAY 25 | 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 GRATITUDE:** 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 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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**EVENING CHECKLIST:**  I visualized my Goals as if they are already here.  I've planned out my priorities for tomorrow.

# Unstoppable You® 30-Day Challenge Success Planner

## DAY 25 | POWER PLANNING

If I loved myself completely today, this is the #1 MOST IMPORTANT GOAL I would achieve:

Day of Week: \_\_\_\_\_ Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

How I Want to Feel Today: \_\_\_\_\_

Inspirational Reminder: \_\_\_\_\_

If I loved myself completely, what would I spend my time on today? What actions would get me closer to living my Mission?

### UNSTOPPABLE BUSINESS TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### UNSTOPPABLE PERSONAL TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### NON-URGENT BUSINESS TASKS:

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### NON-URGENT PERSONAL TASKS:

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

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## DAY 26 | 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 GRATITUDE:** 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 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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**EVENING CHECKLIST:**  I visualized my Goals as if they are already here.  I've planned out my priorities for tomorrow.

# Unstoppable You® 30-Day Challenge Success Planner

## DAY 26 | POWER PLANNING

If I loved myself completely today, this is the #1 MOST IMPORTANT GOAL I would achieve:

Day of Week: \_\_\_\_\_ Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

How I Want to Feel Today: \_\_\_\_\_

Inspirational Reminder: \_\_\_\_\_

If I loved myself completely, what would I spend my time on today? What actions would get me closer to living my Mission?

### UNSTOPPABLE BUSINESS TASKS: (rank 1–10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### UNSTOPPABLE PERSONAL TASKS: (rank 1–10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### NON-URGENT BUSINESS TASKS:

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### NON-URGENT PERSONAL TASKS:

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

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## DAY 27 | 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 GRATITUDE:** 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 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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**EVENING CHECKLIST:**  I visualized my Goals as if they are already here.  I've planned out my priorities for tomorrow.

# Unstoppable You® 30-Day Challenge Success Planner

## DAY 27 | POWER PLANNING

If I loved myself completely today, this is the #1 MOST IMPORTANT GOAL I would achieve:

Day of Week: \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

How I Want to Feel Today: \_\_\_\_\_

Inspirational Reminder: \_\_\_\_\_

If I loved myself completely, what would I spend my time on today? What actions would get me closer to living my Mission?

### UNSTOPPABLE BUSINESS TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### UNSTOPPABLE PERSONAL TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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### NON-URGENT BUSINESS TASKS:

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### NON-URGENT PERSONAL TASKS:

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

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## DAY 28 | 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 GRATITUDE:** 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 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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**EVENING CHECKLIST:**  I visualized my Goals as if they are already here.  I've planned out my priorities for tomorrow.



# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## DAY 28 | POWER PLANNING

If I loved myself completely today, this is the #1 MOST IMPORTANT GOAL I would achieve:

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Day of Week: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

How I Want to Feel Today: \_\_\_\_\_

Inspirational Reminder: \_\_\_\_\_

If I loved myself completely, what would I spend my time on today? What actions would get me closer to living my Mission?

### UNSTOPPABLE BUSINESS TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### UNSTOPPABLE PERSONAL TASKS: (rank 1-10)

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<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### NON-URGENT BUSINESS TASKS:

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### NON-URGENT PERSONAL TASKS:

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

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## DAY 29 | 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 GRATITUDE:** 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 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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**EVENING CHECKLIST:**  I visualized my Goals as if they are already here.  I've planned out my priorities for tomorrow.

# Unstoppable You® 30-Day Challenge Success Planner

## DAY 29 | POWER PLANNING

If I loved myself completely today, this is the #1 MOST IMPORTANT GOAL I would achieve:

Day of Week: \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

How I Want to Feel Today: \_\_\_\_\_

Inspirational Reminder: \_\_\_\_\_

If I loved myself completely, what would I spend my time on today? What actions would get me closer to living my Mission?

### UNSTOPPABLE BUSINESS TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### UNSTOPPABLE PERSONAL TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### NON-URGENT BUSINESS TASKS:

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### NON-URGENT PERSONAL TASKS:

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_____

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

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## 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 GRATITUDE:** 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 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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**EVENING CHECKLIST:**  I visualized my Goals as if they are already here.  I've planned out my priorities for tomorrow.

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## DAY 30 | POWER PLANNING

If I loved myself completely today, this is the #1 MOST IMPORTANT GOAL I would achieve:

Day of Week: \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

How I Want to Feel Today: \_\_\_\_\_

Inspirational Reminder: \_\_\_\_\_

If I loved myself completely, what would I spend my time on today? What actions would get me closer to living my Mission?

### UNSTOPPABLE BUSINESS TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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<input type="checkbox"/>	_____
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### UNSTOPPABLE PERSONAL TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### NON-URGENT BUSINESS TASKS:

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### NON-URGENT PERSONAL TASKS:

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

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## DAY 31 | 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 GRATITUDE:** 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 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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**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:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**EVENING CHECKLIST:**  I visualized my Goals as if they are already here.  I've planned out my priorities for tomorrow.

# Unstoppable You® 30-Day Challenge Success Planner

## DAY 31 | POWER PLANNING

If I loved myself completely today, this is the #1 MOST IMPORTANT GOAL I would achieve:

Day of Week: \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

How I Want to Feel Today: \_\_\_\_\_

Inspirational Reminder: \_\_\_\_\_

If I loved myself completely, what would I spend my time on today? What actions would get me closer to living my Mission?

### UNSTOPPABLE BUSINESS TASKS: (rank 1-10)

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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<input type="checkbox"/>	_____
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### UNSTOPPABLE PERSONAL TASKS: (rank 1-10)

<input type="checkbox"/>	_____
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<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### NON-URGENT BUSINESS TASKS:

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### NON-URGENT PERSONAL TASKS:

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

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner



BONUS  
MONTHLY  
REVIEW  
PLANNING  
PAGES

# Unstoppable You® 30-Day Challenge Success Planner

## Congratulations!!!

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

**CHECK-IN:** Of the goal I set for myself, here's what I was able to accomplish...

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**CHANGES:** I've noticed these positive changes over the past month...

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**SURPRISES:** These things pleasantly surprised me...

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**WISDOM:** I learned these new insights about myself over the past 30 days...

1. 

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2. 

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3. 

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4. 

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5. 

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**GROWTH:** I'm interested in exploring these changes in my life next month (or over this year)...

1. 

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2. 

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3. 

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**GRATITUDE:** I'm deeply grateful for...

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# Unstoppable You® 30-Day Challenge Success Planner

## Your Month In Review...

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

Lined writing area for celebrating achievements.

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## Quarterly Personal 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: \_\_\_\_\_

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# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## 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: \_\_\_\_\_

\_\_\_\_\_

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# Unstoppable You® 30-Day Challenge Success Planner

## 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: \_\_\_\_\_

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
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_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## 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!)





# Unstoppable You® 30-Day Challenge Success Planner

## 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: %** \_\_\_\_\_ : \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## 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?**

= \$ \_\_\_\_\_ , \_\_\_\_\_

*(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):**

X 12 = \$ \_\_\_\_\_ , \_\_\_\_\_

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

X 10 = \$ \_\_\_\_\_ , \_\_\_\_\_

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: \_\_\_\_\_

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# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## 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 ABOVE DIVIDED BY 5 = \$** \_\_\_\_\_

Now write the number above in the box below.

**MY CURRENT MONEY SPEEDOMETER IS SET TO:**

<b>\$</b> _____
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# Unstoppable You® 30-Day Challenge Success Planner

## 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:		
Other:		
Other:		
Other:		
Other:		
Other:		
Other:		
Other:		
<b>TOTAL EXPENSES:</b>		

# Unstoppable You® 30-Day Challenge Success Planner

## Unstoppable Income

Month: \_\_\_\_\_

1st \$ \_\_\_\_\_ , \_\_\_\_\_ . \_\_\_\_\_

2nd \$ \_\_\_\_\_ , \_\_\_\_\_ . \_\_\_\_\_

3rd \$ \_\_\_\_\_ , \_\_\_\_\_ . \_\_\_\_\_

4th \$ \_\_\_\_\_ , \_\_\_\_\_ . \_\_\_\_\_

5th \$ \_\_\_\_\_ , \_\_\_\_\_ . \_\_\_\_\_

6th \$ \_\_\_\_\_ , \_\_\_\_\_ . \_\_\_\_\_

7th \$ \_\_\_\_\_ , \_\_\_\_\_ . \_\_\_\_\_

8th \$ \_\_\_\_\_ , \_\_\_\_\_ . \_\_\_\_\_

9th \$ \_\_\_\_\_ , \_\_\_\_\_ . \_\_\_\_\_

10th \$ \_\_\_\_\_ , \_\_\_\_\_ . \_\_\_\_\_

11th \$ \_\_\_\_\_ , \_\_\_\_\_ . \_\_\_\_\_

12th \$ \_\_\_\_\_ , \_\_\_\_\_ . \_\_\_\_\_

13th \$ \_\_\_\_\_ , \_\_\_\_\_ . \_\_\_\_\_

14th \$ \_\_\_\_\_ , \_\_\_\_\_ . \_\_\_\_\_

15th \$ \_\_\_\_\_ , \_\_\_\_\_ . \_\_\_\_\_

16th \$ \_\_\_\_\_ , \_\_\_\_\_ . \_\_\_\_\_

17th \$ \_\_\_\_\_ , \_\_\_\_\_ . \_\_\_\_\_

18th \$ \_\_\_\_\_ , \_\_\_\_\_ . \_\_\_\_\_

19th \$ \_\_\_\_\_ , \_\_\_\_\_ . \_\_\_\_\_

20th \$ \_\_\_\_\_ , \_\_\_\_\_ . \_\_\_\_\_

21st \$ \_\_\_\_\_ , \_\_\_\_\_ . \_\_\_\_\_

22nd \$ \_\_\_\_\_ , \_\_\_\_\_ . \_\_\_\_\_

23rd \$ \_\_\_\_\_ , \_\_\_\_\_ . \_\_\_\_\_

24th \$ \_\_\_\_\_ , \_\_\_\_\_ . \_\_\_\_\_

25th \$ \_\_\_\_\_ , \_\_\_\_\_ . \_\_\_\_\_

26th \$ \_\_\_\_\_ , \_\_\_\_\_ . \_\_\_\_\_

27th \$ \_\_\_\_\_ , \_\_\_\_\_ . \_\_\_\_\_

28th \$ \_\_\_\_\_ , \_\_\_\_\_ . \_\_\_\_\_

29th \$ \_\_\_\_\_ , \_\_\_\_\_ . \_\_\_\_\_

30th \$ \_\_\_\_\_ , \_\_\_\_\_ . \_\_\_\_\_

31st \$ \_\_\_\_\_ , \_\_\_\_\_ . \_\_\_\_\_

MY BOLD MONEY GOAL IS:

\$ \_\_\_\_\_ by \_\_\_/\_\_\_/\_\_\_

THIS MONTH'S GRAND TOTAL:

\$ \_\_\_\_\_ . \_\_\_\_\_ . \_\_\_\_\_

BOLD MONEY GOAL TOTAL:

\$ \_\_\_\_\_ . \_\_\_\_\_ . \_\_\_\_\_

# Unstoppable You® 30-Day Challenge Success Planner

## 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 Money-Speedometer 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:**

**\$ \_\_\_\_\_ , \_\_\_\_\_**

**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!

# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## 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-month income here:**

\$ \_\_\_\_\_ , \_\_\_\_\_

What course-correcting will you do for your next quarterly money goal? What have you learned?

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# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## MEAL PLANNING

	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

### Grocery List:

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____



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_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

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_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

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_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

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_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

# Unstoppable You<sup>®</sup> 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 <u>July 1st</u> I have <u>made \$5,000!</u>	On _____ I have _____
On _____ I have _____	On _____ I have _____
On _____ I have _____	On _____ I have _____
On _____ I have _____	On _____ I have _____
On _____ I have _____	On _____ I have _____
On _____ I have _____	On _____ I have _____
On _____ I have _____	On _____ I have _____
On _____ I have _____	On _____ I have _____



# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

On _____ I have _____	On _____ I have _____
On _____ I have _____	On _____ I have _____
On _____ I have _____	On _____ I have _____
On _____ I have _____	On _____ I have _____
On _____ I have _____	On _____ I have _____
On _____ I have _____	On _____ I have _____
On _____ I have _____	On _____ I have _____
On _____ I have _____	On _____ I have _____
On _____ I have _____	On _____ I have _____
On _____ I have _____	On _____ I have _____













# Unstoppable You<sup>®</sup> 30-Day Challenge Success Planner

## Unstoppable Ah-Ha's

Lined writing area with horizontal lines.











## MEET STEPHANIE

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Founder of **Unstoppable You**<sup>®</sup>, 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 smash-hit 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.

To Order More Success Journals and get a **FREE**  
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**“No More Playing Small” Starter Kit:**  
[JoinTheUnstoppables.com/challenge](http://JoinTheUnstoppables.com/challenge)

