

# I CHOOSE TO LIVE MY DREAMS!

Week of \_\_\_\_\_ (date)

## **See It Sunday: Visualization, Vision Board, Weekly Goal Setting**

Visualization Audio: [www.trainyourbrainworkbook.com](http://www.trainyourbrainworkbook.com)

This Week's Goal Focus:

## **Motivated Monday: Eat Your Frog, Chunking, 80/20 Rule, Reverse Engineering**

Key Goal Task:

Secondary Goal Task:

General Tasks:

## **Thoughtful Tuesday: What Are You Thinking?**

Key Goal Task:

Secondary Goal Task:

General Tasks:

## **What and Why Wednesday: Are You Living By Your Core Values?**

Key Goal Task:

Secondary Goal Task:

General Tasks:

## **Thankful Thursday: What Are You Grateful For?**

Key Goal Task:

Secondary Goal Task:

General Tasks:

## **Fearless Friday: What Fears and Obstacles Did You Face and Overcome?**

Key Goal Task:

Secondary Goal Task:

General Tasks:

## **Celebrate Saturday: Go Celebrate Your Achievements!**

Make-up day for tasks: