

HOW TO USE THIS PLANNER

1

AWARENESS & SELF-DISCOVERY

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MOST IMPORTANT LIFE QUESTIONS

To do this exercise, use a timer and give yourself a maximum of 90 seconds per question.

1. What do I want to experience in life if time and money were not an issue?
I want to travel around the world, enjoy the creation of God. At the same time, I want to enjoy all the abundance in the world for luxury, what the things enjoy, do, eat & be.

I want to teach and give back to the society. I want to inspire more people like me & the ordinary can become extraordinary.

2. How do I want to grow?
By allowing myself to embrace challenges, all the ups & downs in life & becoming in life that help me to grow as a person. As John John said "Don't work for better, but don't work for less challenge, work for still." I can only grow by becoming a person that can solve more problems & more valuable in the market place.

3. What do I want to contribute to this world?
I would like to teach, inspire & lead by example to make the world a better place. High vibration frequency lead to higher energy in this world & more good things going to come.

4. Who am I? Why am I here?
I am a challenge, leader & warrior. I am here to live my life to the fullest, lead & give a hand to somebody who want to change their life together. I leave a positive impact in their life.

5. Where am I going? How do I want to be remembered when I am gone?
I am on the way to greatness. By being learning & improving, I become a better person everyday. I would like to be remembered as a person with words of knowledge, words of wisdom & full of personal strength & power.

6. If I achieve all of my life's goals, how would I feel? How can I feel that along the way?
I achieve all of my life's goals, I would be satisfied & fulfilled. Not important, it's not about the end result, it's the journey & experience I gained along the way that counts the most.

7. What is most important in my life? What do I value the most? What am I most passionate about?
Personal Philosophy given important to me. I value true personality, people who are trustworthy, sincere & wanted to help others. Good & very important for me. I am most passionate about true leadership, knowing better person, what he can become, be, give & do. It's an art of human being.

2

"The power to question, is the basis of all human progress" ~ Ghandi

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QUESTIONS TO EMPOWER YOUR DAY

1. What am I **happy** about in my life right now?
What about that makes me happy?
How does that make me feel?

2. What am I **excited** about in my life right now?
What about that makes me excited?
How does that make me feel?

3. What am I **proud** about in my life right now?
What about that makes me proud?
How does that make me feel?

4. What am I **grateful** about in my life right now?
What about that makes me grateful?
How does that make me feel?

5. What am I **enjoying** most in my life right now?
What about that do I enjoy?
How does that make me feel?

6. What am I **committed** to in my life right now?
What about that makes me committed?
How does that make me feel?

7. Whom do I **love in my life**? Who loves me?
What about that makes me loving?
How does that make me feel?

8. How can I make myself feel good today?
How can I improve my relationships today?
How can I be present in the now?
How can I have more inner peace today?
What can I give today?

9. What are my **5 most important goals**?
What can I do today to achieve my goals?

10. What help or guidance can I ask for today?
What can I pray for today?
If this was the last day of my life, how would I live it?

Answer these questions every morning in your mind or on a piece of paper. Visualize your answer and focus on how you feel.

3

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EVENING POWER QUESTIONS

1. What have I given today? In what ways have I been a giver today?

2. What did I learn today? How was my energy vibration today? How can I improve?

3. Did I follow my intuition today, and what did it tell me?

4. How did I follow my heart's desires? How did I follow my passion today?

5. Did I allow things to flow today without trying to control the outcome?

6. How has today added to the quality of my life? Am I enjoying the journey?

7. What is the best thing that happened to me today? How can I create similar experiences?

8. Where did I make progress in my life today? Did I celebrate every step of progress?

9. What am I grateful for today? How did I love today?

10. What can I ask for? What help or guidance can I ask from my Creator?

HOW TO USE THIS PLANNER

GOAL SETTING

If there was no limit to what you could do/buy or become, what would you do in the next 20-50 years? If you could not fail, what would you do? Do not try to be realistic, and do not set smart goals; instead set big goals and big visions for your life!
List down 50 top goals that you want to achieve in all areas of your life.
health / relationships / work & business / fun & recreation / money / personal growth / spiritual

SET 50 GOALS IN ALL AREAS OF YOUR LIFE

1. Passive income \$20,000 / month	26. Watch Andre Brien concert	3m
2. Working income \$15,000 / month	27. Read 5 Books this year	1y
3. Lose 10kg	28. Eat at Michelin Restaurant	5y
4. Lose Body fat to 22%	29. Better relationship	3y
5. Fly Business class	30. Camping by Yellowstone Park	1y
6. Travel with 5 star hotels	31. Stay in Bellagio Las Vegas	9m
7. Family Trip	32. Live in Santorini for a month	3y
8. Promoted as General Manager	33. Increase self confident	6m
9. Start Investing (Buy House)	34. No more cholesterol	1y
10. Learn Spanish	35. Good & positive friends surround	9m
11. Learn Chinese	36. Good teammate to build biz	9m
12. Buy a Grand Piano	37. Better time management	9m
13. Cruise Bahamas	38. Better Money Management	6m
14. Cruise Greece	39. Meditate regularly (2x time)	3m
15. Cruise Egypt	40. Yoga every week	9m
16. Cruise Cancun Mexico	41. Meditation Retreat	9m
17. Dive in Cozumel Mexico	42. 7 days silent workshop	9m
18. Go visit Iceland	43. Charity - give 10% of my earnings	3m
19. Visit Russia	44. Go visit old folks home	3m
20. Learn dancing salsa	45. Build school	10y
21. Can play canon in violin	46. Save wild life	20y
22. Can perform 5 songs piano	47. Give Personal Developer Training	2y
23. Visit New Zealand	48. Business woman of the year	10yr
24. Save \$2500 a month	49. Female entrepreneurship of the year	10
25. Build online business	50. Vacation paid for whole family	3y

STEP 3.2: After listing all 50 goals, fill in when will you achieve that specific goals in months (3m, 6m, 9m) or years (1y, 3y, 5y, 10y, 20y) as shown below.
TRAVEL 1 MONTH AROUND EUROPE = 2 years

3

CREATE HARMONY ON ALL LEVELS

STEP 3.3: Create a mind map for your goals. To live a happy and joyful life, it is important to set goals for every part of your life. You must set goals for your inner and outer world.

SPIRITUAL: Fast growth with prayer daily, Strong Bible knowledge, Stop worrying, Letting go of guilt, Forgive & learn to forgive.

PERSONAL GROWTH: Read 5 Books, Business management, Stop procrastinate, Self management skill.

RELATIONSHIPS: Family trip 2x/year, Talk to my father, Spend more time with mom, Gather once a month, Party on Friday, Businesswoman of the year, Promoted to Senior General Manager, Start real estate business.

CAREER & BUSINESS: Fly Business class, Build school, Save wild life, Give Personal Developer Training, Female entrepreneurship of the year, Vacation paid for whole family.

FUN & RECREATION: Cruise Bahamas, Visit New Zealand, Build online business, Save \$2500 a month, Can perform 5 songs piano, Can play canon in violin, Visit Russia, Go visit Iceland, Dive in Cozumel Mexico, Cruise Cancun Mexico, Cruise Egypt, Cruise Greece, Buy a Grand Piano, Learn Chinese, Learn Spanish, Start Investing (Buy House), Promoted as General Manager, Family Trip, Travel with 5 star hotels, Lose 10kg, Lose Body fat to 22%, Working income \$15,000 / month, Passive income \$20,000 / month.

1

MY LIFE'S VISION STATEMENT:

How you want your life to look like

I am a Successful Entrepreneur who owns Businesses that helps thousands of people around the world to feel good about themselves. I travel around the world to enjoy all the wonders of God creation with good Health, Mindset, Joy & Happiness.

2

MY MISSION STATEMENT:

How you want to contribute to this world

My Mission is to Bring Positive Vibe Music around the world. I bring Joy, happiness & hope to others.

THIS PLANNER BELONGS TO:

NAME	Patricia Chan
PHONE	823-111-1111
EMAIL	inspirationplanner@gmail.com
FACEBOOK	Secret meditation

IF YOU FIND THIS PLANNER PLEASE CONTACT ME

STEP 1: AWARENESS & SELF-DISCOVERY

- Answer the most important life questions and find your true purpose in life.
- Use these questions daily in the morning to stay on your path.
- Use these questions daily in the evening to reflect, learn, improve, celebrate and focus on what is most important in your life.

STEP 2: CREATE A MISSION & VISION STATEMENT

- Write down your vision for your life, how you want your life to look like.
- Write down a mission statement for your life. How do you want to contribute to this world?

STEP 3: GOAL SETTING

- Write down 50 goals for your life.
- Write down when you want to achieve your goals.
- Create a mind map of all your goals, including all areas of life.
- Choose your 5 most important goals.
- Once you set your goals take immediate action on them the same day.

STEP 3.1: GOAL SETTING - CRAFT YOUR JOURNEY

- Write down where you are right now in each level of your life.
- Write down your vision of where you want to go in each level of your life.
- Write down how you can achieve your goals. What do you want to do to make them happen?

MY JOURNEY

	WHERE AM I NOW	WHERE AM I GOING	HOW DO I GET THERE
SPIRITUAL	Currently I am helping some people & orphan food	I would like to open a center to help orphans	educate myself & public
PERSONAL DEVELOPMENT	I am practicing most of the way from courses	To be like Oprah Winfrey	Attend more & development courses & practice Apply
RELATIONSHIP	Good relationship with my partner	Build a beautiful family	work on myself
CAREER / BUSINESS	Starting of my new biz	Sold 1 million planners & start my music biz	work on marketing & record my 1st Album
FINANCIAL	4 houses	20 Houses	And 2-5 more every year
HEALTH	65kg High cholesterol	50kg no cholesterol problem	Doping, eat healthy, avoid seafood
FREE TIME & FAMILY	not good relationship	Family Trip 3x / year	plan more gathering

STRATEGY: SKILLS / HABITS/ PEOPLE

5 SKILLS I WANT TO MASTER TO ACHIEVE MY GOALS

SKILLS YOU WANT TO MASTER:	HOW & WHO CAN I LEARN FROM?
1. Money Management	■ Tony Robbins - Money Master the Game
2. Time Management	■ Stephen Covey - 7 Habits of Highly Effective People
3.	
4.	
5.	

6 HABITS I WANT TO CHANGE & LEARN TO ACHIEVE MY GOALS

OLD BAD HABITS TO UNLEARN:	NEW HABITS TO MASTER:
1. Too Perfectionist	■ Let it flow, let it go
2. Always late	■ Be on time
3. Procrastinating	■ Do it Now & Eat the Frog!
4.	
5.	

7 WHO AM I SURROUNDED BY?

NEGATIVE PEOPLE TO SPEND LESS TIME WITH:	POSITIVE PEOPLE I WILL SPEND MORE TIME WITH:
1. My Grandmother	■ My CEO
2. Maggie	■ My teacher Alberto
3.	
4.	
5.	

8 WHO WILL KEEP ME ACCOUNTABLE?

ACCOUNTABILITY PARTNERS:	HOW WILL THEY HOLD ME ACCOUNTABLE?
1. Alberto	■ practice partner every day
2. My PA	■ Power Hour every morning
3. My P.Trainer	■ Gym 3 times a week

9 WHAT CAN I DELEGATE?

TASKS TO DELEGATE:	Hours a week	WHO CAN HELP ME?	COST
1. Checking air ticket & hotel	2-4	PA	\$10/hr
2. Grocery	5	1st for delivery	\$5/week
3. Cleaning House	7-10	Part time maid	\$100/week
4. Ironing clothes	4	"	
5. Paper work (Accountancy)	4	PA	\$200/month
6.			

10 CREATE A NEW SUPPORTIVE STORY

WRITE DOWN THE REASONS WHY YOU BELIEF YOU NOT SUCCESSFUL YET? WHAT IS HOLDING YOU BACK? WHAT LIMITING BELIEFS ARE HOLDING YOU BACK? WHY YOU BELIEF YOU NOT GOOD ENOUGH?

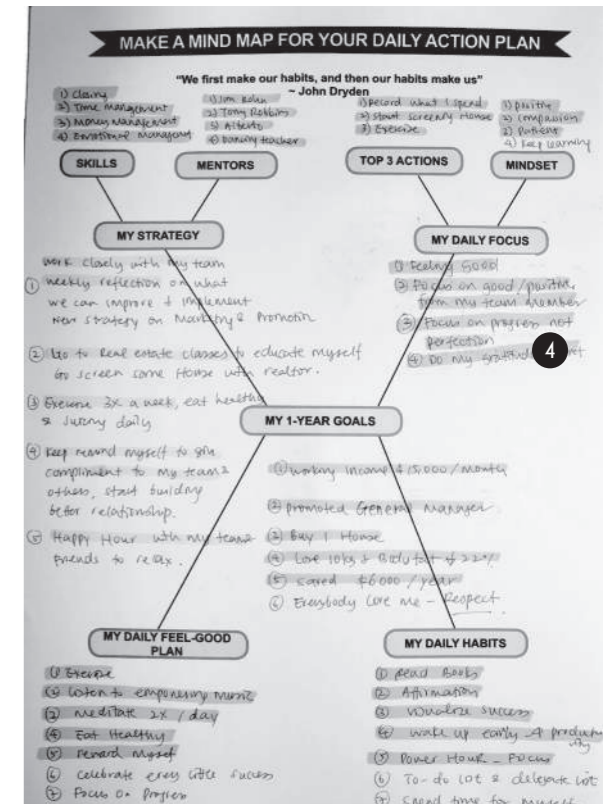
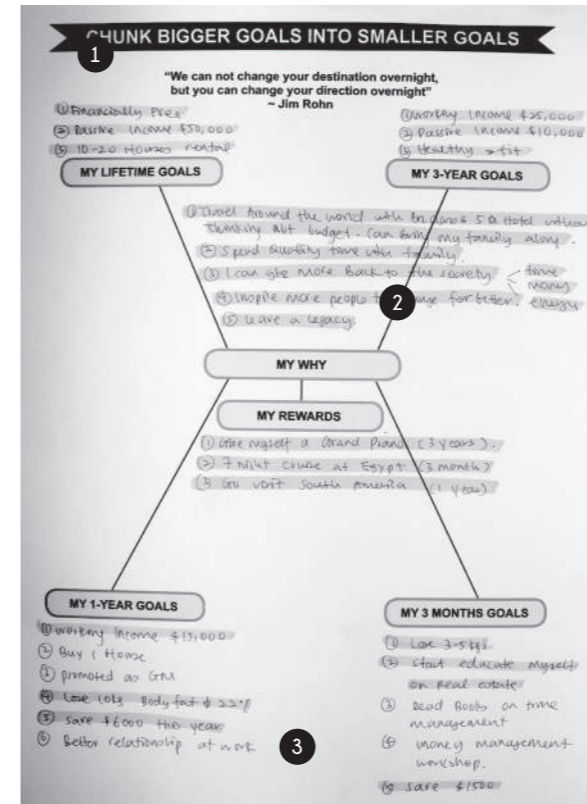
I have been with the company for 10 years. I stuck at the position & not moving forward because they think female is less capable than a male GM. Female have more emotional decision than not helping the company to make rational & profitable decision. Also, I am not good looking. I am a bit overweight. To be a GM, a representative for the company like the they prefer to have a better looking person. Many people told me I should have quit the job so the CEO will hire me back with better offer. I stayed too long in the company & they don't appreciate me. I am not good enough because sometimes I did make mistake but I am a creative person, I did propose many good ideas to help boost company sales. Maybe they just want to keep me doing the same task.

11 WRITE DOWN MORE EMPOWERING AND SUPPORTIVE BELIEFS YOU WANT TO MAKE PART OF YOUR NEW LIFE STORY. TAKE EACH OF YOUR UNSUPPORTIVE BELIEFS AND MAKE IT A POSITIVE ONE AND WRITE ENOUGH REASONS WHY YOU ARE GOOD ENOUGH.

I am very loyal person. I have been with this company for 10 years when they have vacant for the GM position I definitely will be the first option because I understand the operation so well. I have so much experience during the company up & down. CEO trusted me from my loyalty.

I am creative so I can lead a very successful sales team. They love me because I always give good incentive plan to them.

Female Power is going up as we actually better in relationship than man that have ego time.



STEP 5: MAKE A CLEAR STRATEGY

- Write down how you will reward yourself if you achieve your goals.
- Discover your fears and mental blocks.
- Create positive affirmations to reprogram your mind for success.
- Find out your most common distractions that are holding you back from achieving your goals, and decide how you are going to change those.
- Write down a list of skills you need to learn to achieve your goals.
- Replace old negative habits with new positive ones.
- Surround yourself with people who are more supportive toward your goals.
- Find accountability partners and mentors.
- Delegate the small tasks so you can focus on the most important tasks to achieve your goals.
- Write down the story or the reasons you are telling yourself why you are not successful yet.
- Write down a new supportive story that will help you build the life you always wanted.

STEP 6: TAKE ACTION, MAKE A CLEAR PLAN

- Create a clear overview of your goals.
- Divide your goals into smaller targets.
- Make the smaller targets: Specific, Measurable, Actionable, Time Sensitive.
- Make a mind map with a clear daily action plan.

For examples of how to fill out your planner, please visit our website at:

Lawofattractionplanner.com/examples/

STEP 3.4: CIRCLE OR HIGHLIGHT YOUR 5 MOST IMPORTANT 1-YEAR GOALS

CHOOSE 5 TOP GOALS FROM WHAT YOU HAVE LISTED THAT YOU WANT TO ACHIEVE IN 1 YEAR

IS THIS WHAT YOUR HEART TRULY DESIRE?	WHY?
1. General Manager	■ It's time to move up, I can do it!
2. Lose 10 lbs & 22% Body fat	■ I want to ↓ my cholesterol level
3. Save \$500 a month	■ Financially Free
4. Start Investing (Buy house)	■ Positive Income
5. Better relationship	■ Can manage more people

Everything you didn't circle in Step 3 just became your 'Avoid At All Cost List'. No matter what, these things get no attention from you until you've succeeded with your Top 5. Are you committed to not doing any of these until your Top 5 are complete? If not, then why? Perhaps you need to go back through Step 3 and see what your Top 5 priorities truly are.

STEP 3.5: CELEBRATE SUCCESS & REWARD YOURSELF FOR PROGRESS

SET REWARDS IF YOU ACHIEVE YOUR GOALS

GOAL ACHIEVED:	REWARD AFTER ACHIEVING:
1. Promoted to GM	■ Buy my Mom to Hawaii
2. Lose 10lb & 22% Body fat	■ Buy myself Bebe Dress
3. Save \$300 a month	■ Go for short Cruise Holiday
4. Buy a house	■ ..
5.	

STEP 3.6: GET RID OF BLOCKS & DISTRACTIONS

REPROGRAM YOUR MIND & UNLOCK YOUR TRUE POTENTIAL

MY FEARS:

- 1. Lose money
- 2. Money matter
- 3. Having too much fun

POSITIVE AFFIRMATIONS TO REPEAT DAILY:

I love money & money love me 💰💰
 What other people think about me is not important, what I think about myself is important.
 Life is good, I don't have to work so hard to achieve success.

ACTION STEPS TO TAKE TO GET RID OF DISTRACTIONS:

Plan ahead and stop procrastinating.

MY DISTRACTIONS:

- 1. Not enough time
- 2.
- 3.
- 4.
- 5.

HOW TO USE THIS PLANNER

1 THIS MONTH'S GOAL
 ① Complete my task by 31st October

2 FEEL GOOD INTENTION
 ① Run with my dog 3 times a week
 ② Eat healthy food 5 times a week
 ③ Meditate everyday 2 times (AM/PM)

3 SKILLS/HABITS TO LEARN
 ① Productivity (Time Management)
 ② Closing a sale!!

4 DESIRED GOALS THIS MONTH?
 ① Lose 10% on my weight loss program & 3 1/2 Body Fat
 ② I can fit my bikini on cruise
 ③ Spanish Test 80% & above
 ④ Can take over the Spanish market

5 ACTIONS STEPS TO TAKE?
 ① Start my vegetable juicing 2x/day
 ② Exercise 3x cardio 1x weight lifting
 ③ 3x salad dinner a week
 ④ On my shake program strict
 ⑤ NO ALCOHOL 6 days a week
 ⑥ Planning 2 strategic meetings
 ⑦ 4 sales meeting with team
 ⑧ Review 2 Follow up team
 ⑨ Bring them to Happy Hour Friday
 ⑩ Set up Reward system
 ⑪ Listen to Spanish tape 15min/day
 ⑫ Watch Spanish movie
 ⑬ Practice partner with Alberto
 ⑭ Write a story in Spanish everyday
 ⑮ Translate 1 paragraph a day

6

7

8

WEDNESDAY **THURSDAY** **FRIDAY** **SATURDAY**

1 2 3 4

5 6 7

8 9 10 11

12 13 14 15

16 17 18

19 20 21 22

23 24 25

26 27 28 29

30 31

IDEAS | GRATITUDE | VICTORIES | NOTES | PROJECT FLOW CHART | MIND MAP

8

HOW TO USE THIS PLANNER

DATE: 12/7/2016 **THIS WEEK'S GOAL**
 ① Find inspiration to do more
 ② Finish 12w LOA plan
 ③ Cuba B

2 THIS WEEK PRIORITY
 ① video editing (HRO)
 ② video editing (HRO)
 ③ video editing (HRO)
 ④ video editing (HRO)
 ⑤ video editing (HRO)
 ⑥ video editing (HRO)
 ⑦ video editing (HRO)
 ⑧ video editing (HRO)
 ⑨ video editing (HRO)
 ⑩ video editing (HRO)

3

4

5 PERSONAL TO-DO LIST
 ① all my non-coupon stuff
 ② all my non-coupon stuff
 ③ all my non-coupon stuff
 ④ all my non-coupon stuff
 ⑤ all my non-coupon stuff
 ⑥ all my non-coupon stuff
 ⑦ all my non-coupon stuff
 ⑧ all my non-coupon stuff
 ⑨ all my non-coupon stuff
 ⑩ all my non-coupon stuff

6 POSITIVE HABIT MAKER
 GRATITUDE / LOVE
 10 10 10 10 10 10 10
 MEDITATE
 30 30 30 30 30 30 30
 EXERCISE
 40 30 30 30 30 30 30
 DRINK WATER
 24 24 24 24 24 24 24
 INTENTIONAL
 31 31 31 31 31 31 31

7

8

9

10

11

IDEAS | GRATITUDE | VICTORIES | NOTES | PROJECT FLOW CHART | MIND MAP

STEP 6.1: MAKE A MONTHLY ACTION PLAN

Before you fill in your monthly action plan, always reflect back on your one-year goal first.

- Fill in your goal for this month, visualize yourself achieving your goal, and feel grateful for it.
- Set a reward for yourself if you achieve your goal.
- Make a list of intentions or actions you will take to feel good and stay in positive emotional vibration.
- List the skills and habits you want to learn this month.
- List more goals on other areas of your life you want to achieve this month and write down why. Set a reward for each of them.
- Write down the TOP 5 action steps to take in order to achieve these goals (the 20% of the tasks that give you 80% of the results).
- Use this section to list your most important appointments, meetings, reminders, and events this month.
- Use this section freely to write down ideas, notes, or mind map.

STEP 6.2: MAKE A WEEKLY ACTION PLAN

Before you fill in your weekly action plan, always reflect back on your one-year and monthly goals first.

- Fill in your goal for this week, visualize yourself achieving your goal, and feel grateful for it.
- Set a reward for yourself if you achieved your goal, visualize yourself receiving your reward*.
- Include actions you will take this week to feel good and stay in positive emotional vibration.
- Write down your to-do list for the week in order of priority and visualize yourself completing all the tasks easily, successfully and effortlessly.
- Write down your personal to-dos for the week in order of priority and visualize yourself completing all the tasks easily, successfully and effortlessly.
- Monitor new habits you want to create for the month, fill in when you created them, how long you need to repeat them, and how many times.
- Fill in your goal for the day, visualize yourself achieving your goal, and feel grateful for it.
- Fill in your top 3 priorities for the day.
- Use this section to list your most important appointments, meetings, reminders, and events for the month. You can also use it as a checklist.
- Weekly law of attraction quote to keep you inspired.
- Use this section freely to write down ideas, intuition, notes, or mind map.

*The human brain responds to two things to learn and attain new behaviors and knowledge: feedback and reward. Be brave enough to request feedback from others, and then reward yourself each day for accomplishing your little goals.

HOW TO USE THIS PLANNER

1. Joy / Knowledge
Triumphance / Love
Appreciation

2. Passion

3. Enthusiasm

4. Positive Expectation
Belief

5. Optimism

6. Hopefulness

7. Contentment

8. Boredom

9. Pessimism

10. Frustration /
Irritation / Impatience

11. "Overwhelmed"

12. Disappointment

13. Doubt

14. Worry

15. Blame

16. Discouragement

17. Anger

18. Revenge







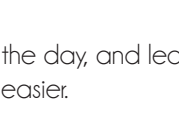
19. Hatred / Rage

20. Jealousy

21. Insecurity / Guilt
Unworthiness

22. Fear / Grief / Depression
Powerlessness / Victim

3

EMOTIONAL VIBRATION	AFFIRMATIONS	
BLISS Joy / Freedom Love Appreciation	<ul style="list-style-type: none">I love unconditionally and enjoy my life.I let go of all attachments and set myself free.I envision my life in perfect bliss. I love my freedom.I give and receive with an open heart.More and more good things are coming to me.	
ENTHUSIASM Passion Happy Optimism	<ul style="list-style-type: none">I love my life. I live in joy and peace.Money comes to me easily and effortlessly.Every day, and in every way, I feel more joy & peace.Every day, and in every way, I feel more healthy, rich, successful, and loved.	
HOPEFUL Contentment	<ul style="list-style-type: none">I loveThe past has no power over me anymore.Everyday, and in every way, I get better and better.I follow my heart and my dreams no matter what.I am deeply fulfilled with who I am.	
FRUSTRATED Impatience Boredom Pessimism Irritation Overwhelmed	<ul style="list-style-type: none">I let go easily and see the light in me.I accept and let go. I trust all is well.I choose to see the light that I am in this world.I compare myself only to my highest self.I focus on progress & decide to let go of perfection.I am patient with myself and others.I give up the habit to criticize myself.	
BLAME Discouraged Worried Doubtful Disappointed	<ul style="list-style-type: none">I let go easily. All is well.I take 100% responsibility of my life.I draw from my inner strength and light.I trust myself and make the right choices.I trust my inner wisdom and intuition.I trust or believe in my path.	
ANGRY Hatred / Rage Jealousy Revenge	<ul style="list-style-type: none">All is well. I love myself and I like myself.I let go of my anger and can see clearly.It's just a feeling. I let go.I forgive _____ and let go easily.I am strong. I am bigger than this.I talk positive to myself.	
DEPRESSED Insecurity / Guilt Unworthiness Fear / Grief Powerlessness Victim	<ul style="list-style-type: none">I am loved, despite my sadness.My discomfort will not last forever.I am separated from my depression.It's just a feeling. I allow to let go.I accept and let go of my _____ easily.I let go of fear. I love and approve of myself.This situation works out for my highest good.I kindly ask for help and guidance.I am safe and sound. All is well.	

2

ACTION STEPS TO FEEL BETTER & INCREASE YOUR EMOTIONAL VIBRATION

- Visualize your dreams came true.
- Feel grateful as if your dreams came true.
- Give love and embrace love around you.
- Take action on your dreams, follow the flow, and enjoy the journey.

- Write down your goals and everything you love.
- Write down your "why" and your "purpose".
- Visualize your dreams and take action.
- Make a vision board while listening to your favorite music.

- Do charity work.
- Give at least 5 compliments to 5 different people.
- Practice an act of kindness.
- Give somebody a hug.
- Write down your goals and everything you love.

- Make a to-do list & take action on your first task.
- Write down a list of achievements.
- Clean and organize your house and office thoroughly.
- Go exercise. Go outside and become one with nature.
- Wash your dream board and celebrate what you already achieved with epic music.
- Shine for progress, not perfection.

- Become aware, accept your feelings, and let it go.
- Write down what you worry about.
- Write down your feelings.
- Close your eyes, imagine taking it out, and forgive others as well as yourself.
- Go exercise. Go outside and become one with nature.
- Make a list of what you want to let go of.

- Become aware, accept your feelings, and let it go.
- Go exercise. Go outside and become one with nature.
- Dance and jump around. Have fun.
- Meditate and breath deeply. Try blowing a balloon.
- Identify and feel your anger.
- Practice mindfulness.

- Become aware, accept your feelings, and let it go.
- Go exercise. Go outside and become one with nature.
- Meditate and breath deeply. Try blowing a balloon.
- Practice mindfulness.
- Recognize your critical inner voice & change it.
- Keep a "negative thought log".
- Wash a linen, robe or shawl.
- Allow yourself to be less than perfect.
- Socialize with positive people.

FOR ALL ENERGY LEVELS

- Exercise
- Meditate & breath deeply
- Accept and let go
- Spend time in nature
- Practice mindfulness
- Listen to guided meditation
- Play some lively music
- Say "YES"
- Eat & drink healthy
- Make peace with the present
- Spend time with a positive friend
- Do yoga
- Go for a swim
- Write down what you love
- Say "I love you" to people you love
- Shower and groom yourself
- Take a bath / sauna / steam-bath
- Take care of a few small tasks
- Dress nicely
- Dance
- Practice self-love
- Talk positive to yourself
- Read out positive affirmations
- Go for a walk
- Change your state, act as if
- Take action on your goals
- Play with kids
- Play with pets
- Play your favorite music
- Play a game
- Have great sex
- Watch funny movies
- Sing out loud
- Do charity work
- Give 5 compliments to others
- Practice an act of kindness
- Give somebody a hug
- Smell a flower
- Draw something nice
- Do something artistic
- Practice EFT
- Make a joke
- Cook your favorite meal
- Get good sleep
- Go for a massage
- Give away, let go of attachments
- Visualize your dreams
- Practice heart healing
- Pray
- Go for a facial / manicure

STEP 7: FEEL GOOD AND MANIFEST FASTER

The secret behind the Law of Attraction is to make it your #1 priority to feel good most of the time.

- Become aware of how your emotional state changes during the day, and learn how you can change your state to a positive vibration so you can attract your dreams faster and easier.
- Check where you are on the emotional scale daily.
- Use one of the action steps and affirmations that appeal the most to you to move your emotional vibration to a higher level.
- Once your emotional vibration is within hope and bliss, that's when your manifestation powers are the strongest, and that's when you want to visualize your desires and dreams.
- Highlight and write down the action steps and affirmations that work the best for you to raise your vibration, and make a habit of doing them daily.
- Only make important decisions, like investment, business, relationship decisions in your life when you are in a vibration between hope and bliss. At lower levels, just make the decision to feel good first. This way, you will avoid most of the trouble in your life and live more in love, joy and bliss.

HOW TO USE THIS PLANNER

1

REFLECT ON YOUR WEEK

"The more you praise and celebrate your life, the more there is in life to celebrate." – Oprah Winfrey

CELEBRATE MY TOP 10 ACHIEVEMENTS

1. Juliana everyday

2. 3 times exercise

3. meditate 2 times a day

4. find a very good promotion for the team

5. lost 1kg

6. improve my Spanish


7. 4 productivity

8. better relationship with my

9. new staff

10.

WAS I IN HARMONY?



WHAT DID I LEARN THIS WEEK?

1. Time management - not putting

2. appt too close to each other

3. - Frustration (cannot be enter)

4.

5.

HOURLS OF EXERCISE: 4 hours

TOTAL EXPENSES: \$50

MONEY SAVED: \$50

SELF-HELP: Tony Robbins - MONEY WORKS FOR

TIME SPENT WITH FAMILY: 4 hours

FUN TIME: Sunday

MEDITATION/PRAYER: 2 x a day

NEW HABITS: listen to empower music

MENTORS: Tony Robbins

GRATITUDE:

VISUALIZATION: every morning

FEELING GOOD:

HOW DID I MAKE MYSELF FEEL GOOD?

1. listen to empower music

2.

3.

4.

5.

PEOPLE I LEARNED FROM & INSPIRED ME

1. Tony Robbins

2.

3.

4.

5.

WHAT DID NOT HAPPEN? WHY?

1. Book an ticket to Miami - no time

2. call my mom - no time

3. Go Run with my dog - raining

4.

5.

WHAT ACTIONS CAN I TAKE TO IMPROVE?

1. Delegate to my PA

2. Have to prioritize

3.

4.

5.

STEP 8: REFLECT AND CELEBRATE

Reflect weekly and monthly so you can learn from your journey and progress faster.

- Fill in and celebrate your achievements for the month and week. Visualize each of them and feel grateful.
- Fill in the lessons learned.
- Fill in what did not happen and how you can improve next week or month.
- Check how balanced you lived your life: Highlight in the wheel of life, from 1-10, for each part of your life. Then connect the numbers and see how well you are doing. Learn what parts of your life you are neglecting too much and need harmony in.
- Observe how your emotions and feelings changed over the days, weeks, and months. Become aware of them and change them to more positive feelings and emotions so you can attract and manifest your dream life more easily.

AWARENESS: DISCOVER YOUR TRUE SELF

Before you start to ask the universe for what you want, first become truly aware of yourself and your life purpose. Most people set goals on what society wants from them, and then they wonder why they do not have the burning desire to fulfill their dreams. The most important thing you can do is to disconnect from this and decide what you truly want in life. You must decide what your passion is and what experiences you want to have. Take a moment of silence and breathe deeply for 5-10 minutes. Connect with your heart and ask yourself - if you had all the money in the world, what would you do with it? What would be your passion? If failure was not possible, then what would you do? The key is to feel good in our journey toward fulfilling our goals, and the only way to do that is to learn to follow our hearts and do the things we love to do. We must follow our true passions and our true purposes. So when you set your goal, ask yourself if this is what your heart truly desires. Or is this what other people expect from you? Use the most important life questions in this planner for step one.

ASK: SET VERY CLEAR GOALS AND FOLLOW YOUR HEART

Once you have established your passion, purpose, and vision for your life, then you can start asking the universe for all the things you want in life. List the goals, dreams, and experiences you want to achieve. Set goals for all of these areas in your life so that you can live a truly harmonic life. Think big and do not limit yourself during this process. Remember that anything and everything is possible.

BELIEVE: FIND WHAT HOLDS YOU BACK AND BREAK FREE

The next step of this process is to truly believe in the program and to truly believe in yourself. You can do this by changing yourself. To do that, you first need to find out what limiting belief in your subconscious mind is holding you back. What negative habits, fears, and emotions are the direct effect of these negative beliefs? The key here is to be 100 percent honest with yourself. Once you have accepted that these beliefs are currently holding you back, then you can change them by reprogramming new beliefs into your subconscious mind by using the daily habit creator, using daily affirmations, and changing your emotional state with tools in the planner. We have designed this planner to accomplish this step and also to help you become aware of your negative beliefs, habits, and emotions so that you can keep making progress. The next step is to change your surroundings and make them more positive and supportive toward your goals. The results in your life are a reflection of the 10 people you spend the most time with. Never forget that. The last step is to create new skills that will help you to achieve your dreams and goals. By learning new skills, you will see more potential and take more action. This will give you more results, and as a result you will increase your confidence and begin believing in yourself.

ALLOW: FOCUS ON FEELING GOOD AND ENJOYING THE JOURNEY

The next step is to be patient, to trust, and allow the law of attraction to work for you. I believe this is where most people have difficulty with this program. They worry or give up too quickly. The key is to enjoy the journey and not focus on the end result. You do this by focusing on feeling good every day and only working on goals that you truly want to accomplish - goals that

are part of your passion in life. The planner is designed to help you do this. So be sure to fill in the blanks every day, keeping track of your goals and progress. If you truly understand this, then you will know that choosing to feel joyful and positive is a big part of your journey, not the end result. Ask yourself why you want to achieve your goals. Because you think this will make you happy and feel good, right? So, decide to feel good along the way. To do this better, let go of perfectionism and focus on feeling good and celebrating every step of progress.

TAKE ACTION ON FEELING GOOD FIRST

Action is a key word to achieving your dreams. If you take action by using the right emotional vibration, then your results will show up much quicker than if you take action using a negative emotional vibration (frustration, impatience, anger, or perfectionism). The key is to start your day well and make yourself feel good first by truly loving yourself. To do this, use the daily power questions, the feel good action list, and the positive habit creator. The best way to do this is to create a healthy routine every morning - an hour of power where you practice daily visualization, gratitude, affirmations, meditation, exercise, self-development, and self-love. Then when you feel good, take the most important actions toward your dreams.

RECEIVE: CELEBRATE EVERY STEP OF PROGRESS

We are receiving help and answers from the universe every single day. You must learn to notice and be aware of the answers the universe is giving you. Celebrate every step of progress by letting go of perfection and unrealistic expectations. Be at peace with yourself, go with the flow, enjoy every moment, celebrate your journey, and reward yourself for every small step of progress with love.