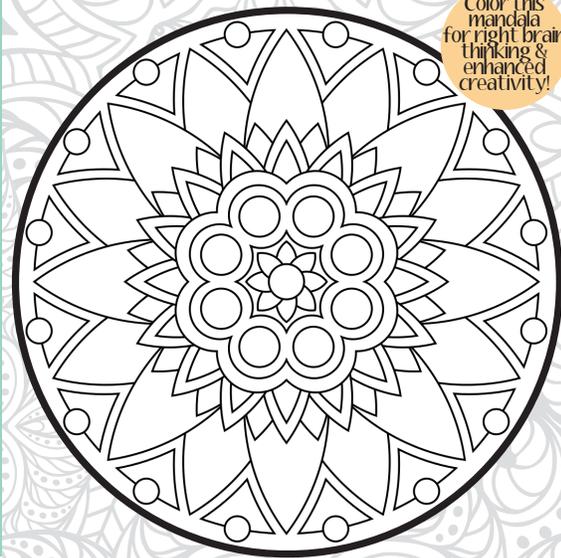


WEEKLY STRATEGIC PLANNING RITUAL & FORMULA

Make the commitment to stay focused on your dreams and goals every week. If we are able to make time for other people's commitments, with family or at work, why can't you spend at least 15-20 minutes every week strategically planning YOUR life? This special time once a week will allow you to step back and review your life and business from a place of intention as you review your strategy goals and your ideal life vision, contributions & lifestyle.



Color this mandala for right brain thinking & enhanced creativity!

1

What benefits will this new habit of weekly strategic planning have for my future and why are these benefits important to me?

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What date/time EVERY WEEK can I commit to spending at least 15 minutes for my weekly check-in? Schedule this recurring date/time into your calendar right now.

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Review these things during my weekly check-in and schedule some next steps for these into my next WEEK ahead. My goals, any deadlines, my to do list, my projects list, my calendar.

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Where can I create a sacred space for me to do this weekly check-in? A place that is cozy, quiet, distraction free & special to me. The more special this space is, the more you will look forward to it every week.

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Once I've mastered this habit and have experienced 12 weeks of weekly strategic planning, how will I FEEL and how will this positively affect my future?

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Share with us your email at www.lifepurposeplaybook.com to receive more free productivity tips, exercises and videos. This exercise was created by Judy Machad0-Duque, Productivity Coach & Author. "We first make out habits, then our habits make us". John Dryden

5% of profits donated to Mercy For Animals, a non profit that has captured Judy's heart ♡