

WEEKLY CHECKLIST

I am COMPLETELY COMMITTED to a DESIREABLE OUTCOME.

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|--|
| |
|--|

I CONTROL the CONTROLLABLE.

Power Hour Daily Tasks

| # | Power Hour | Mon | Tues | Wed | Thu | Fri | Sat | Sun |
|----|---|-----|------|-----|-----|-----|-----|-----|
| 1 | Add People to Network (Enter Number Added) | | | | | | | |
| 2 | Invites / Conversations (Regarding CG or Coaching) | | | | | | | |
| 3 | Check in with Challenge Groups | | | | | | | |
| 4 | Check in with Coach-Related Groups | | | | | | | |
| 5 | Answer Messages: FB, Email, Texts, etc. | | | | | | | |
| 6 | Follow-up List (Use Asana or Other Method) | | | | | | | |
| 7 | Back Office: Check Orders, Check Leads, Check Announcements | | | | | | | |
| 8 | | | | | | | | |
| 9 | | | | | | | | |
| 10 | | | | | | | | |

Daily Vital Behaviors

| Vital Behaviors | Mon | Tues | Wed | Thu | Fri | Sat | Sun |
|---|-----|------|-----|-----|-----|-----|-----|
| Worked Out: <INSERT PROGRAM> | | | | | | | |
| Drank Shakeology | | | | | | | |
| Completed 10 Minutes of Personal Development (Read or Listen) | | | | | | | |

I am FULLY ACCOUNTABLE.

| | Mon | Tues | Wed | Thu | Fri | Sat | Sun |
|--------------------------|-----|------|-----|-----|-----|-----|-----|
| DID I WIN MY DAY? | | | | | | | |

Weekly Tasks

| | |
|------------------------------|--|
| Listened to the Wake-Up Call | |
| Created Project List | |

Top Projects for the Week

Use the space below to outline specific projects you want to work on for the week that support your Desireable Outcome.

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____