

THE ULTIMATE 30-DAY PLANNER

YOUR GUIDE & PLANNER FOR ACHIEVING
SOMETHING AMAZING THIS MONTH!



Hello lovely!

I'm so excited that you're ready to plan the most exciting month ahead!

If you want to make your dreams come true then you're going to have to take BIG action!

You have to be prepared to show up for your dreams and become unstoppable.

WE'VE CREATED THIS ULTIMATE 30-DAY
PLANNER TO HELP YOU DO JUST THAT!

This Planner is all about...

1. Setting yourself a really big goal to reach by the end of the month (something that will stretch you)
2. Making a plan for how you're going to make it happen
3. Committing to making it happen
4. Taking massive action to reach your goal

Now, set your sights high and go for it! Sandra xx

"SUCCESS BELONGS TO THOSE WHO DARE TO ACHIEVE IT"

STEP ONE

MY GOAL

In order to achieve something amazing this month, you need to get clear about what it is you want to achieve.

Instead of focusing on trying to achieve lots of things, pick one big goal to focus on and make it your priority.

When you get laser-focused on achieving one thing, you'll make so much more progress.

What one, big goal would you like to reach by the end of March?
Get really clear and don't hold yourself back.

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"SETTING GOALS IS THE FIRST STEP IN
TURNING THE INVISIBLE INTO THE VISIBLE."

- TONY ROBBINS

WHY DO YOU WANT TO ACHIEVE IT?

The main reason is:

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How will it make you feel?

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TAKE A FEW MOMENTS TO REALLY CONNECT
WITH THIS FEELING

STEP TWO

STEPS TO TAKE

Now you know what you want to achieve, let's plan out how you're going to make it happen...

What steps do you need to take in order to make it happen?
Break your goal down into small, doable steps.

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I will commit to myself and my success and complete these steps!

Who could help you to achieve your goal? Write down their names & reach out to them.

THESE PEOPLE CAN HELP ME:	CONTACT DETAILS:
	
	
	
	
	

What do you need to do every day in order to make progress?

I MUST...

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and i'm going to do it!

"IF YOU WANT TO REACH A GOAL YOU MUST SEE THE REACHING BEFORE YOU ACTUALLY ARRIVE AT YOUR GOAL." - ZIG ZIGLAR

EXERCISE**SEE IT, FEEL IT, BELIEVE IT**

Throughout this month, I want you to spend at least 10 minutes a day (5 minutes in the morning, 5 minutes in the evening) visualizing achieving your goal.

HERE'S WHAT YOU NEED TO DO:

- 1.** Close your eyes.
- 2.** Take a few deep breaths and relax.
- 3.** Create a movie in your mind: I want you to imagine that it's the end of the month and you've reached your goal. What can you see? How do you feel? Vividly imagine it like it's happened - connect with the feeling

Taking time every single day to see your goal being accomplished, to feel it being accomplished and to believe that you will accomplish it is so powerful.

By focusing on what you want to achieve you will draw to you people, ideas and inspiration to help you make it happen.

**STICK THE NEXT PAGE ON YOUR WALL, SOMEWHERE YOU
WILL SEE IT EVERY DAY:**

BY THE END OF THE MONTH

I WILL HAVE...

A large rectangular box with a black border, containing 20 horizontal dotted lines for writing.

THE FUTURE BELONGS TO THOSE WHO BELIEVE IN THE
BEAUTY OF THEIR DREAMS

- ELEANOR ROOSEVELT

STEP THREE

CREATE YOUR SCHEDULE

Now that you know what steps you need to take, you can create your schedule for the month. This will help you to stay on track and make progress. Use the calendar below to schedule your tasks.

MON	TUE	WED	THU	FRI	SAT	SUN

DO SOMETHING TODAY THAT YOUR FUTURE SELF WILL THANK YOU FOR

