

To do list....

Daily

1. Complete the daily worksheet
2. Start your day peacefully
3. Practice gratitude
4. Plan your top 3
5. Move your body
6. Nourish your body
7. Reflect on your day
8. Record your wins
9. Engage with your loved ones and the group
10. Work on yourself

Weekly

1. Meal plans (Friday)
2. Plan and execute 3 goals each week
3. Weekly reflection (Sunday)
4. Be in contact with your coach
5. Share a revelation with the group
6. Weekly Schedule

Monthly

1. Measure and track your body composition in Trainerize (DEXA, bioimpedance, photos)
2. Write out and share your goals for the month (fitness, family, self)
3. Reflect on the previous month's goals (share the reflection on Trainerize and with the group)
4. Complete the fitness tests then record your results in Trainerize
5. Redo Constructing You, The Facts, Discovering Your Purpose and your Declaration Statement.

Productivity is never an accident. It is always the result of a commitment to excellence, intelligent planning, and focused effort.

Paul J. Meyer