| nis Mon                 | th's.  | •••      |      |       |  | This Month's Affirmation  |        |
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| est new su              | ccess  | principl | e    |       |  |   |        |
| ew succes               | s habi | t        |      |       |  |   |        |
| stermind                |        |          |      |       |  |   |        |
| ill to learr            | ١      |          |      |       |  |   |        |
| lationship              | to wo  | ork on   |      |       |  |   |        |
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| ED                      | IDAY   |          | ÇΛΤΙ | JRDA' | V  | This Month's Breakthrough G   | oal    |
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| Best                    | Rest   | Prep     | Dest | ivest | Птер   |   |        |
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| Best                    | Rest   | Prep     | Best | Rest  | Prep   |   |        |
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| eeping So               | ore    |          |      |       | -  | المجاهدة الم | ,      |
| st result day           |        |          |      |       |  | To what   |        |
| Last Mon                |        |          |      |       |  |   |        |
| st & Relaxat            |        | 5        |      |       |  |   |        |
| Last Mon<br>paration da |        |          |      |       |  |   |        |

### A little progress each day adds up to BIG results



| SU   | NDAY  | 7        | МО   | TU   | TUESDAY |          |    |      | WEDN     | ESDA | Υ    | THURSDAY |      |     |        |          |      |
|------|-------|----------|------|------|---------|----------|----|------|----------|------|------|----------|------|-----|--------|----------|------|
| Best | Rest  | Prep     | Best | Rest | Prep    | Bes      | st | Rest | Prep     |      | Best | Rest     | Prep | 7   | Best   | Rest     | Prep |
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| Best | Rest  | Prep     | Best | Rest | Prep    | Bes      | st | Rest | Prep     |      | Best | Rest     | Prep |     | Best   | Rest     | Prep |
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| Best | Rest  | Prep     | Best | Rest | Prep    | Be       | st | Rest | Prep     |      | Best | Rest     | Prep |     | Best   | Rest     | Prep |
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| Best | Rest  | Prep     | Best | Rest | Prep    | Bes      | t  | Rest | Prep     |      | Best | Rest     | Prep |     | Best   | Rest     | Prep |
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| Best | Rest  | Prep     | Best | Rest | Prep    | Be       | st | Rest | Prep     |      | Best | Rest     | Prep |     | Best   | Rest     | Prep |
| Best | INCSC | ТТСР     |      |      |         |          | -  | rese | Птер     |      |      |          |      |     | 1 2000 | 11000    | 16   |
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| 1    |       |          |      |      |         |          |    |      |          |      |      |          |      |     |        |          |      |

| This month's success books to read      |   | Clean up my Incompletes and Messes |
|---|---|------------------------------------|
|   |   |                                    |
| This month's Motivational Audio Program |   | Face what isn't working            |
|   | WWW.EXTRAORDINARYLIFESTYLE.COM<br>GOAL SETTING PRINTABLES KIT |                                    |

| This I   | Mon                | th's.            |          |        |        |                   |                | This Month's Affirmation        |
|----------|--------------------|------------------|----------|--------|--------|-------------------|----------------|---------------------------------|
| Best n   | ew su              | ccess            | princi   | ple    |        |                   |                |                                 |
| New s    | ucces              | s habi           | t        |        |        |                   |                |                                 |
|          |                    |                  |          |        |        |                   |                |                                 |
| Skill to | learr              | ١                |          |        |        |                   |                |                                 |
| Relatic  | onship             | to wo            | ork on   |        |        |                   |                |                                 |
|          |                    |                  |          |        |        |                   |                |                                 |
|          |                    |                  |          |        |        |                   |                |                                 |
|          | FR                 | IDAY             |          |        | SΔTI   | JRDA              | v              | This Month's Breakthrough Goal  |
| $\vdash$ | Best               | Rest             | Prep     |        | Best   | Rest              | Prep           |                                 |
|          | Dest               | Rest             | Prep     |        | Везс   | Rest              | Ттер           |                                 |
|          |                    |                  |          |        |        |                   |                |                                 |
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|          | Best               | Rest             | Prep     |        | Best   | Rest              | Prep           |                                 |
|          | Dest               | Rest             | Ттер     |        | 2000   |                   | 1              | TI: A4                          |
|          |                    |                  |          |        |        |                   |                | This Month's Action Items       |
|          |                    |                  |          |        |        |                   |                |                                 |
|          |                    |                  |          |        |        |                   |                |                                 |
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|          |                    | l <sub>a .</sub> | 1.       |        | l Doct | l <sub>Doct</sub> | Drop           |                                 |
|          | Best               | Rest             | Prep     |        | Best   | Rest              | Prep           |                                 |
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|          |                    |                  | l        |        | ъ. I   | Б.,               | l <sub>s</sub> |                                 |
|          | Best               | Rest             | Prep     |        | Best   | Rest              | Prep           | Lessons Learned                 |
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|          |                    | <u> </u>         | 1.       |        | l Doct | l <sub>Dost</sub> | Drop           |                                 |
|          | Best               | Rest             | Prep     |        | Best   | Rest              | Prep           |                                 |
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| Щ.       |                    |                  |          |        |        |                   |                |                                 |
| Keepi    | ing So             | ore              |          |        |        |                   |                | What do I need to ask For what? |
| Best res |                    |                  |          |        |        |                   |                |                                 |
|          | ast Mon            |                  | <b>.</b> |        |        |                   |                |                                 |
| Rest & F | Relaxat<br>ast Mon |                  | >        | •••••• |        |                   |                |                                 |
| Prepara  |                    |                  |          |        |        |                   |                |                                 |



#### Great things never came from comfort zones

This month's success books to read

This month's Motivational Audio Program

## GOAL SETTING PLANNER



| SUI  | NDAY |      | МО   | NDAY | 7    | TUESDAY |      |      |  | EDN  | ESDA | Υ    | THURSDAY |      |      |      |
|------|------|------|------|------|------|---------|------|------|--|------|------|------|----------|------|------|------|
| Best | Rest | Prep | Best | Rest | Prep | Best    | Rest | Prep |  | Best | Rest | Prep | 7        | Best | Rest | Prep |
|      |      |      |      |      |      |         |      |      |  |      |      |      |          |      |      |      |
|      |      |      |      |      |      |         |      |      |  |      |      | ٧.   |          |      |      |      |
|      |      |      |      |      |      |         |      |      |  |      |      |      | 10       |      |      |      |
| Best | Rest | Prep | Best | Rest | Prep | Best    | Rest | Prep |  | Best | Rest | Prep |          | Best | Rest | Pre  |
| h.,  |      |      |      |      |      |         |      |      |  |      |      |      |          |      |      |      |
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|      |      |      |      |      |      |         |      |      |  |      |      |      |          |      |      |      |
| Best | Rest | Prep | Best | Rest | Prep | Best    | Rest | Prep |  | Best | Rest | Prep |          | Best | Rest | Pre  |
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| Best | Rest | Prep | Best | Rest | Prep | Best    | Rest | Prep |  | Best | Rest | Prep |          | Best | Rest | Pre  |
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|      |      |      |      |      |      |         |      |      |  |      |      |      |          |      |      |      |
| Best | Rest | Prep | Best | Rest | Prep | Best    | Rest | Prep |  | Best | Rest | Prep |          | Best | Rest | Pre  |
|      |      | 7    |      |      |      |         |      |      |  |      |      |      |          |      |      |      |
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|   | Clean up my Incompletes and Messes |
|---|------------------------------------|
|   |                                    |
|   |                                    |
|   |                                    |
|   | Face what isn't working            |
| WWW.EXTRAORDINARYLIFESTYLE.COM<br>GOAL SETTING PRINTABLES KIT | 1                                  |

| This     | Mon                | th's.            |        |          |      |      |         | This Month's Affirmation        |
|----------|--------------------|------------------|--------|----------|------|------|---------|---------------------------------|
| Best n   | ew su              | ccess            | princi | ple      |      |      |         |                                 |
| New s    | ucces              | s habi           | t      |          |      |      |         |                                 |
|          |                    |                  |        |          |      |      |         |                                 |
| Skill to | learr              | ١                |        |          |      |      |         |                                 |
| Relatio  | onship             | to wo            | ork on |          |      |      |         |                                 |
|          |                    |                  |        |          |      |      |         |                                 |
|          |                    |                  |        |          |      |      |         |                                 |
|          | FR                 | IDAY             |        |          | SATI | JRDA | v       | This Month's Breakthrough Goal  |
|          | Best               | Rest             | Prep   |          | Best | Rest | Prep    |                                 |
|          | Dest               | Rest             | Frep   |          | Best | Rese | Ттер    |                                 |
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|          |                    |                  |        |          |      |      |         | This Month's Action Items       |
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|          | Best               | Rest             | Prep   |          | Best | Rest | Prep    |                                 |
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| $\vdash$ | Best               | Rest             | Prep   | $\sqcup$ | Best | Rest | Prep    | Lessons Learned                 |
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|          | Best               | Rest             | Prep   |          | Best | Rest | Prep    |                                 |
|          |                    |                  |        |          |      |      |         |                                 |
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|          |                    |                  |        |          |      |      |         |                                 |
| Keep     | ing So             | ore              |        |          |      |      |         | What do I need to ask For what? |
| Best res |                    |                  |        |          |      |      |         |                                 |
|          | ast Mon            |                  |        |          |      |      |         |                                 |
| Rest & I | Relaxat<br>ast Mon |                  | S      | ••••••   | 🔲    |      |         |                                 |
| Prepara  |                    |                  |        |          |      |      |         |                                 |





## GOAL SETTING PLANNER



# Motivation gets you going and habit gets you there -Zig Ziglar

| SUI  | NDAY   |      | МС   | NDA  | /              | TUESDAY |     |      |        | V | VEDN | ESDA' | Υ    | THURSDAY |      |      |      |  |
|------|--------|------|------|------|----------------|---------|-----|------|--------|---|------|-------|------|----------|------|------|------|--|
| Best | Rest   | Prep | Best | Rest | Prep           |         | est | Rest | Prep   |   | Best | Rest  | Prep |          | Best | Rest | Prep |  |
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| Best | Rest   | Prep | Best | Rest | Prep           | Be      | est | Rest | Prep   |   | Best | Rest  | Prep |          | Best | Rest | Prep |  |
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| l Dt | l Baat | <br> | Best | Rest | Prep           |         | ost | Doot | Durana |   | Best | Rest  | Prep |          | Post | Doct | Dran |  |
| Best | Rest   | Prep | Best | Rest | Frep           | В       | est | Rest | Prep   |   | Dest | Rest  | Frep |          | Best | Rest | Prep |  |
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| Best | Rest   | Prep | Best | Rest | Prep           | Ве      | st  | Rest | Prep   |   | Best | Rest  | Prep |          | Best | Rest | Prep |  |
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|      |        |      |      |      |                |         |     |      |        |   |      |       |      |          |      |      |      |  |
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| Best | Rest   | Prep | Best | Rest | Prep           | В       | est | Rest | Prep   |   | Best | Rest  | Prep |          | Best | Rest | Prep |  |
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| A 100 ( - 40 to )                       |   |                                    |
|---|---|------------------------------------|
| This month's success books to read      |   | Clean up my Incompletes and Messes |
|   |   |                                    |
| This month's Motivational Audio Program |   | Face what isn't working            |
|   | WWW.EXTRAORDINARYLIFESTYLE.COM<br>GOAL SETTING PRINTABLES KIT |                                    |

| This Month's                            | This Month's Affirmation        |
|---|---------------------------------|
| Best new success principle              |                                 |
| New success habit                       |                                 |
| Mastermind group meeting                |                                 |
| Skill to learn                          |                                 |
| Relationship to work on                 |                                 |
|   |                                 |
|   |                                 |
| FRIDAY SATURDAY                         | This Month's Breakthrough Goal  |
| Best Rest Prep Best Rest Prep           |                                 |
| Best Rest Frep Best Rest Frep           |                                 |
|   |                                 |
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|   |                                 |
| Best Rest Prep Best Rest Prep           |                                 |
| pest   nest   nep                       | This Monthle Astion Items       |
|   | This Month's Action Items       |
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| Best Rest Prep Best Rest Prep           |                                 |
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| Best Rest Prep Best Rest Prep           |                                 |
| 1 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 | Lessons Learned                 |
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| Best Rest Prep Best Rest Prep           |                                 |
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| Kaaning Coore                           | What do I good to ack           |
| Keeping Score  Best result days         | What do I need to ask For what? |
| Last Month                              |                                 |
| Rest & Relaxation days                  |                                 |
| Last Month Preparation days             |                                 |

# Setting goals is the first step in turning the invisible into the visible -Tony Robbins

This month's success books to read

This month's Motivational Audio Program

## GOAL SETTING PLANNER

MAY

|      | SUN | NDAY |      | MONDAY |      |            |      |       | TUESDAY |      |      |   | VEDN | ESDA | Υ    | THURSDAY |      |      |      |
|------|-----|------|------|--------|------|------------|------|-------|---------|------|------|---|------|------|------|----------|------|------|------|
| Ве   | est | Rest | Prep |        | Best | Rest       | Prep |       | Best    | Rest | Prep |   | Best | Rest | Prep | 7        | Best | Rest | Prep |
|      |     |      |      |        |      |            |      |       |         |      |      |   | F    |      |      |          |      |      |      |
|      |     |      |      |        |      |            |      |       |         |      |      |   |      |      |      |          |      |      |      |
|      |     |      |      |        |      |            |      | 11 11 |         |      |      |   |      |      |      | 100      |      |      |      |
| Ве   | est | Rest | Prep |        | Best | Rest       | Prep |       | Best    | Rest | Prep |   | Best | Rest | Prep |          | Best | Rest | Prep |
|      |     |      |      |        |      |            |      |       |         |      |      |   |      |      |      |          |      |      |      |
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| Ве   | est | Rest | Prep |        | Best | Rest       | Prep |       | Best    | Rest | Prep |   | Best | Rest | Prep |          | Best | Rest | Prep |
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| Be   | st  | Rest | Prep |        | Best | Rest       | Prep |       | Best    | Rest | Prep |   | Best | Rest | Prep |          | Best | Rest | Prep |
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|      |     |      | 4    |        |      |            |      |       |         |      | П    |   |      |      |      |          |      |      |      |
|      |     |      |      |        |      |            |      |       |         |      |      |   |      |      |      |          |      |      |      |
| Be   | est | Rest | Prep |        | Best | Rest       | Prep |       | Best    | Rest | Prep |   | Best | Rest | Prep |          | Best | Rest | Pre  |
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| WWW.EXTRAORDINARYLIFESTYLE.COM | / |
|--------------------------------|---|
| GOAL SETTING PRINTABLES KIT    |   |

Clean up my Incompletes and Messes

Face what isn't working

| This I   | Mon                 | th's.  |          |             |      |          |  | This Month's Affirmation        |
|--|---------------------|--------|----------|-------------|------|----------|--|---------------------------------|
| Best n   | ew su               | ccess  | princi   | ple         |      |          |  |                                 |
| New s  | ucces               | s habi | it       |             |      |          |  |                                 |
|  |                     |        |          |             |      |          |  |                                 |
| Skill to   | learr               | າ      |          |             |      |          |  |                                 |
| Relatic  | nship               | to wo  | ork on   |             |      |          |  |                                 |
|  |                     |        |          |             |      |          |  |                                 |
|  |                     |        |          |             |      |          |  |                                 |
|  | FR                  | IDAY   |          |             | SATI | JRDA     | γ  | This Month's Breakthrough Goal  |
|  | Best                | Rest   | Prep     |             | Best | Rest     | Prep   |                                 |
|  | Dest                | ivest  | Ттер     |             |      |          | 1  |                                 |
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|  | Best                | Rest   | Prep     | 1           | Best | Rest     | Prep   |                                 |
|  |                     | 11000  | 1        |             |      |          | <del>                                     </del> | This Month's Action Items       |
|  |                     |        |          |             |      |          |  | THIS MONULES ACTION ITEMS       |
|  |                     |        |          |             |      |          |  |                                 |
|  |                     |        |          |             |      |          |  |                                 |
|  |                     |        |          |             |      |          |  |                                 |
|  | Best                | Rest   | Prep     |             | Best | Rest     | Prep   |                                 |
|  | Dest                | rese   | 11166    |             |      |          | <del></del>                                      |                                 |
|  |                     |        |          |             |      |          |  |                                 |
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|  | Best                | Rest   | Prep     |             | Best | Rest     | Prep   |                                 |
| <del>                                     </del> | Desc                | rest   | 1.166    |             |      |          | ┷┤   | Lessons Learned                 |
|  |                     |        |          |             |      |          |  |                                 |
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|  | Best                | Rest   | Prep     |             | Best | Rest     | Prep   |                                 |
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| Keepi  |                     |        |          |             |      |          |  | What do I need to ask For what? |
| Best res   | sult day<br>ast Mon |        |          |             | 🔲    |          |  |                                 |
| Rest & F   |                     |        | S        | *********** |      |          |  |                                 |
| L  | ast Mon             | ith 📗  |          |             |      |          |  |                                 |
| Prepara  | tion da             | avs    |          |             |      |          |  |                                 |

# Setting goals is the first step in turning the invisible into the visible -Tony Robbins

This month's success books to read

This month's Motivational Audio Program

## GOAL SETTING PLANNER



| SUNDAY |      |      | МО   | NDAY | 7    | TUES | DAY  |      | W | EDN  | ESDA | Y    | THURSDAY |      |      |      |
|--------|------|------|------|------|------|------|------|------|---|------|------|------|----------|------|------|------|
| Best   | Rest | Prep | Best | Rest | Prep | Best | Rest | Prep |   | Best | Rest | Prep | 7        | Best | Rest | Prep |
|        |      |      |      |      |      |      |      |      |   |      |      |      |          |      |      |      |
|        |      |      |      |      |      |      |      |      |   |      |      | ٧.   |          |      |      |      |
|        |      |      |      |      |      |      |      |      |   |      |      |      |          |      |      |      |
| Best   | Rest | Prep | Best | Rest | Prep | Best | Rest | Prep |   | Best | Rest | Prep |          | Best | Rest | Pre  |
| b.     |      |      |      |      |      |      |      |      |   |      |      |      |          |      |      |      |
|        |      |      |      |      |      |      |      |      |   |      |      |      |          |      |      |      |
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|        |      |      |      |      |      |      |      |      |   |      |      |      |          |      |      |      |
| Best   | Rest | Prep | Best | Rest | Prep | Best | Rest | Prep |   | Best | Rest | Prep |          | Best | Rest | Pre  |
|        |      |      |      |      |      |      |      |      |   |      |      |      |          |      |      |      |
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|        |      |      |      |      |      |      |      |      |   |      |      |      |          |      |      |      |
| Best   | Rest | Prep | Best | Rest | Prep | Best | Rest | Prep | ı | Best | Rest | Prep |          | Best | Rest | Prep |
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| Best   | Rest | Prep | Best | Rest | Prep | Best | Rest | Prep |   | Best | Rest | Prep |          | Best | Rest | Pre  |
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|        |      |      |      |      |      |      |      |      |   |      |      |      |          |      |      |      |

Clean up my Incompletes and Messes

Face what isn't working

| This     | Mon                | th's.            |        |          |      |       |         | This Month's Affirmation        |
|----------|--------------------|------------------|--------|----------|------|-------|---------|---------------------------------|
| Best n   | ew su              | ccess            | princi | ple      |      |       |         |                                 |
| New s    | ucces              | s habi           | t      |          |      |       |         |                                 |
|          |                    |                  |        |          |      |       |         |                                 |
| Skill to | learr              | ١                |        |          |      |       |         |                                 |
| Relatio  | onship             | to wo            | ork on |          |      |       |         |                                 |
|          |                    |                  |        |          |      |       |         |                                 |
|          |                    |                  |        |          |      |       |         |                                 |
|          | FR                 | IDAY             |        |          | SATI | JRDA  | v       | This Month's Breakthrough Goal  |
|          | Best               | Rest             | Prep   |          | Best | Rest  | Prep    |                                 |
|          | Dest               | Rest             | Freb   |          | Best | Rese  | Ттер    |                                 |
|          |                    |                  |        |          |      |       |         |                                 |
|          |                    |                  |        |          |      |       |         |                                 |
|          |                    |                  |        |          |      |       |         |                                 |
|          | Best               | Rest             | Prep   |          | Best | Rest  | Prep    |                                 |
|          | Dest               | Rest             | Ттер   |          | 2000 |       | 1       | T1: A4                          |
|          |                    |                  |        |          |      |       |         | This Month's Action Items       |
|          |                    |                  |        |          |      |       |         |                                 |
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|          |                    | l <sub>a .</sub> | 1.     |          | Doct | Doct  | Drop    |                                 |
|          | Best               | Rest             | Prep   |          | Best | Rest  | Prep    |                                 |
|          |                    |                  |        |          |      |       |         |                                 |
|          |                    |                  |        |          |      |       |         |                                 |
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| $\vdash$ | _                  | _                | l_     |          | D t  | Doot  | l Busin |                                 |
| $\vdash$ | Best               | Rest             | Prep   | $\sqcup$ | Best | Rest  | Prep    | Lessons Learned                 |
|          |                    |                  |        |          |      |       |         |                                 |
|          |                    |                  |        |          |      |       |         |                                 |
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|          |                    |                  |        |          | l    | l s . | 15      |                                 |
|          | Best               | Rest             | Prep   |          | Best | Rest  | Prep    |                                 |
|          |                    |                  |        |          |      |       |         |                                 |
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|          |                    |                  |        |          |      |       |         |                                 |
|          |                    |                  |        |          |      |       |         |                                 |
|          |                    |                  |        |          |      |       |         |                                 |
| Keep     | ing So             | ore              |        |          |      |       |         | What do I need to ask For what? |
| Best res |                    |                  |        |          |      |       |         |                                 |
|          | ast Mon            |                  |        |          |      |       |         |                                 |
| Rest & I | Relaxat<br>ast Mon |                  | S      | ••••••   | 🔲    |       |         |                                 |
| Prepara  |                    |                  |        |          |      |       |         |                                 |



## GOAL SETTING PLANNER

### JULY

### It always seems impossible until it's done.

- Nelson Mandela

| SUNDAY |      |      | МО   | NDAY | 1    | TUES | SDAY |          | WEDNESDAY |     |      |      |   | THURSDAY |      |     |  |
|--------|------|------|------|------|------|------|------|----------|-----------|-----|------|------|---|----------|------|-----|--|
| Best   | Rest | Prep | Best | Rest | Prep | Best | Rest | Prep     | Ве        | est | Rest | Prep | 1 | Best     | Rest | Pre |  |
|        |      |      |      |      |      |      |      |          |           |     |      |      |   |          |      |     |  |
| Best   | Rest | Prep | Best | Rest | Prep | Best | Rest | Prep     | Ве        | est | Rest | Prep |   | Best     | Rest | Pre |  |
|        |      |      |      |      |      |      |      |          |           |     |      |      |   |          |      |     |  |
|        |      |      |      |      |      |      |      |          |           |     |      |      |   |          |      |     |  |
| Best   | Rest | Prep | Best | Rest | Prep | Best | Rest | Prep     | В         | est | Rest | Prep |   | Best     | Rest | Pr  |  |
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|        |      |      |      |      |      |      |      |          |           |     |      |      |   |          |      |     |  |
| Best   | Rest | Prep | Best | Rest | Prep | Best | Rest | Prep     | Ве        | st  | Rest | Prep |   | Best     | Rest | Pre |  |
| ď      |      |      |      |      |      | ·    |      |          | •         |     |      |      |   |          |      | h   |  |
|        |      | 4    |      |      |      |      |      |          |           |     |      |      |   |          |      |     |  |
| Best   | Rest | Prep | Best | Rest | Prep | Best | Rest | Prep     | В         | est | Rest | Prep |   | Best     | Rest | Pr  |  |
|        |      |      |      |      |      |      |      | <u> </u> |           |     |      |      |   |          |      |     |  |

| This month's success books to read      |   | Clean up my Incompletes and Messes |
|---|---|------------------------------------|
| This month's Motivational Audio Program |   | Face what isn't working            |
|   | WWW.EXTRAORDINARYLIFESTYLE.COM<br>GOAL SETTING PRINTABLES KIT |                                    |

| This I   | Mon                | th's.  |        |          |      |      |       | This Month's Affirmation        |
|--|--------------------|--------|--------|----------|------|------|-------|---------------------------------|
| Best n   | ew su              | ccess  | princi | ple      |      |      |       |                                 |
| New s  | ucces              | s habi | t      |          |      |      |       |                                 |
|  |                    |        |        |          |      |      |       |                                 |
| Skill to   | learr              | າ      |        |          |      |      |       |                                 |
| Relatic  | nship              | to wo  | ork on |          |      |      |       |                                 |
|  |                    |        |        |          |      |      |       |                                 |
|  |                    |        |        |          |      |      |       |                                 |
|  | FR                 | IDAY   |        |          | SATI | JRDA | γ     | This Month's Breakthrough Goal  |
|  | Best               | Rest   | Prep   |          | Best | Rest | Prep  |                                 |
|  | Dest               | ixest  | Ттер   | $\vdash$ |      |      | 1     |                                 |
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|  | Best               | Rest   | Prep   |          | Best | Rest | Prep  |                                 |
|  | Best               | rese   | 1.166  |          |      |      | ┷-    | This Monthly Astion Itoms       |
|  |                    |        |        |          |      |      |       | This Month's Action Items       |
|  |                    |        |        |          |      |      |       |                                 |
|  |                    |        |        |          |      |      |       |                                 |
|  |                    |        |        |          |      |      |       |                                 |
|  | Best               | Rest   | Prep   |          | Best | Rest | Prep  |                                 |
|  | БСЭС               | Rest   | Тись   |          |      |      |       |                                 |
|  |                    |        |        |          |      |      |       |                                 |
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|  | Best               | Rest   | Prep   |          | Best | Rest | Prep  | _                               |
| <del>                                     </del> | Desc               | Rest   | Гтер   |          |      |      | 11134 | Lessons Learned                 |
|  |                    |        |        |          |      |      |       |                                 |
|  |                    |        |        |          |      |      |       |                                 |
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|  | Best               | Rest   | Prep   |          | Best | Rest | Prep  |                                 |
|  | ВСЭС               | Rest   | Тись   |          |      |      |       |                                 |
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|  |                    |        |        | <u> </u> |      |      |       |                                 |
| Keepi  |                    |        |        |          |      |      |       | What do I need to ask For what? |
| Best res   | ult day<br>ast Mon |        |        |          | 🔲    |      |       |                                 |
| Rest & F   |                    |        | S      |          |      |      |       |                                 |
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| Prepara  | tion da            | IVS    |        |          |      |      | •     |                                 |





Everybody has their own Mt.Everest. -we were put on this earth to climb. -Seth Godin

This month's success books to read

This month's Motivational Audio Program

#### **GOAL SETTING** PLANNER



| SUNDAY |      |      | МО   | NDAY | 7    | TUES | DAY  |      | W | EDN  | ESDA | Υ    | THURSDAY |      |      |      |
|--------|------|------|------|------|------|------|------|------|---|------|------|------|----------|------|------|------|
| Best   | Rest | Prep | Best | Rest | Prep | Best | Rest | Prep |   | Best | Rest | Prep | 7        | Best | Rest | Prep |
|        |      |      |      |      |      |      |      |      |   |      | п    |      |          |      |      |      |
|        |      |      |      |      |      |      |      |      |   |      |      | ٧.   |          |      |      |      |
|        |      |      |      |      |      |      |      |      |   |      |      |      |          |      |      |      |
| Best   | Rest | Prep | Best | Rest | Prep | Best | Rest | Prep |   | Best | Rest | Prep |          | Best | Rest | Pre  |
| h.,    |      |      |      |      |      |      |      |      |   |      |      |      |          |      |      |      |
|        |      |      |      |      |      |      |      |      |   |      |      |      |          |      |      |      |
|        |      |      |      |      |      |      |      |      |   |      |      |      |          |      |      |      |
|        |      |      |      |      |      |      |      |      |   |      |      |      |          |      |      |      |
| Best   | Rest | Prep | Best | Rest | Prep | Best | Rest | Prep |   | Best | Rest | Prep |          | Best | Rest | Pre  |
|        |      |      |      |      |      |      |      |      |   |      |      |      |          |      |      |      |
|        |      |      |      |      |      |      |      |      |   |      |      |      |          |      |      |      |
|        |      |      |      |      |      |      |      |      |   |      |      |      |          |      |      |      |
|        |      |      |      |      |      |      |      |      |   |      |      |      |          |      |      |      |
| Best   | Rest | Prep | Best | Rest | Prep | Best | Rest | Prep |   | Best | Rest | Prep |          | Best | Rest | Prep |
|        |      |      |      |      |      |      |      |      |   |      |      |      |          |      |      |      |
|        |      |      |      |      |      |      |      |      |   |      |      |      |          |      |      |      |
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|        |      |      |      |      |      |      |      |      |   |      |      |      |          |      |      |      |
| Best   | Rest | Prep | Best | Rest | Prep | Best | Rest | Prep |   | Best | Rest | Prep |          | Best | Rest | Pre  |
|        |      | 7    |      |      |      |      |      |      |   |      |      |      |          |      |      |      |
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|        |      |      |      |      |      |      |      |      |   |      |      |      |          |      |      |      |

|   | Clean up my Incompletes and Messes |
|---|------------------------------------|
|   |                                    |
|   |                                    |
|   |                                    |
|   | Face what isn't working            |
| WWW.EXTRAORDINARYLIFESTYLE.COM<br>GOAL SETTING PRINTABLES KIT | 2:                                 |

| This Month's                            | This Month's Affirmation        |
|---|---------------------------------|
| Best new success principle              |                                 |
| New success habit                       |                                 |
| Mastermind group meeting                |                                 |
| Skill to learn                          |                                 |
| Relationship to work on                 |                                 |
|   |                                 |
|   |                                 |
| FRIDAY SATURDAY                         | This Month's Breakthrough Goal  |
| Best Rest Prep Best Rest Prep           |                                 |
| Best Rest Trep Best Rest Trep           |                                 |
|   |                                 |
|   |                                 |
|   |                                 |
| Best Rest Prep Best Rest Prep           |                                 |
| 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - | This Month's Action Items       |
|   | This Month's Action items       |
|   |                                 |
|   |                                 |
|   |                                 |
| Best Rest Prep Best Rest Prep           |                                 |
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| Best Rest Prep Best Rest Prep           |                                 |
| 1 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 | Lessons Learned                 |
|   |                                 |
|   |                                 |
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| Best Rest Prep Best Rest Prep           |                                 |
|   |                                 |
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|   |                                 |
|   |                                 |
|   |                                 |
| Kanaina Cana                            | Wile at the Land to the Color   |
| Keeping Score                           | What do I need to ask For what? |
| Best result days                        |                                 |
| Rest & Relaxation days                  |                                 |
| Last Month Preparation days             |                                 |

If the plan doesn't work, change the plan, not the goal.



|   | SUNDAY            |      |          | M    | ONDA | Υ    | TU   | ESDA  | Y       | V | VEDN | ESDA  | Υ     |   | THURSDAY |      |      |  |
|---|-------------------|------|----------|------|------|------|------|-------|---------|---|------|-------|-------|---|----------|------|------|--|
|   | Best              | Rest | Prep     | Best | Rest | Prep | Bes  | Res   | t Prep  |   | Best | Rest  | Prep  | 7 | Best     | Rest | Prep |  |
|   |                   |      |          |      |      |      |      |       |         |   |      |       |       |   |          |      |      |  |
|   |                   |      |          |      |      |      |      |       |         |   |      |       |       |   |          |      |      |  |
|   |                   |      |          |      |      |      |      |       |         |   |      |       |       |   |          |      |      |  |
|   | l <sub>Best</sub> | Doot | <b> </b> | Best | Rest | Prep | Pas  | . Des | h Duan  |   | Best | Rest  | Prep  |   | Best     | Doct | Drop |  |
|   | Best              | Rest | Prep     | Desc | Rest | Пер  | Bes  | Res   | t Prep  |   | Dest | Rest  | Птер  |   | Dest     | Rest | Prep |  |
|   |                   |      |          |      |      |      |      |       |         |   |      |       |       |   |          |      |      |  |
|   |                   |      |          |      |      |      |      |       |         |   |      |       |       |   |          |      |      |  |
|   |                   |      |          |      |      |      |      |       |         |   |      |       |       |   |          |      |      |  |
|   |                   |      |          |      |      |      |      |       |         |   |      |       |       |   |          |      |      |  |
|   | Best              | Rest | Prep     | Bes  | Rest | Prep | Bes  | t Re  | st Prep |   | Best | Rest  | Prep  |   | Best     | Rest | Prep |  |
|   |                   |      |          |      |      |      |      |       |         |   |      |       |       |   |          |      |      |  |
|   |                   |      |          |      |      |      |      |       |         |   |      |       |       |   |          |      |      |  |
|   |                   |      |          |      |      |      |      |       |         |   |      |       |       |   |          |      |      |  |
|   |                   |      |          |      |      |      |      |       |         |   |      |       |       |   |          |      |      |  |
|   | Best              | Rest | Prep     | Best | Rest | Prep | Best | Res   | t Prep  |   | Best | Rest  | Prep  |   | Best     | Rest | Prep |  |
| _ | Dest              | Rest | Freb     | Desc | Rest | Пер  | Desi | l ves | г Тегер |   | Best | riese | 11100 |   | Desc     | Rest | Гиер |  |
|   |                   |      |          |      |      |      |      |       |         |   |      |       |       |   |          |      | 10.  |  |
|   |                   |      |          |      |      |      |      |       |         |   |      |       |       |   |          |      |      |  |
|   |                   |      |          |      |      |      |      |       |         |   |      |       | ١.    |   |          |      |      |  |
|   |                   |      |          |      |      |      |      |       |         |   |      |       |       |   |          |      |      |  |
|   | Best              | Rest | Prep     | Bes  | Rest | Prep | Bes  | t Re  | st Prep |   | Best | Rest  | Prep  |   | Best     | Rest | Prep |  |
|   |                   |      |          |      |      |      | - 34 |       |         |   |      |       |       |   |          |      |      |  |
|   |                   |      |          | 7    |      |      |      |       |         |   |      |       |       |   |          |      |      |  |
|   |                   |      |          |      |      |      |      |       |         |   |      |       |       |   |          |      |      |  |
|   |                   |      |          | - 31 |      |      |      |       |         |   |      |       |       |   |          |      |      |  |
|   |                   |      |          |      |      |      |      |       |         |   |      |       |       |   |          |      |      |  |

| This month's success books to read      |   | Clean up my Incompletes and Messes |
|---|---|------------------------------------|
|   |   |                                    |
| This month's Motivational Audio Program |   | Face what isn't working            |
|   | WWW.EXTRAORDINARYLIFESTYLE.COM<br>GOAL SETTING PRINTABLES KIT |                                    |

| This I   | Mon                 | th's.  |        |             |      |      |  | This Month's Affirmation        |
|--|---------------------|--------|--------|-------------|------|------|--|---------------------------------|
| Best n   | ew su               | ccess  | princi | ple         |      |      |  |                                 |
| New s  | ucces               | s habi | it     |             |      |      |  |                                 |
|  |                     |        |        |             |      |      |  |                                 |
| Skill to   | learr               | າ      |        |             |      |      |  |                                 |
| Relatic  | nship               | to wo  | ork on |             |      |      |  |                                 |
|  |                     |        |        |             |      |      |  |                                 |
|  |                     |        |        |             |      |      |  |                                 |
|  | FR                  | IDAY   |        |             | SATI | JRDA | γ  | This Month's Breakthrough Goal  |
|  | Best                | Rest   | Prep   |             | Best | Rest | Prep   |                                 |
|  | Dest                | ixest  | Ттер   |             |      |      | 1  |                                 |
|  |                     |        |        |             |      |      |  |                                 |
|  |                     |        |        |             |      |      |  |                                 |
|  |                     |        |        |             |      |      |  |                                 |
|  | Best                | Rest   | Prep   | 1           | Best | Rest | Prep   |                                 |
|  |                     | 11000  | 1      |             |      |      | <del>                                     </del> | This Month's Action Items       |
|  |                     |        |        |             |      |      |  | THIS MONULES ACTION ITEMS       |
|  |                     |        |        |             |      |      |  |                                 |
|  |                     |        |        |             |      |      |  |                                 |
|  |                     |        |        |             |      |      |  |                                 |
|  | Best                | Rest   | Prep   |             | Best | Rest | Prep   |                                 |
|  | Везс                | rese   | 11166  |             |      |      | <del></del>                                      |                                 |
|  |                     |        |        |             |      |      |  |                                 |
|  |                     |        |        |             |      |      |  |                                 |
|  |                     |        |        |             |      |      |  |                                 |
|  |                     |        |        |             |      |      |  |                                 |
|  | Best                | Rest   | Prep   |             | Best | Rest | Prep   |                                 |
| <del>                                     </del> | Desc                | rest   | Ттер   |             |      |      | <del>-                                    </del> | Lessons Learned                 |
|  |                     |        |        |             |      |      |  |                                 |
|  |                     |        |        |             |      |      |  |                                 |
|  |                     |        |        |             |      |      |  |                                 |
|  |                     |        |        |             |      |      |  |                                 |
|  | Best                | Rest   | Prep   |             | Best | Rest | Prep   |                                 |
|  |                     | 1      | 1      |             |      |      | <del>                                     </del> |                                 |
|  |                     |        |        |             |      |      |  |                                 |
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|  |                     |        |        |             |      |      |  |                                 |
|  |                     |        |        |             |      |      |  |                                 |
|  |                     |        |        |             |      |      |  |                                 |
| Keepi  |                     |        |        |             |      |      |  | What do I need to ask For what? |
| Best res   | sult day<br>ast Mon |        |        |             | 🔲    |      |  |                                 |
| Rest & F   |                     |        | S      | *********** |      |      |  |                                 |
| L  | ast Mor             | ith 📗  |        |             |      |      |  |                                 |
| Prepara  | tion da             | avs    |        |             |      |      |  |                                 |

Set goals and crush them.



#### GOAL SETTING PLANNER

OCTOBER

| SUNDAY |      | MO   | NDAY | 1    | TUES | DAY  |      | WEDN | ESDA | Υ    | THU  | RSDA | Υ    |     |
|--------|------|------|------|------|------|------|------|------|------|------|------|------|------|-----|
| Best   | Rest | Prep | Best | Rest | Prep | Best | Rest | Prep | Best | Rest | Prep | Best | Rest | Pre |
|        |      |      |      |      |      |      |      |      |      |      |      |      |      |     |
|        |      |      |      |      |      |      |      | ч    |      |      |      |      |      |     |
| Best   | Rest | Prep | Best | Rest | Prep | Best | Rest | Prep | Best | Rest | Prep | Best | Rest | Pre |
|        |      |      |      |      |      |      |      |      |      |      |      |      |      |     |
|        |      |      |      |      |      |      |      |      |      |      |      |      |      |     |
|        |      |      |      |      |      |      |      |      |      |      |      |      |      |     |
| Best   | Rest | Prep | Best | Rest | Prep | Best | Rest | Prep | Best | Rest | Prep | Best | Rest | Pr  |
|        |      |      |      |      |      |      |      |      |      |      |      |      |      |     |
|        |      |      |      |      |      |      |      |      |      |      |      |      |      |     |
|        |      |      |      |      |      |      |      |      |      |      |      |      |      |     |
| Best   | Rest | Prep | Best | Rest | Prep | Best | Rest | Prep | Best | Rest | Prep | Best | Rest | Pre |
|        |      |      |      |      |      |      |      |      |      |      |      |      |      |     |
|        |      | 4    |      |      |      |      |      | Ē    |      |      |      |      |      |     |
|        |      |      |      |      |      |      |      |      |      |      |      |      |      |     |
| Best   | Rest | Prep | Best | Rest | Prep | Best | Rest | Prep | Best | Rest | Prep | Best | Rest | Pr  |
|        |      | 1    |      |      |      |      |      | Н    |      |      |      |      |      |     |
|        |      |      |      |      |      |      |      |      |      |      |      |      |      |     |
|        |      |      |      |      |      |      |      |      |      |      |      |      |      |     |

| This month's success books to read      |   | Clean up my Incompletes and Messes |
|---|---|------------------------------------|
|   |   |                                    |
|   |   |                                    |
| This month's Motivational Audio Program |   | Face what isn't working            |
|   | WWW.EXTRAORDINARYLIFESTYLE.COM<br>GOAL SETTING PRINTABLES KIT |                                    |

| This     | Mon                 | th's.  |        |       |      |       |      | This Month's Affirmation        |
|----------|---------------------|--------|--------|-------|------|-------|------|---------------------------------|
| Best n   | ew su               | ccess  | princi | ple   |      |       |      |                                 |
| New s    | ucces               | s habi | it     |       |      |       |      |                                 |
|          |                     |        |        |       |      |       |      |                                 |
| Skill to | learr               | າ      |        |       |      |       |      |                                 |
| Relatio  | onship              | to wo  | ork on |       |      |       |      |                                 |
|          |                     |        |        |       |      |       |      |                                 |
|          |                     |        |        |       |      |       |      |                                 |
|          | FR                  | IDAY   |        |       | SATI | JRDA  | v    | This Month's Breakthrough Goal  |
| $\vdash$ | Best                | Rest   | Prep   |       | Best | Rest  | Prep |                                 |
|          | Dest                | Rest   | Freb   |       | Best | rtest | Пер  |                                 |
|          |                     |        |        |       |      |       |      |                                 |
|          |                     |        |        |       |      |       |      |                                 |
|          |                     |        |        |       |      |       |      |                                 |
|          | Best                | Rest   | Prep   |       | Best | Rest  | Prep |                                 |
|          | Dest                | rese   | 1.166  |       |      |       | ┷-   | This Monthle Astion Itomas      |
|          |                     |        |        |       |      |       |      | This Month's Action Items       |
|          |                     |        |        |       |      |       |      |                                 |
|          |                     |        |        |       |      |       |      |                                 |
|          |                     |        |        |       |      |       |      |                                 |
|          | Best                | Rest   | Prep   |       | Best | Rest  | Prep |                                 |
|          | Desc                | Rest   | Ттер   |       |      |       |      |                                 |
|          |                     |        |        |       |      |       |      |                                 |
|          |                     |        |        |       |      |       |      |                                 |
|          |                     |        |        |       |      |       |      |                                 |
|          |                     |        |        |       |      |       |      |                                 |
|          | Best                | Rest   | Prep   |       | Best | Rest  | Prep | _                               |
| +        | Desc                | ivest  | Гтер   |       | 2000 |       | 166  | Lessons Learned                 |
|          |                     |        |        |       |      |       |      |                                 |
|          |                     |        |        |       |      |       |      |                                 |
|          |                     |        |        |       |      |       | - 1  |                                 |
|          |                     |        |        |       |      |       |      |                                 |
|          | Best                | Rest   | Prep   |       | Best | Rest  | Prep |                                 |
|          | БСЭС                | Rest   | Ттер   |       |      |       |      |                                 |
|          |                     |        |        |       |      |       |      |                                 |
|          |                     |        |        |       |      |       |      |                                 |
|          |                     |        |        |       |      |       |      |                                 |
|          |                     |        |        |       |      |       |      |                                 |
|          |                     |        |        |       |      |       |      |                                 |
| Keep     |                     |        |        |       |      |       |      | What do I need to ask For what? |
| Best res | sult day<br>ast Mon |        |        |       | 🔲    |       |      |                                 |
| Rest & I |                     |        | S      |       |      |       |      |                                 |
| L        | ast Mon             | ith 📗  |        | ••••• |      |       |      |                                 |
| Prepara  | tion da             | avs    |        |       |      |       |      |                                 |





#### You are never too old to set another goal or dream a new dream.

- C S Lewis

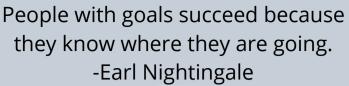


|   | SUI               | NDAY | 7        | M    | ONDA | Y    | TU   | ESD              | AY   |      | V | VEDN | ESDA  | Υ    |   | THU  | RSDA  | Υ    |
|---|-------------------|------|----------|------|------|------|------|------------------|------|------|---|------|-------|------|---|------|-------|------|
|   | Best              | Rest | Prep     | Best | Rest | Prep | Bes  | t F              | Rest | Prep |   | Best | Rest  | Prep | 7 | Best | Rest  | Prep |
|   |                   |      |          |      |      |      |      |                  |      |      |   |      |       |      |   |      |       |      |
|   |                   |      |          |      |      |      |      |                  |      |      |   |      |       |      |   |      |       |      |
|   |                   |      |          |      |      |      |      |                  |      | Н    |   |      |       |      |   |      |       |      |
|   | l <sub>Best</sub> | Doot | <b> </b> | Best | Rest | Prep | Pas  | <u>.</u>         | Doot | Duan |   | Best | Rest  | Prep |   | Best | Doct  | Drop |
|   | Best              | Rest | Prep     | Desc | Rest | Пер  | Bes  | ין ר             | Rest | Prep |   | ВСЗС | ixest | ТТСР |   | best | Rest  | Prep |
|   |                   |      |          |      |      |      |      |                  |      |      |   |      |       |      |   |      |       |      |
|   |                   |      |          |      |      |      |      |                  |      |      |   |      |       |      |   |      |       |      |
|   |                   |      |          |      |      |      |      |                  |      |      |   |      |       |      |   |      |       |      |
|   |                   |      |          |      |      |      |      |                  |      |      |   |      |       |      |   |      |       |      |
|   | Best              | Rest | Prep     | Bes  | Rest | Prep | Bes  | st   I           | Rest | Prep |   | Best | Rest  | Prep |   | Best | Rest  | Prep |
|   |                   |      |          |      |      |      |      |                  |      |      |   |      |       |      |   |      |       |      |
|   |                   |      |          |      |      |      |      |                  |      |      |   |      |       |      |   |      |       |      |
|   |                   |      |          |      |      |      |      |                  |      |      |   |      |       |      |   |      |       |      |
|   |                   |      |          |      |      |      |      |                  |      |      |   |      |       |      |   |      |       |      |
|   | Best              | Rest | Prep     | Best | Rest | Prep | Best | .   <sub>В</sub> | Rest | Prep |   | Best | Rest  | Prep |   | Best | Rest  | Prep |
| 1 | Dest              | Rest | Freb     | Desc | Kest | Пер  | Desi | .   ^            | rest | гтер |   | Desc | rest  | Пер  |   | Desc | ivest | Гиер |
|   |                   |      |          |      |      |      |      |                  |      |      |   |      |       |      |   |      |       | 10.  |
|   |                   |      |          |      |      |      |      |                  |      | H    |   |      |       |      |   |      |       |      |
|   |                   |      |          |      |      |      |      |                  |      |      |   |      |       | ١.   |   |      |       |      |
|   |                   |      |          |      |      |      |      |                  |      |      |   |      |       |      |   |      |       |      |
|   | Best              | Rest | Prep     | Bes  | Rest | Prep | Bes  | st [             | Rest | Prep |   | Best | Rest  | Prep |   | Best | Rest  | Prep |
|   |                   |      | 1        |      |      |      |      |                  |      |      |   |      |       |      |   |      |       |      |
|   |                   |      |          | 7    |      |      |      |                  |      |      |   |      |       |      |   |      |       |      |
|   |                   |      |          |      |      |      |      |                  |      |      |   |      |       |      |   |      |       |      |
|   |                   |      |          | - 31 |      |      |      |                  |      |      |   |      |       |      |   |      |       |      |
|   |                   |      |          |      |      |      |      |                  |      |      |   |      |       |      |   |      |       |      |

| This month's success books to read      |   | Clean up my Incompletes and Messes |
|---|---|------------------------------------|
|   |   |                                    |
| This month's Motivational Audio Program |   | Face what isn't working            |
|   | WWW.EXTRAORDINARYLIFESTYLE.COM<br>GOAL SETTING PRINTABLES KIT |                                    |

| This I   | Mon                 | th's.  |        |     |      |      |  | This Month's Affirmation        |
|--|---------------------|--------|--------|-----|------|------|--|---------------------------------|
| Best n   | ew su               | ccess  | princi | ple |      |      |  |                                 |
| New s  | ucces               | s habi | t      |     |      |      |  |                                 |
|  |                     |        |        |     |      |      |  |                                 |
| Skill to   | learr               | າ      |        |     |      |      |  |                                 |
| Relatic  | nship               | to wo  | ork on |     |      |      |  |                                 |
|  |                     |        |        |     |      |      |  |                                 |
|  |                     |        |        |     |      |      |  |                                 |
|  | FR                  | IDAY   |        |     | SATI | JRDA | Υ  | This Month's Breakthrough Goal  |
|  | Best                | Rest   | Prep   |     | Best | Rest | Prep   |                                 |
|  | Dest                | itest  | Ттер   |     |      |      | 166  |                                 |
|  |                     |        |        |     |      |      |  |                                 |
|  |                     |        |        |     |      |      |  |                                 |
|  |                     |        |        |     |      |      |  |                                 |
|  | Best                | Rest   | Prep   |     | Best | Rest | Prep   |                                 |
|  | Best                | rese   | 166    |     |      |      | <del>└                                    </del> | This Monthly Astion Itoms       |
|  |                     |        |        |     |      |      |  | This Month's Action Items       |
|  |                     |        |        |     |      |      |  |                                 |
|  |                     |        |        |     |      |      |  |                                 |
|  |                     |        |        |     |      |      |  |                                 |
|  | Best                | Rest   | Prep   |     | Best | Rest | Prep   |                                 |
|  | DCSC                | Nest   | Тись   |     |      | 1    | 1  |                                 |
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|  |                     |        |        |     |      |      |  |                                 |
|  | Best                | Rest   | Prep   |     | Best | Rest | Prep   |                                 |
| <del>                                     </del> | Desc                | Nest   | Гиср   |     |      |      | 11111  | Lessons Learned                 |
|  |                     |        |        |     |      |      |  |                                 |
|  |                     |        |        |     |      |      |  |                                 |
|  |                     |        |        |     |      |      |  |                                 |
|  |                     |        |        |     |      |      |  |                                 |
|  | Best                | Rest   | Prep   |     | Best | Rest | Prep   |                                 |
|  | ВСЭС                | Rest   | Ттер   |     |      |      |  |                                 |
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| Keepi  |                     |        |        |     |      |      |  | What do I need to ask For what? |
| Best res   | sult day<br>ast Mon |        |        |     | 🔲    |      |  |                                 |
| Rest & F   |                     |        | s      |     |      |      |  |                                 |
| L  | ast Mor             | ith 📗  |        |     |      |      |  |                                 |
| Prepara  | tion da             | IVS    |        |     |      |      |  |                                 |







|   | SUI               | NDAY | 7        | M    | ONDA | Y    | TU    | ESD              | AY     |      | V | VEDN | ESDA  | Υ    |     | THU  | RSDA  | Υ    |
|---|-------------------|------|----------|------|------|------|-------|------------------|--------|------|---|------|-------|------|-----|------|-------|------|
|   | Best              | Rest | Prep     | Best | Rest | Prep | Bes   | t F              | Rest   | Prep |   | Best | Rest  | Prep | , 1 | Best | Rest  | Prep |
|   |                   |      |          |      |      |      |       |                  |        |      |   |      |       |      |     |      |       |      |
|   |                   |      |          |      |      |      |       |                  |        |      |   |      |       | 7    |     |      |       |      |
|   |                   |      |          |      |      |      |       |                  |        | Н    |   |      |       |      |     |      |       |      |
|   | l <sub>Best</sub> | Doot | <b> </b> | Best | Rest | Prep | Bes   | <u>.</u>         | Doort. | Duan |   | Best | Rest  | Prep |     | Best | Rest  | Prep |
|   | Best              | Rest | Prep     | Desc | Rest | Пер  | l pes | ۱   ۲            | Rest   | Prep |   |      | IXCSC | ПТСР |     | best | Rest  | Frep |
|   |                   |      |          |      |      |      |       |                  |        |      |   |      |       |      |     |      |       |      |
|   |                   |      |          |      |      |      |       |                  |        |      |   |      |       |      |     |      |       |      |
|   |                   |      |          |      |      |      |       |                  |        |      |   |      |       |      |     |      |       |      |
|   |                   |      |          |      |      |      |       |                  |        |      |   |      |       |      |     |      |       |      |
|   | Best              | Rest | Prep     | Bes  | Rest | Prep | Bes   | st   I           | Rest   | Prep |   | Best | Rest  | Prep |     | Best | Rest  | Prep |
|   |                   |      |          |      |      |      |       |                  |        |      |   |      |       |      |     |      |       |      |
|   |                   |      |          |      |      |      |       |                  |        |      |   |      |       |      |     |      |       |      |
|   |                   |      |          |      |      |      |       |                  |        |      |   |      |       |      |     |      |       |      |
|   |                   |      |          |      |      |      |       |                  |        |      |   |      |       |      |     |      |       |      |
|   | Best              | Rest | Prep     | Best | Rest | Prep | Best  | .   <sub>В</sub> | Rest   | Prep |   | Best | Rest  | Prep |     | Best | Rest  | Prep |
| _ | Dest              | Rest | Freb     | Desc | Kest | Пер  | Desi  | .   \            | rest   | гтер |   | Desc | rest  | Пер  |     | Desc | ivest | Гиер |
|   |                   |      |          |      |      |      |       |                  |        |      |   |      |       |      |     |      |       | 10.  |
|   |                   |      |          |      |      |      |       |                  |        | H    |   |      |       |      |     |      |       |      |
|   |                   |      |          |      |      |      |       |                  |        |      |   |      |       | ١.   |     |      |       |      |
|   |                   |      |          |      |      |      |       |                  |        |      |   |      |       |      |     |      |       |      |
|   | Best              | Rest | Prep     | Bes  | Rest | Prep | Bes   | st l             | Rest   | Prep |   | Best | Rest  | Prep |     | Best | Rest  | Prep |
|   |                   |      | 1        |      |      |      |       |                  |        |      |   |      |       |      |     |      |       |      |
|   |                   |      |          | 7    |      |      |       |                  |        |      |   |      |       |      |     |      |       |      |
|   |                   |      |          |      |      |      |       |                  |        |      |   |      |       |      |     |      |       |      |
|   |                   |      |          | - 31 |      |      |       |                  |        |      |   |      |       |      |     |      |       |      |
|   |                   |      |          |      |      |      |       |                  |        |      |   |      |       |      |     |      |       |      |

| This month's success books to read      |   | Clean up my Incompletes and Messes |
|---|---|------------------------------------|
|   |   |                                    |
| This month's Motivational Audio Program |   | Face what isn't working            |
|   | WWW.EXTRAORDINARYLIFESTYLE.COM<br>GOAL SETTING PRINTABLES KIT | 1                                  |

| This     | Mon                | th's.            |        |        |              |                   |                | This Month's Affirmation        |
|----------|--------------------|------------------|--------|--------|--------------|-------------------|----------------|---------------------------------|
| Best n   | ew su              | ccess            | princi | ple    |              |                   |                |                                 |
| New s    | ucces              | s habi           | t      |        |              |                   |                |                                 |
|          |                    |                  |        |        |              |                   |                |                                 |
| Skill to | learr              | ١                |        |        |              |                   |                |                                 |
| Relatio  | onship             | to wo            | ork on |        |              |                   |                |                                 |
|          |                    |                  |        |        |              |                   |                |                                 |
|          |                    |                  |        |        |              |                   |                |                                 |
|          | FR                 | IDAY             |        |        | SATI         | JRDA              | v              | This Month's Breakthrough Goal  |
| $\vdash$ | Best               | Rest             | Prep   |        | Best         | Rest              | Prep           |                                 |
|          | Dest               | Rest             | Prep   |        |              | Rest              | ТТСР           |                                 |
|          |                    |                  |        |        |              |                   |                |                                 |
|          |                    |                  |        |        |              |                   |                |                                 |
|          |                    |                  |        |        |              |                   |                |                                 |
|          | Best               | Rest             | Prep   |        | Best         | Rest              | Prep           |                                 |
|          | Dest               | Rest             | Ттер   |        | 2000         |                   | 1              | T1: NA                          |
|          |                    |                  |        |        |              |                   |                | This Month's Action Items       |
|          |                    |                  |        |        |              |                   |                |                                 |
|          |                    |                  |        |        |              |                   |                |                                 |
|          |                    |                  |        |        |              |                   |                |                                 |
|          |                    | l <sub>a .</sub> | 1.     |        | Doct         | l <sub>Doct</sub> | Drop           |                                 |
|          | Best               | Rest             | Prep   |        | Best         | Rest              | Prep           |                                 |
|          |                    |                  |        |        |              |                   |                |                                 |
|          |                    |                  |        |        |              |                   |                |                                 |
|          |                    |                  |        |        |              |                   |                |                                 |
|          |                    |                  |        |        |              |                   |                |                                 |
|          |                    |                  | l      |        | <b>5</b> . I |                   |                |                                 |
| $\vdash$ | Best               | Rest             | Prep   |        | Best         | Rest              | Prep           | Lessons Learned                 |
|          |                    |                  |        |        |              |                   |                |                                 |
|          |                    |                  |        |        |              |                   |                |                                 |
|          |                    |                  |        |        |              |                   |                |                                 |
|          |                    |                  |        |        |              |                   |                |                                 |
|          |                    |                  |        |        | ۱            | ۱                 | l <sub>p</sub> |                                 |
|          | Best               | Rest             | Prep   |        | Best         | Rest              | Prep           |                                 |
|          |                    |                  |        |        |              |                   |                |                                 |
|          |                    |                  |        |        |              |                   |                |                                 |
|          |                    |                  |        |        |              |                   |                |                                 |
|          |                    |                  |        |        |              |                   |                |                                 |
|          |                    |                  |        |        |              |                   |                |                                 |
| Keep     | ing So             | core             |        |        |              |                   |                | What do I need to ask For what? |
| Best res |                    |                  |        |        |              |                   |                |                                 |
|          | ast Mon            |                  |        |        |              |                   |                |                                 |
| Rest & I | Relaxat<br>ast Mon |                  | S      | •••••• | 🔲            |                   |                |                                 |
| Prepara  |                    |                  |        |        |              |                   |                |                                 |