

# 7-Days to Unstoppable Success

This planner is intended to break down your 6- or 12-month goals or outcomes that you want to create into more actionable steps so you can ensure you are working towards those goals and you aren't letting them slip by year after year like most people do. This planner is designed to proactively address what might get in your way and prevent you from achieving your goals and find ways to mitigate that now.

It's easy to fall into the habit of being busy or getting into autopilot mode and letting time slip by. But I know you didn't come here to **not** achieve your goals or desires, so let's make sure you are set up for success. Because I firmly believe *what is desired by you is meant for you* - so time to get working towards it!

## Your Big Goals

\*Before writing these goals - listen to the [Future You meditation](#) to get really clear on what you want

☐ 6 MONTH GOALS

☐ 12-MONTH GOALS

# 7-Days to Unstoppable Success

**Monthly Action Plan:** Break your 6 month goals down into monthly actions (tip working backwards can help you plan the required actions easier)

Goal	Month 1	Month 2	Month 3	Month 4	Month 5	Month 6

**Monthly Commitment:** What is one goal or action I commit to focusing on this month (no excuses)?

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What might get in my way or prevent me?

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# 7-Days to Unstoppable Success

## **Weekly Intentions & Actions-** *to work towards your monthly goals*

List 2 - 3 intentions and actions for this week that will move you closer to your monthly goal?

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Why is this important to you? How will it make you feel?

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What will happen if you don't do it? How will that make you feel?

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Do you have any beliefs about your goals or taking the actions that you have outlined that are not serving you or helping you move towards your goal?

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\*Listen to the [Releasing Limiting Beliefs](#) Audio now.

What can you decide now that will prevent not taking action from happening?

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## LIMITING BELIEFS BUSTER

If you still have limiting beliefs you need to reframe, following the below process

1. What is the belief?
2. Why do I believe that?
3. What am I afraid will happen if I didn't believe that?
4. Whose belief is this anyway? *(most of the time our beliefs were given to us by others when we were young and we no longer need to own them anymore)*
5. What can I choose to believe instead that will empower me?

# JOURNAL PROMPTS TO SET YOUR WEEK UP FOR SUCCESS

## Daily Prompts - *Morning*

List 1 - 3 'Must Achieve' Outcomes for the day that helps move you towards your weekly goals or intentions?

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Intention for the Day - what is one thing that would make me feel the most satisfied at the end of the day (e.g. being patient with kids, expressing understanding at work with a colleague/team member, having all meetings flow with ease and productivity etc.). Tip: After writing out your intention, close your eyes and feel into the energy of it and embody it, take a few deep breathes and express gratitude for it like its already happened.

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Daily Routine - It is important to have routines and rituals each day to take care of ourselves to stay in or reach peak performance. These are important self-care activities to build into your day to keep yourself balanced mentally, physically and emotionally. Choose one from each category and schedule them into your day to ensure you do them, even if you think you don't have time - they do not need to take long to do and can be as quick as just a few minutes each. When you make them important enough to schedule them, they will become a priority (even if it means giving other less meaningful things up in place of them).

Mindset Practice (e.g. 5 minutes of deep breathing, 15 minutes of meditation or journalling)

Health (e.g. eat a healthy meal today, go for a walk or to the gym, 15 minutes of stretching)

Relationships (e.g. hug kids or spouse, connect with a friend, offer a colleague support)

Learning (e.g. listen to a podcast or audio book, read a few pages of a book, listen to a few minutes of a course)

Fill in the habit tracker on the next page as you plan out your days for the week.

# JOURNAL PROMPTS TO SET YOUR WEEK UP FOR SUCCESS

## DAILY HABIT TRACKER

Day \_\_\_\_\_

MINDSET	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	HEALTH
	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	
RELATIONSHIPS	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	LEARNING
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Day \_\_\_\_\_

MINDSET	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	HEALTH
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RELATIONSHIPS	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	LEARNING
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Day \_\_\_\_\_

MINDSET	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	HEALTH
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RELATIONSHIPS	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	LEARNING
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# JOURNAL PROMPTS TO SET YOUR WEEK UP FOR SUCCESS

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Day \_\_\_\_\_

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# JOURNAL PROMPTS TO SET YOUR WEEK UP FOR SUCCESS

Spend 10 minutes in the evening reflecting on your day and expressing what you are grateful for. This can help you let go of any tension or frustrations you might still have from the day so you can sleep well.

## Daily Prompts - *Evening*

Check off what you did from your Daily Routine

List 2 - 3 things that you did well today

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List what you might improve on the next day (if anything)

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List 3 things you are grateful for - acknowledging the good things each day can really transform our mindset, even the small things like seeing your child smile or catching a beautiful sunset on your way home from work etc.

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# JOURNAL PROMPTS TO SET YOUR WEEK UP FOR SUCCESS

## Next Steps

Feel free to use all of the above prompts or adapt them to what works best for you and see how your weeks and days transform. To quantum leap your progress, start embodying your Future You now. You can adopt the beliefs, thoughts, decisions and actions of the version of you that already has everything you want, now and it tap into the energy of already having the success you desire.

You also might be tempted to skip over the limiting beliefs buster method, but I urge you not to, as this is usually the area that holds us back the most from not only achieving our goals, but usually from living a life that we only used to dream of, feeling fulfilled with a sense of purpose. Sometimes it's easier to stay comfortable not acknowledging (or even knowing) the fear is there in our subconscious, but this keeps us from reaching our full potential and having our greatest impact on the world and not living as our most authentic self.

I hope you find these tips practical and useful to apply. If you feel you are ready to go deeper, I encourage you to reach out to me to schedule a free breakthrough coaching session where we will explore your vision and goals and uncover your hidden challenges. You can book this free session at [www.liveyoursensationallife.com](http://www.liveyoursensationallife.com)

Sending you all of the love, support and encouragement in the world and I am **100%** confident you will be successful.

## Additional Resources

 Follow me on Instagram for more inspiration [@coachingbykerrie](https://www.instagram.com/coachingbykerrie)

 Subscribe to my e-mail list at [www.liveyoursensationallife.com](http://www.liveyoursensationallife.com)

 Book a free discovery call at [www.liveyoursensationallife.com](http://www.liveyoursensationallife.com)