

# The Successful Week

The struggle is real if you aren't prepared

Please don't think of this as one more task on your to-do list. This worksheet is not another task, but a place for you to put YOU first. To be happy and successful, you have to be intentional and know what you want. Use this to create more abundance in your work day.

HERE IS AN EXAMPLE!

## 1) Create your list of Non-Negotiables for work!

- \* 2 Blog posts per week
- \* 5 Tweets per day

## 2) Create a list of Non-Negotiables for your family!

- \* Make lunches for kids every morning
- \* Meal plan and shopping together
- \* Time to have fun everyday

## 3) Create your list of Non-Negotiables for Self Care!

- \* Zen Flex twice per week
- \* Run 5 times
- \* Work away from home 1 day

You have you have your list, now just fill in each day of the week. This will become your baseline for your weekly planning. Always be sure to include these things that ground you, bring you joy and peace of mind in addition to the regular life activities that are added to your to-do list every week. HERE IS MY EXAMPLE

## Monday

- \*Family and Life theme for SM posts
- \*Floors and De-Clutter house
- \*Run

## Tuesday

- \* Health Topic for SM Posts
- \* Bathrooms
- \* Run

## Wednesday

- \*Review or Interview for SM posts
- \*ZenFlex
- \* Dusting

## Thursday

- \*Blogging topics for SM
- \*Run
- \*Hockey

## Friday

- \*Fitness and Motivation for SM posts
- \*ZenFlex
- \*Hockey

## Saturday and Sunday

- \*Long run
- \*Newsletter and Schedule for next week
- \* Meal Plan, Prep and Shopping

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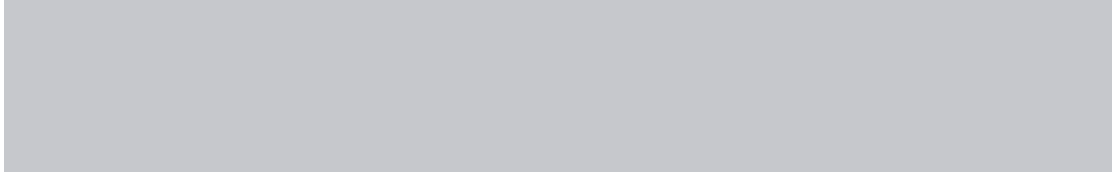
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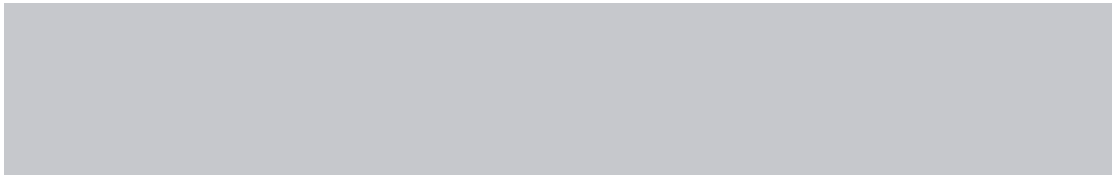
## Monday



## Tuesday



## Wednesday



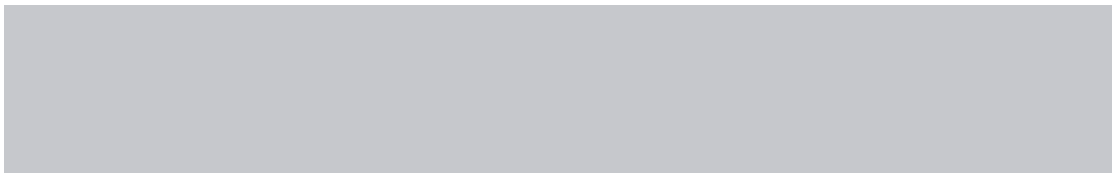
## Thursday



## Friday



## Saturday and Sunday





# GET TO WORK!

This worksheet is not meant to be filled out then stuck into a folder! Pin it over your desk or take a picture of it on your phone and set it as a reminder everyday at the same time. Humans are creatures of habit. If you take the action steps necessary to create a habit, you will be successful!

This worksheet is the perfect place to start.

**Thank You, as always!**

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in the FREE Bonus Library at  
[SimplyLivingwithJanica.com!](http://SimplyLivingwithJanica.com)

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