Stephanie McWilliams presents . . .

Unstoppable You® Inner Circle

For Women Destined to Change the World.

2015 NEW YEAR PLANNING GUIDE

2014 Celebration:

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2014 Celebration (continued):

2014 Celebration (continued):

What does your 2015 life look like?

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What is your THEME word for 2015?

_____

How do you want to FEEL 1 year from today?

What's Your 2015 Mission?

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2015 Vision Board:

Body Goals:

Soulful Goals:

Love Goals:

Career + Mission Goals:

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Body Goals Breakdown:

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Soul Goals Breakdown:

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Love Goals Breakdown:

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Career + Mission Goals Breakdown:

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90-Day Body Goals:

90-Day Soulful Goals:

90-Day Love Goals:

90-Day Career + Mission Goals:

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Top-4 Quarterly Goals:

1.

2.

3.

4.

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Quarterly-Goal #1 Break-Down:

Quarterly-Goal #2 Break-Down:

Quarterly-Goal #3 Break-Down:

Quarterly-Goal #4 Break-Down:

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2015 Bonus Bucket-List:

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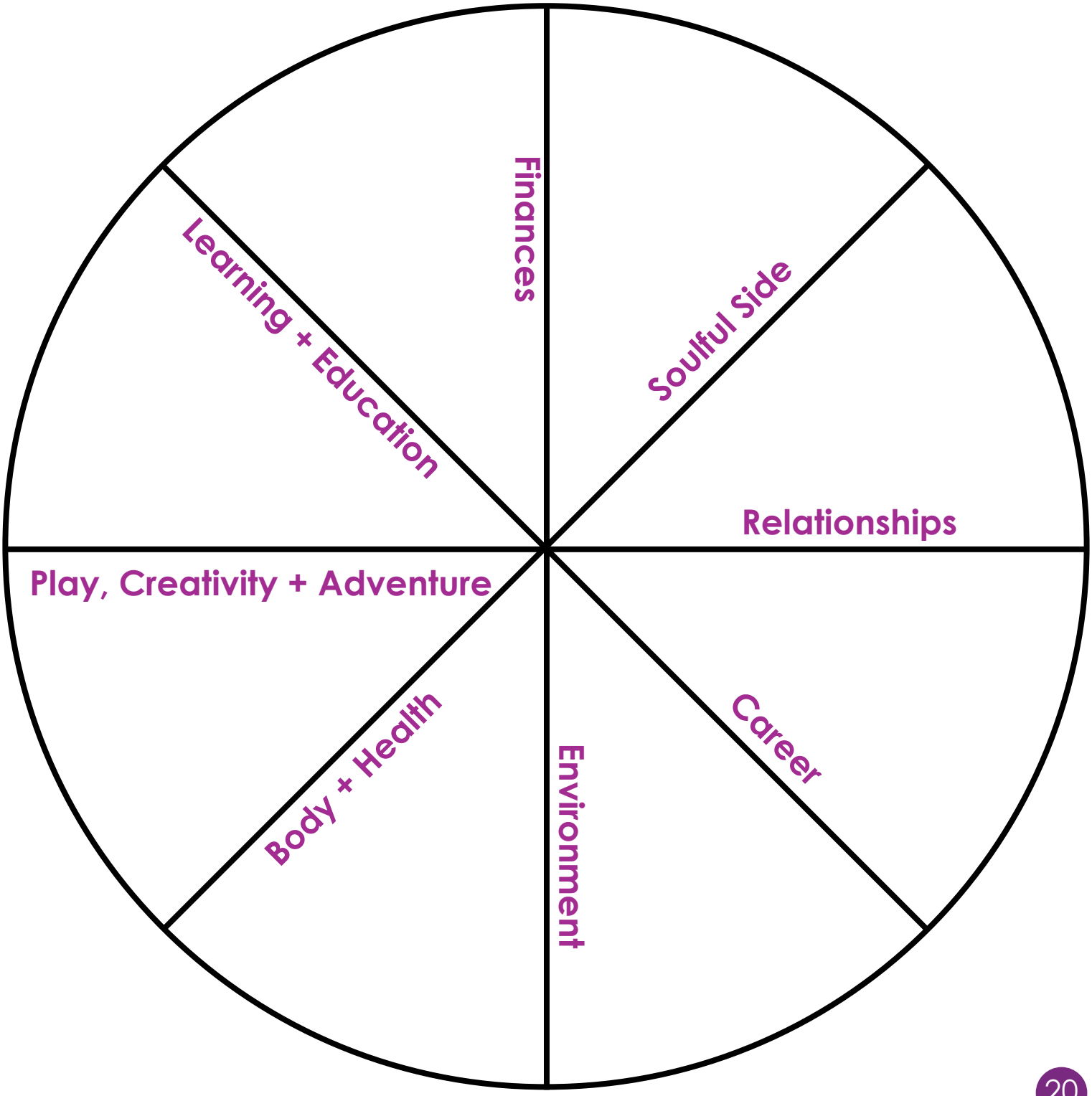
Current Life Circle



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Unstoppable You® Inner Circle

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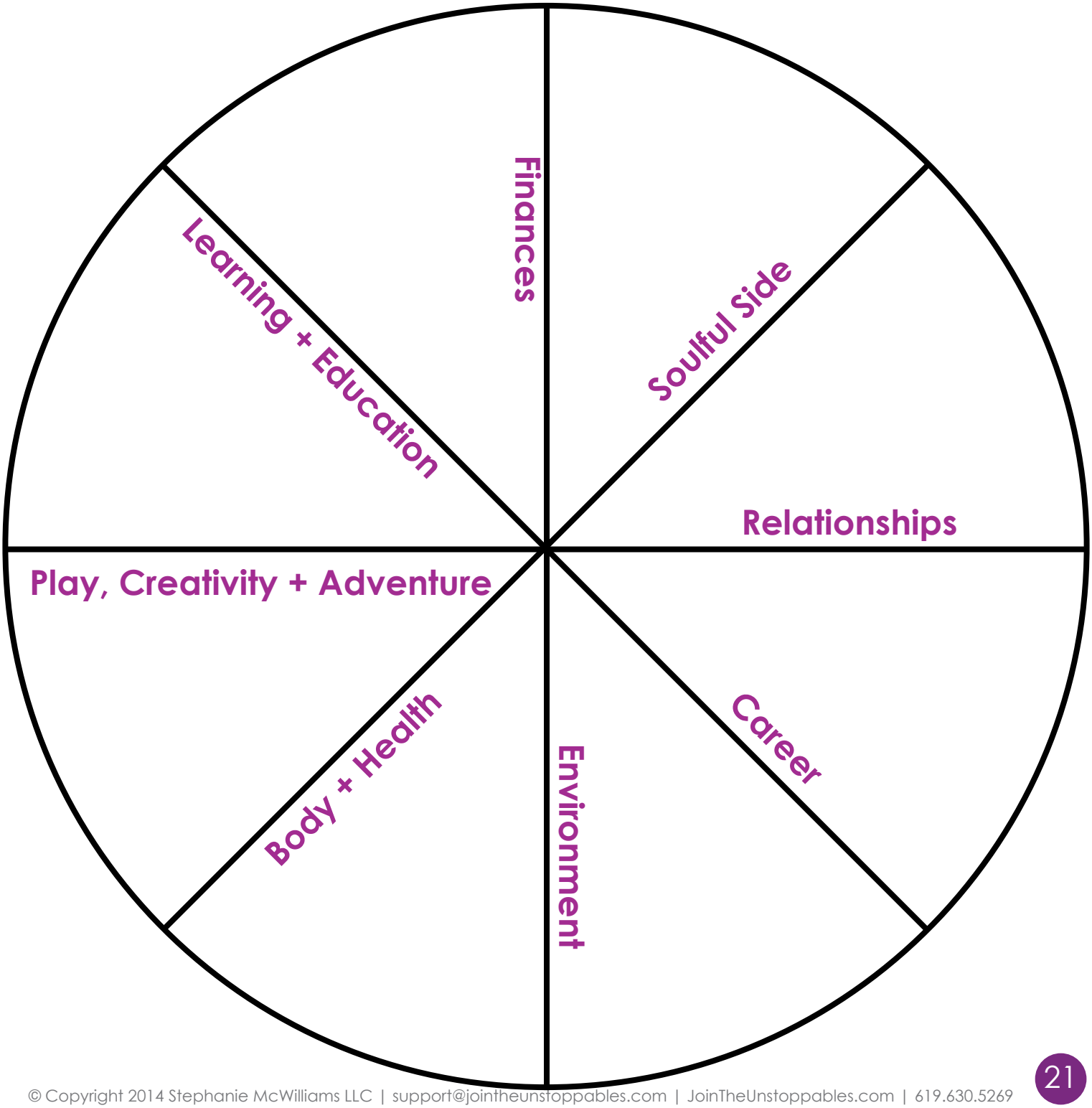
Unstoppable Life Circle



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What's no longer working for you?

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New Unstoppable Habits:

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Top-10 Unstoppable Habits

1. Keep your desktop clean and CLEARED.

2. Work on the MOST IMPORTANT tasks first.

3. Plan your TOP 1-3 TASKS the night before.

4. Review your 1-year (and quarterly) goals DAILY.

5. Have a MORNING Mindfulness Practice for 10+ mins a day.

6. UNPLUG from the Internet, texts + distractions when working.

7. Eat fresh veggies daily.

8. Work on 1 task at a time, until COMPLETION.

9. Move your body for 10-20+ minutes a day.

10. Say NO To Anything That Isn't a Match to Your Theme.

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My Dream Day:

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Planning Pointers

- **WRITE DOWN your goals.**
- **SCHEDULE all your tasks on your calendar.**
- **Know your top 1-3 MOST IMPORTANT TASKS each day.**
- **Work on those most important tasks FIRST each day.**
- **Keep crystal-clear on your FINANCES + review regularly.**
- **Take time out to plan your Year.**
- **Take time out to plan each Quarter.**
- **Take time out to plan each Month.**
- **Take time to plan each Week.**
- **Take time out to plan each Day (ideally the night before).**
- **Set rewards for when you reach your goals.**
- **Set consequences for when you don't your goals.**

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When I'm NOT Feeling Unstoppable, I Can:

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Ways I am Wonderful:

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Ways I am Wonderful (continued):

Ways I am Wonderful (continued):

1 THING That Will Make the Biggest Difference:

...Why?

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2015 Prediction Planning Page:

1. _____

2. _____

3. _____

4. _____

5. _____

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11. _____

12. _____

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Notes

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