**Alicia’s Weekly Sunday Review:**

**Weekly Success Habits**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Behavior / Action** | **Mon** | **Tue** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** | **Achieved** | **Goal** | **Net** |
| **Morning Mojo (H20 w/ lemon)** |  |  |  |  |  |  |  |  | **7** |  |
| **Multi, Probiotic,**  **& sups** |  |  |  |  |  |  |  |  | **5** |  |
| **Walk on Beach** |  |  |  |  |  |  |  |  | **4** |  |
| **Workout** |  |  |  |  |  |  |  |  | **4** |  |
| **Healthy Diet** |  |  |  |  |  |  |  |  | **6** |  |
| **30 min Personal Development** |  |  |  |  |  |  |  |  | **7** |  |
| **Meditation (at least 5 mins)** |  |  |  |  |  |  |  |  | **5** |  |
| **Blocked Time & Used Efficiently** |  |  |  |  |  |  |  |  | **m-f** |  |
| **Church** |  |  |  |  |  |  |  |  | **1** |  |
| **Stick to schedule for the day** |  |  |  |  |  |  |  |  | **m-f** |  |
| **Plan Schedule / Tasks for next day** |  |  |  |  |  |  |  |  | **6** |  |
| **Oil Pulling** |  |  |  |  |  |  |  |  | **3** |  |
| **Date night with my hub!** |  |  |  |  |  |  |  |  | **2** |  |
| **Surprise & Enthusiasm** |  |  |  |  |  |  |  |  | **3** |  |
| **In bed by 10:30** |  |  |  |  |  |  |  |  | **5** |  |

**Part 2: Vision & Planning**

* Review Personal Weekly Summary (above sheet)
* Read vision and update it! *(in journal)* 
  + Vision for business, life, relationships, personal development
* Plan personal growth & development for upcoming week

**Part 3: Fit Pro Essentials**

* Weekly Review (I have a separate sheet for this where I review my numbers)
* Journal about weekly successes and wins, and challenges. What can I improve next week? Did I have FUN doing it?
* Monthly Review Summary (first week of each month)
* Upcoming Weekly Plan for:
  + Networking / Relationship Building
  + Surprise & Enthusiasm / Cards
  + Time Blocks & Scheduling
  + Content / Email Creation
  + List Building / Marketing
  + Goal Setting