



7 Ways

TO ROCK YOUR WEEK
ACTION PLAN

That Work!



LIFESTYLE BLOG ABOUT CAREER,
FAMILY, EVERYDAY TECH, & MORE!

Thank you for downloading my 7 Ways to Rock Your Week Action Plan. I hope this will help you in your quest for world dominance and achieving your goals at the highest level possible. Most of us know we have the know-how and fortitude to do it, but we may need encouragement. This download is to help you stay positive and focused on the task at hand, whatever that may be. Please share this download with your friends and colleagues who may also find it beneficial. Now, let's get started!



1 Monday

9.00 am

10.00

11.00

12.00

..... It's

Monday



MAKE IT COUNT



&

CRUSH IT

.....Be a Bad Ass.....



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It's Just Another Manic Monday

Why do we let Mondays kill our vibe? Is it because we relinquish our power based on the fact that it is no longer the weekend? How absurd does that sound? Monday is what YOU make it. So if YOU make it productive, then it shall be. Instead of looking at Mondays as a negative, look at it as a day that you can use to motivate and empower. Do you think that truly successful people count Mondays out? Of course they don't. People who are successful use each and every day as a way to work towards their dreams. Success is as success does. So stop with the negative Monday talk. Thank God it's Monday. And you've got this. Let's get to work!



It's Talented Tuesday



- Be thankful for your gifts.
- Share your gifts with the world.

★ *you never know who you'll inspire* ★

< You superstar, you >

*You are an inspiration,
and probably don't even know it.
Or perhaps you do, but you are unsure of yourself.
Know this: your talent is unmistakable and cannot be denied.
Stop languishing in self-doubt and start flourishing in
your light.*



It's Wonderful Wednesday.

You are halfway there.

You are persevering.

Your actions and your words are in tandem.

You are one step closer to your goals.

You are awesome.

And you are worth it.

LIVE YOUR LIFE LIKE IT'S GOLDEN



HELLO
MY NAME IS

Hump Day

*You are just getting started,
my friend. Don't stop now. It
may
be Hump Day, but there is still
work to be done. You've gotten
this far---and you are well
on your way. Keep pushing.
You've got work
to do, yo!*

Thankful Thursday



Blessed & Highly Favored

So much to be grateful for

GRATITUDE
love



SO MUCH JOY



You've come so far. And you still have some way to go. But in the course of you making your mark, you've got oh so much to be thankful for. The blessings are so many that sometimes you get overwhelmed just thinking about them. Take the time today and each day to write out the things you are thankful for in a Gratitude Journal. Words have power and so do actions. Show appreciation and it will always come back to you in positive ways you never expected.

**It's
Friday.
You survived.**

{Just got paid. It's Friday night}

Now go unwind.



TAB1

TAB2

TAB3

Hello, Friday.
You sexy thing, you!

Yes, you've reached the awesomeness that is Friday. Enjoy. Kick back. Relax. You deserve it. But don't get it twisted. One day does not make your empire. Look at it this way. How many more Fridays will it take for you to reach your goals? We all need some "off" time, but we can't get too stagnant. When we live our purpose, we do so no matter the day of the week. We don't whine on Mondays, and we don't get too complacent on Fridays. We are Kings and Queens over here. Everyday is in play in the Kingdom.

This is not a game!

Hey, it's

Saturday

Show up, show out

Saturday is for entrepreneurs

Saturday, Day #6 is an important day. While most use it as a day to have fun and chill out, you can use it to your benefit. Use it to fuel your dream. Offer your services. Attend events. Throw an event. Partner with someone. Tell the world about what it is that you do. Show up on Saturday. WORK. But not for someone else; on your own terms.

Sunday

refuel  *refocus*



Sunday...

"Reflect and restore. Refocus and
reclaim your dream."

Sunday is my favorite day of the week. For me, it is when I get spiritually full for the week ahead. I am able to rebuild myself. Reapply my armor, so I can go out and conquer the week before me. I meditate. Become one with God. It is important for me to do this because life is full of setbacks. But with my Sunday rituals, I can head back into the ring. Bigger. Better. Stronger.

Use your Sunday to get full. Spiritually. Personally. Professionally. Sit down and set goals for the upcoming week. Reach out to others that may need guidance and help. Be the person to someone else that you want someone to be to you.

