



Forward: About This Workshop

There is something magical about setting goals. Sometimes it seems as though the act of setting and writing down your goals brings some greater assistance into play – it is almost as if the universe conspires to assist you.

I set goals for the first time when I was 18 years old and am deeply grateful for it. I am sure that it is largely due to those goals that I have lived an exciting and full life, so far. I am also grateful that I set goals at a young enough age to dream without limits and hesitation. I have since noticed that as people age they tend to become more careful and conservative about the goals they set – often appear not to have the capacity to really dream when thinking about goals.

It is with this in mind that I teach people of all ages to set goals like a child. I tell them to treat goal-setting a bit like a child writing to Santa Claus – to write down everything they want out of life and to do so without judgement. It is with that spirit that I wrote my first list of goals which included lofty ideas like becoming a millionaire by 30, visiting 70 countries, climbing Kilimanjaro, running the London Marathon and over 30 other goals, many of which at the time seemed impossible. I remember thinking, as I reviewed my list, that if I did half the things on my list by the end of my life it would have been a full life. At 30 I realised that I needed a new list.

Over the years people have asked me about setting goals and how I manage to pack so much into life. For example, the general manager I hired to run an IT company I once owned in the UK asked me how I had, by my early 30's, started a company that was turning over almost 5 million dollars a year while maintaining a speaking career and the still manage to take 14 weeks a year off to visit family and pursue my passion for wildlife photography. Initially I didn't know the answer. To me, living that way was just, well, normal. The idea of conceiving a goal and making it happen seemed straight forward to me. Let me be clear: I did not achieve every goal I set but I achieved enough of them that I was being regarded by many as a master of manifestation. And yet, to me, there was nothing special in what I was doing.

When I learned about NLP, and more specifically modelling, I decided to take a deeper look at my success. Using NLP modelling techniques I examined each step of the goal setting and getting process I had used – both conscious and unconscious steps – and used my findings to teach others how to do the same.

This program, like many others, can change your life. And like any program, the degree to which it does is directly related to how much you put into it. The process is long and hard and requires dedication and focus but when you are finished you will have a renewed and powerful sense of optimism about your future and your life.

To your outstanding success,

Eric Edmeades



Non-Physical Assets and Liabilities

Remember, not all your assets or liabilities are financial. For this list, you are looking for traits of yours that either have a positive or negative impact on the quality of your life. Being late on a regular basis, losing your temper often, consistently putting things off are all liabilities where as being a natural leader, a great singer or being able to make people laugh are all examples of assets.

Once you have completed your list, circle one or two liabilities that are holding you back the most.

ASSETS	LIABILITIES



The Obstacle Course

"The greater difficulty, the more glory in surmounting it."

- Epicurus



Perfect Day Planning

Steps to Failure

Write out a list of anything you could do to mess up a perfectly good day!

Description of Task or Action	OFTEN	RARE



Steps to Success

Write down a list of things you could do to increase the chances of having a more perfect day.

Description of Task or Action	OFTEN	RARE



The Ultimate Day

Now, from the Perfect Day list, take each of the activities and place them into the template below assigning each on a start and end time.

Start	End	Action, Task or Activity Wake up and start my day!
		· · · · · · · · · · · · · · · · · · ·



Unlimited Thinking

"To be pleased with one's limits is a wretched state."

- Johann Wolfgang von Goethe

Unlimited Thinking



An excerpt from the book, <u>Unlimited Thinking</u>, by Eric Edmeades:

Unlimited Thinking has been an integral part of human history. Almost every major advance made in our past has been the result of someone's undaunted ability to think without limits or, at least, to think around them.

This is true of flying, driving, horseback riding, boating, light bulbs, ballpoint pens, space exploration, computers, and all other everyday components of life today. Limiting beliefs and worse, the limiting beliefs of others, could have derailed many of the ideas that spawned these results. Not everyone agreed that we would be able to fly, travel in space or even design a vehicle that could move without the aid of horses. The inventors and designers of these innovations first had to quiet their own doubts - then they had to turn a deaf ear to the doubts and limits offered by everyone else.

In a letter to me, Prof. G.T. du Toit wrote, "New ideas always engender criticism, antagonism, jealousy and resistance which have to be overcome." To further that thought, a quote from Chicken Soup for the Soul said, "Those who say it can not be done, should not interrupt those who are doing it."

Those that have been able to practice true Unlimited Thinking seem to create the most impressive results. No one would argue that people like; Thomas Edison, Martin Luther King Jr., Walt Disney, Henry Ford, Bill Gates, Sir John Marks Templeton, Winston Churchill, Nelson Mandella, Warren Buffet, Charles Lindbergh, and The Wright Brothers are all known for their talent for thinking without or around limits. If not for their ability to put 'natural limitations' aside, the world would be a very different place.

How different will your life be once you remove the limits from your dreams?



Limiting Beliefs

Create a list of things about yourself, life or your circumstances that are or may be holding you back. If you have any trouble determining what these are, as yourself this question:

"What would you do or accomplish if you had and were everything you wanted to be."

Then, ask your self what it is about your or about life that prevents you from doing or accomplishing those things.					



Setting Goals

"A goal properly set is halfway reached."

- Zig Ziglar



Financial Goals

"Successful people make money.
It's not that people who make money become successful, but that successful people attract money. They bring success to what they do."

- Wayne Dyer



Financial Goals

NET WORTH GOALS

Financial Milestones			
At what age will you achieve Wealth?			
At what age will you achieve Financial Inc	dependence?		
At what age will you achieve Financial Fre	edom?		
Net Worth Goals			
NW at end of this year:			
NW at end of next year:			
NW fives years from now:			
NW ten years from now:			
Income Goals			
Monthly Income Goal (This year):		X 12 =	
Monthly Income Goal (Next year):		X 12 =	
Monthly Income Goal (Five Years on):		X 12 =	
Monthly Income Goal (Ten Years on):		X 12 =	
Definitions:			
- Wealth: Having more income from or	ne's occupation an	nd investments than one needs.	
- Financial Independence: Having end	ough investment in	ncome to meet your basic living requiremen	nts.

- Financial Freedom: *Having enough investment income to meet your wants.*



Financial Maintenance Goals

Financial Wellbeing			
Are your taxes up to date?			
If you need it, do you have the right life insurance for your situation?			
Have you prepared a will so that your estate would be well managed?			
Do you have a financial plan?			
If so, are you using it properly?			
Are your financial affairs in order (bills paid etc.)			
Additional Steps (For Fina	ncial Health)		
Description of Goal		Р	Т

Note: "P" is Priority – Rate as "A", "B" or "C" in order of importance to you.

"T" is timing – As in, how many years from now will this goal be achieved.



Spiritual Goals

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure."

- A Course In Miracles



Spiritual Goals

Experiential			Contribution			
Description of Goal	Р	т	Description of Goal	P	Т	



Spiritual Maintenance

Spiritual Maintenance includes anything that helps you keep in touch with the spiritual side of your life. For some people this may include walks on the beach, meditating, yoga, sex or going to church to actively practice religion, as you understand it.

Description of Goal	When?



Identity Goals

"The only thing you can't take away from me is the way I choose to respond to what you do to me. The last of one's freedoms is to choose one's attitude in any given circumstance."

- Viktor Frankl



Identity Goals

Occupation/Career			Personal Development			
Description of Goal	P	T	Description of Goal	Р	Т	



Emotional Mastery

		_	emotions. You often hear people saying. "I am just a be them that determines how they feel that day.	oit dow	⁄n
Real emotional mastery comes from choos choosing your response and the meanings	•		side of the "cause = effect" equation. It igs.	means	
For this section, please create two lists: 1) Emotions you are committed to 2) Emotions you are committed to		_			
Emotions I Really Enjoy	Р	т	Emotions I don't enjoy so much	Р	Т
		_			

"Life is a succession of lessons that must be lived to be understood."

- Helen Keller



Relationship Goals

Family means too much, and friends are too important, to put them off for another day.

True friendship is not about being there when it is convenient; it is about being there when it is not.



Relationship Goals

Family			Friends			
Description of Goal	P	Т	Description of Goal	Р	Т	

No matter what you've done for yourself or for humanity, if you can't look back on having given love and attention to your own family, what have you really accomplished?



The One

Overall Goals			Perfect Partner List					
Description of Goal	P	Т	Description (Traits, features)	Must	Nice			

Fate introduced you to me. I then chose you as a friend. Falling in love – now that I had no control over.



Health Goals

What if you only got one body – you know, to live your whole life in – then how would you treat it?

- The Human Diet



Health Goals

Milestones	
What will your weight be at the end of this year:	
What will your weight be at the end of next year:	
What will your body fat percentage be at the end of this year:	
What will your hody fat percentage he at the end of next year.	

Health and Vitality



Diet/Nutrition			Exercise					
Description of Goal	Р	т	Description of Goal	Р	Т			



Your Health: Regular Maintenance

Description of Goal	When?

Basic Emotional Needs



Basic Emotional Needs

People have powerful emotional needs and while, for some people, certain emotional needs are stronger than others, the degree to which any of us achieve these needs completely will determine the overall level of happiness or contentedness with which we live our lives.

One challenge that exists for people in satisfying these needs is the fact that they can be satisfied by either positive or negative means. Take for example a child who is feeling insignificant and ignored while his parent does the grocery shopping. Eventually the need for significance and connection may cause the child to overact or behave in a way that may result in a rebuke – verbal or physical – from the parent. The horrifying part is that that rebuke, even if it is emotionally or physical painful, will satisfy the child's need in the moment – a child will get the attention it needs one way or another. Adults are no different. We too can be tempted to use negative means to achieve our emotional needs if we are not meeting them constructively. In fact, if it supports our emotional needs, we will allow even the most important of our goals to slip away.

It is important for us to understand these needs and then to satisfy them to the best of our ability so as to prevent any unconscious attempts on our part to satisfy them in ways that will hurt us in the long term.

Our basic emotional needs stem from our long history of physical, social and emotional evolution and can be placed in six categories.

Significance

The need for significance is closely tied to our sense of survival – if a member of the community feels unwanted or insignificant than they feel less secure about their survival. Often, when someone shouts at a service worker, subordinate or member of their family, they are doing so because the level of significant they are experiencing in life at the moment is too low. People with a balance sense of significance rarely shout at or threaten others

Connection (Love)

This is another of the emotional needs tied to survival. Our need for connection is so powerful that, like significance, we will go to almost any lengths to satisfy it. Again, working hard to make sure that you satisfy this need through positive means will reduce the chances that you will undertake negative or destructive actions to satisfy it.

Certainty / Consistency

The requirement certainty is also tied to survival. Historically, times of significant change – say in the weather, migratory patterns of animals or politics – have been times when people have felt most threatened. For example, a political leader with a very low approval rating can still win an election because people would often rather choose the "evil they know rather than the evil they don't know."

Uncertainty / Variety

The need for a variety in life is tied both to survival and spirituality. For example, if we do not seek dietary variety we may not satisfy our basic nutritional requirements. On the spiritual side we have a need for growth (see below) and one of the ways that we achieve growth is through subjecting ourselves to variety.

An example of how this can be a problem may be when someone feels safe and secure in a given profession, business, relationship or other circumstance, and yet they may find themselves unconsciously sabotaging that circumstance. Often this is simply the unconscious mind working to satisfy a person's requirement for variety

Basic Emotional Needs



Contribution

This is one of the spiritual needs and is stronger for some than for others. Generally, the happier and well adjusted someone is the stronger their need and capacity for contributing to those around them.

Growth

Growth is another spiritual need that is tied to survival. Instinctively, it seems, we are aware that if we are not growing that our chances for survival are diminished. This is why people seem to flourish when facing light adversity and wither when life is too easy – if employees, for example, are not provided with enough challenge they may well leave or find another way to satisfy their need for growth.

The better job a person does of satisfying these needs the less likely they are self-sabotage because, general, self-sabotage is the result of the unconscious mind satisfying one or more of these needs. Further, the more closely tied your goals are to your emotional needs the harder your unconscious mind will work to assist you in their attainment. For example, if you have a goal that the accomplishment of would satisfy 4 of your needs you will work much harder to achieve it than a goal that is tied only to one.

Goals and the Basic Human Needs



Go back and find the 25 goals that seem/feel most important to you and re-write them in the list below. Then grade each goal based on how well achieving it would satisfy each of the basic emotional needs and total the score at the end of the row.

		Significance	Certainty	Uncertainty	wth	Contribution	-
Goal Description		Sign		Unc	Growth	Con	Total
	<u> </u>						
							
							
							



Planning and Strategies

"If you go to work on your goals, your goals will go to work on you. If you go to work on your plan, your plan will go to work on you. Whatever good things we build end up building us."

- Jim Rohn

Planning and Strategies



Goal:				
Achieving this goal now is important to me because:				
One Time Actions	Incremental Steps			
Potential Obstacles, Limi				



Masterminding Exercise

Goal:				
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Goal re-stated ((If requ	iired):		
		its or Challenges		
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Mastermind Tea	am Ide	as/Suggestions:		
My two commit	tments	to my team:		
1)				
My Signature:			Date	ed:

Planning and Strategies



Goal:				
al now is important to me because:				
Incremental Steps				
its or Challenges:				



Masterminding Exercise

Goal:				
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Planning and Strategies



Goal:				
Achieving this goal now is important to me because:				
One Time Actions	Incremental Steps			
Potential Obstacles, Limi				



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Planning and Strategies



Goal: Achieving this goal now is important to me because:					
One Time Actions	Incremental Steps				
Potential Obstacles, Limi					



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Planning and Strategies



Goal: Achieving this goal now is important to me because:					
One Time Actions	Incremental Steps				
Potential Obstacles, Limi					



Goal:				
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Planning and Strategies



Achieving this goal now is important to me because: One Time Actions Incremental Steps Potential Obstacles, Limits or Challenges:			Goal:
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One Time Actions Incremental Steps			
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Potential Obstacles, Limits or Challenges:			
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Planning and Strategies



Goal:	
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One Time Actions	Incremental Steps
Potential Obstacles, Limi	its or Challenges:



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Planning and Strategies



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Planning and Strategies



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One Time Actions	Incremental Steps				
Potential Obstacles, Limi	its or Challenges:				



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My Signature:			Date	d:

Planning and Strategies



Goal:								
Achieving this goal now is important to me because:								
One Time Actions	Incremental Steps							
Potential Obstacles, Limi								



Goal:				
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Planning and Strategies - Daily Plan



Daily Plan Template

	Perfect Day Plan	Incremental Steps to Success				
Time	Activity / Step	Time	Activity / Step			



1L(FE) Planning and Strategies - Weekly and Monthly Plans

Weekly and Monthly Plan Template

Weekly Steps to Success		Monthly Steps to Success
Activity / Step	Time	Activity / Step
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Planning and Strategies - Annual and Bi-Annual Plans



Annual and Bi-Annual Template

	Bi-Annual Steps to Success			Annual Steps to Success		
e	Activity / Step		Time	Activity / Step		
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		•				
		· .				
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Success Calendar

"Failing to plan...is planning to fail."

- Proverb



Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
1 Plan my day!								
2 See it done (Manifest)3								
4								
5								
6								
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Monday, January 1, 200 Morning Schedule)/	Afternoon Sc	hodulo		Momer	ntum Steps		0
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Wednesday, January 3,	2007				Momer	ntum Steps		
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Thursday, January 4, 20	07				Momer	ntum Steps		
Morning Schedule		Afternoon Sc	hedule					0
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Health Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
Cardio Workout								
Resistance Workout								
Carb Days Protein Days								
i ioteiii Days								

February 2007									
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4	5	6	7	8	9	10			
11	12	13	14	15	16	17			
18	19	20	21	22	23	24			
25	26	27	28						

Kandon Goal No.	n Goal Action Steps		This Week's Momer	atum Sten(s)	Done
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Health Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
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Carb Days								
Protein Days								
								

February 2007									
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	y, January 13, 2007			Momentum Steps	
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Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
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Resistance Workout							
Carb Days							
Protein Days							

February 2007								
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11	12	13	14	15	16	17		
18	19	20	21	22	23	24		
25	26	27	28					

Random	Goal Action Steps				
Goal No.	Description of Goal		This Week's Mom	entum Step(s)	Done
Friday, J	anuary 19, 2007			Momentum Steps	
Morning So	chedule	Afternoon Sched	ule		
Saturda	y, January 20, 2007			Momentum Steps	O
Morning So		Afternoon Sched	ule		
Sunday,	January 21, 2007			Momentum Steps	
Morning So		Afternoon Sched	ule		
Неан	Sp.	little ldentity		How's Life?	



Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
1 Plan my day!								
2 See it done (Manifest)								
3								
4 5								
5 6								
7								
Monday, January 22, 20	007				Momen	ntum Steps		
Morning Schedule		Afternoon Sc	hedule					0
								0
					_			0
					_			0
					_			0
Tuesday, January 23, 20	007				Momen	ntum Steps		
Morning Schedule		Afternoon Sc	hedule					0
								0
					_			0
					_			0
								0
					_			0
Wednesday, January 24	1,2007				Momen	ntum Steps		
Morning Schedule		Afternoon Sc	hedule					0
								0
					_			0
					_			0
					_			0
					_			0
Thursday, January 25, 2	2007				Momen	ntum Steps		
Morning Schedule		Afternoon Sc	hedule					0
					_			0
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Health Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
Cardio Workout			_		_			
Resistance Workout								
Carb Days Protein Days								

February 2007								
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4	5	6	7	8	9	10		
11	12	13	14	15	16	17		
18	19	20	21	22	23	24		
25	26	27	28					

Goal No.	Description of Goal	T 	his Week's Momentum Step(s)	Done
Friday, J	January 26, 2007		Momentum Step	os
Morning S		Afternoon Schedu	le	O
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Saturda	y, January 27, 2007		Momentum Step	os
Morning S		Afternoon Schedu		O
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				0
Sunday	, January 28, 2007		Momentum Step	os
Morning S		Afternoon Schedu	-	0
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Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
1 Plan my day!								
2 See it done (Manifest)								
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4 5								
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Monday, January 29, 2	007				Momen	ntum Steps		
Morning Schedule		Afternoon Sc	hedule			с торо		
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Tuesday, January 30, 2	007				Momen	ntum Steps		
Morning Schedule		Afternoon Sc	hedule					C
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					_			0
					_			C
Wednesday, January 3	1.2007				Momen	ntum Steps		
Morning Schedule	.,	Afternoon Sc	hedule		с торо		С	
					_			
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								0
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								0
Thursday, February 1, 2	2007				Momen	ntum Steps		
Morning Schedule		Afternoon Sc	hedule		Women	itum steps		C
Morning Schedule		Alterrioon se	ricadic					
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Hoolth Dlan		T	W. J	Th	Ft	C-4	C	
Health Plan Cardio Workout	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
Resistance Workout								
Carb Days								
Protein Days								

February 2007								
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4	5	6	7	8	9	10		
11	12	13	14	15	16	17		
18	19	20	21	22	23	24		
25	26	27	28					

Goal No.	Goal Action Steps Description of Goal		This Week's Momentu	This Week's Momentum Step(s)		
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	ebruary 2, 2007			Momentum Steps		
Morning So	chedule	Afternoon Schedu	ıle		O O	
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Saturda	y, February 3, 2007			Momentum Steps		
Morning So	chedule	Afternoon Schedu	ıle		O	
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Sunday,	February 4, 2007			Momentum Steps		
Morning So		Afternoon Schedule		•	O	
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February 2007 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28



Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
1 Plan my day!								
2 See it done (Manifest)								
3								
4 5								
56								
7								
Monday, February 5, 20	007				Momen	itum Steps		
Morning Schedule		Afternoon Sc	hedule					C
					_			C
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								C
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Tuesday, February 6, 20	07				Momen	itum Steps		
Morning Schedule		Afternoon Sc	hedule					C
					_			C
								C
					_			C
					_			C
								C
Wednesday, February 7	. 2007				Momen	ntum Steps		
Morning Schedule	,	Afternoon Sc	hedule				C	
					_			
					_			C
								C
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								0
Thursday, February 8, 2	007				Momen	itum Steps		
Morning Schedule		Afternoon Sc	hedule		momer	itum steps		C
					_			C
								C
					_			C
								C
								C
Health Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
Cardio Workout	MOII	iues	WEG	IIIui	111	Jai	Juli	
Resistance Workout								
Carb Days								
Protein Days								

March 2007								
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11	12	13	14	15	16	17		
18	19	20	21	22	23	24		
25	26	27	28	29	30	31		

Goal No.	Goal Action Steps Description of Goal	This W	/eek's Momentum Step(s)	Done
Friday, Fe Morning Sci	ebruary 9, 2007	Afternoon Schedule	Momentum Ste	eps C
Saturday Morning Scl	r, February 10, 2007 hedule	Afternoon Schedule	Momentum Ste	- C C C C C C C C C C C C C C C C C C C
Sunday, I	February 11, 2007 hedule	Afternoon Schedule	Momentum Ste	© C
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February 2007 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28



Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
1 Plan my day!2 See it done (Manifest)								
3								
4								
56								
7								
Monday, February 12,	2007				Momer	ntum Steps		
Morning Schedule		Afternoon Sc	hedule					0
								0
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Tuesday, February 13,	2007				Momer	ntum Steps		
Morning Schedule		Afternoon Sc	hedule					0
								0
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								0
Wednesday, February	14.2007				Momer	ntum Steps		
Morning Schedule	.,	Afternoon Sc	hedule					0
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Thursday, February 15	5, 2007	A 64	la a alcel a		Momer	ntum Steps		
Morning Schedule		Afternoon Sc	nedule					0
								0
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Health Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
Cardio Workout								
Resistance Workout Carb Days								
Protein Days								
								

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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	7 14 21 28	29	30	31

Friday, February 16, 2007 Morning Schedule Saturday, February 17, 2007 Morning Schedule Afternoon Schedule Momentum Steps Momentum Steps	
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Sunday, February 18, 2007 Momentum Steps	
Morning Schedule Afternoon Schedule	C
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How's Life?	

February 2007 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28



Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
1 Plan my day!								
2 See it done (Manifest)								
3								
4 5								
5 6								
7								
Monday, February 19, 2	007				Momen	ntum Steps		
Morning Schedule		Afternoon Sc	hedule					0
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Tuesday, February 20, 2	007				Momen	ntum Steps		
Morning Schedule		Afternoon Sc	hedule					0
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Wednesday, February 2	1,2007				Momen	ntum Steps		
Morning Schedule		Afternoon Sc	hedule					0
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Thursday, February 22,	2007				Momen	ntum Steps		
Morning Schedule		Afternoon Sc	hedule					0
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Health Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
Cardio Workout	_		_		_			
Resistance Workout								
Carb Days Protein Days								

		Mar	ch 2	2007	7	
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18	19	20	21	22	23	24
25	26	27	7 14 21 28	29	30	31

Random	Goal Action Steps				
Goal No. Description of Goal			This Week's Momentum Step(s)		Done
Friday, F	February 23, 2007			Momentum Steps	
Morning So		Afternoon Schedu	ule		O
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Saturda	y, February 24, 2007			Momentum Steps	
Morning So		Afternoon Schedu	ule	Momentum Steps	0
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	February 25, 2007			Momentum Steps	
Morning So	chedule	Afternoon Schedu	ule		
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February 2007 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28



Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
1 Plan my day!								
2 See it done (Manifest)								
3								
4 5								
5 6								
7								
Monday, February 26, 2	2007				Momer	ntum Steps		
Morning Schedule		Afternoon Sc	hedule					0
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Tuesday, February 27, 2	2007				Momen	ntum Steps		
Morning Schedule		Afternoon Sc	hedule					0
					_			0
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								0
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Wednesday, February 2	28, 2007				Momen	tum Steps		
Morning Schedule		Afternoon Sc	hedule					0
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Thursday, March 1, 200	7				Momen	tum Steps		
Morning Schedule		Afternoon Sc	hedule					0
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Health Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
<u>Cardio Workout</u>								
Resistance Workout								
Carb Days Protein Days								
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March 2007									
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11	12	13	14	15	16	17			
18	19	20	21	22	23	24			
25	26	27	7 14 21 28	29	30	31			

Goal No.	Description of Goal ———————————————————————————————————	This We	ek's Momentum Step(s)	Done
Friday, N Morning So	March 2, 2007 chedule	Afternoon Schedule	Momentum Step:	s
Saturday, March 3, 2007 Morning Schedule		Afternoon Schedule	Momentum Steps	
Sunday.	March 4, 2007		Momentum Step:	
Sunday, March 4, 2007 Morning Schedule		Afternoon Schedule		
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	ancial C	Spirita	How's Life?	

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Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
1 Plan my day!								
2 See it done (Manifest)								
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6 7								
Monday, March 5, 2007	7				Momen	tum Steps		
Morning Schedule		Afternoon Sc	hedule					_0
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Tuesday, March 6, 2007	7				Momen	tum Steps		
Morning Schedule		Afternoon Sc	hedule					_0
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Wednesday, March 7, 2	007				Momen	tum Steps		
Morning Schedule		Afternoon Sc	hedule					_0
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					_			_0
					_			_0
Thursday, March 8, 200	7				Momen	tum Steps		
Morning Schedule		Afternoon Sc	hedule					_0
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								_0
Health Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
Cardio Workout								
Resistance Workout								
Carb Days								
Protein Days								

April 2007										
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15	16	17	18	19	20	21				
22	23	24	25	26	27	28				
29	30									

Goal No.	n Goal Action Steps Description of Goal		This Week's Momentui	n Step(s)	Done
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	March 9, 2007			Momentum Steps	
Morning S	chedule	Afternoon Sched	ule		0
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Saturda	y, March 10, 2007			Momentum Steps	
Morning S	chedule	Afternoon Sched	ule		O
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Sunday	, March 11, 2007			Momentum Steps	
Morning S		Afternoon Sched	ule		O
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Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
1 Plan my day!								
2 See it done (Manifest)								
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Monday, March 12, 200	7				Momen	ntum Steps		
Morning Schedule		Afternoon Sc	hedule					_0
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Tuesday, March 13, 200	7				Momen	tum Steps		
Morning Schedule		Afternoon Sc	hedule					_0
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Wednesday, March 14, 2	2007				Momen	tum Steps		
Morning Schedule		Afternoon Sc	hedule					_0
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Thursday, March 15, 20	07				Momen	tum Steps		
Morning Schedule		Afternoon Sc	hedule					_0
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Health Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
Cardio Workout								
Resistance Workout								_
Carb Days								
Protein Days								
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April 2007										
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15	16	17	18	19	20	21				
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Goal No.	Description of Goal	-	This Week's Momentu	Done	
				step(s)	
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Friday I	March 16, 2007			Momentum Steps	_
Morning S		Afternoon Schedu	ıle	Momentum Steps	0
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Saturda	y, March 17, 2007			Momentum Steps	
Morning S	chedule	Afternoon Schedu	ıle		O
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	, March 18, 2007			Momentum Steps	
Morning S	chedule	Afternoon Schedu	ıle		0
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Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
1 Plan my day!	_				_			
See it done (Manifest)	_							
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Monday, March 19, 2007	,				Momen	tum Steps		
Morning Schedule		Afternoon Sc	hedule					_C
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Tuesday, March 20, 2007					Momen	tum Steps		
Morning Schedule		Afternoon Sc	hedule					C
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Wednesday, March 21, 2	007				Momen	tum Steps		
Morning Schedule		Afternoon Sc	hedule					C
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Thursday, March 22, 200	7				Momen	tum Steps		
Morning Schedule		Afternoon Sc	hedule					C
					_			_C
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Health Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
Cardio Workout								
Resistance Workout								
Carb Days Protein Days	_							

April 2007										
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15	16	17	18	19	20	21				
22	23	24	25	26	27	28				
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	n Goal Action Steps				Done
Goal No.	Description of Goal		This Week's Momentum Step(s)		
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	March 23, 2007			Momentum Steps	
Morning S	chedule	Afternoon Sched	lule		O O
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Saturda	ıy, March 24, 2007			Momentum Steps	
Morning S		Afternoon Sched	lule	Momentum Steps	0
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Sunday	, March 25, 2007			Momentum Steps	
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Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!2 See it done (Manifest)34							
5 6 7							
Monday, March 26, 2007	7				Momen	tum Steps	
Morning Schedule		Afternoon Sc	hedule			-	C
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Tuesday, March 27, 2007	7					itum Steps	C
Morning Schedule		Afternoon Sc	hedule				C
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Wednesday, March 28, 2					Momen	tum Steps	
Morning Schedule		Afternoon Sc	hedule				C
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							C
Thursday, March 29, 200					Momen	tum Steps	
Morning Schedule		Afternoon Sc	hedule		-		C
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Health Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout Resistance Workout	_						
Carb Days							
Protein Days	_						

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Random Goal Action Steps Goal No. Description of Goal			This Week's Momentum	n Step(s)	Done
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Friday, I	March 30, 2007			Momentum Steps	
Morning S	chedule	Afternoon Sche	dule		O
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Saturda	y, March 31, 2007			Momentum Steps	
	turday, March 31, 2007 rning Schedule	Afternoon Sche	dule		O
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Sunday	, April 1, 2007			Momentum Steps	
Morning S		Afternoon Sche	dule		O
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Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
1 Plan my day!								
2 <u>See it done (Manifest)</u>3	_							
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Monday, April 2, 2007 Morning Schedule		Afternoon Sc	hadula		womer	tum Steps		0
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Tuesday, April 3, 2007					Momer	tum Steps		
Morning Schedule		Afternoon Sc	hedule					_0
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Wednesday, April 4, 2007	7				Mamar	ntum Steps		
Morning Schedule		Afternoon Sc	hedule		Monie	ituiii Steps		0
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Thursday, April 5, 2007					Momentum Steps			
Morning Schedule		Afternoon Sc	hedule					_0
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Health Plan	Mon	Tuos	Wod	Thur	- Eri	Sat	Sun	
Health Plan Cardio Workout	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
Health Plan Cardio Workout Resistance Workout	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
Cardio Workout Resistance Workout Carb Days	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
Cardio Workout Resistance Workout	Mon	Tues	Wed	Thur	Fri	Sat	Sun	

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20	21	22	23	24	25	26		
27	28	29	30	31				

Randon	n Goal Action Steps				
Goal No.	Description of Goal		This Week's Mo	mentum Step(s)	Done
Friday,	April 6, 2007			Momentum Steps	
Morning S		Afternoon Sche	dule		O
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Saturda	y, April 7, 2007			Momentum Steps	
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Sunday	, April 8, 2007			Momentum Steps	
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April 2007 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30



Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
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Goal No.	Description of Goal		This Week's Mor	mentum Step(s)	Done
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Sunday,	April 29, 2007			Momentum Steps	
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Wednesday, May 2, 2007					Momen	tum Steps	
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Thursday, May 3, 2007					Momen	tum Steps	
Morning Schedule		Afternoon Sch	hedule				
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Description of Goal	This Week's M	lomentum Step(s)	Done
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Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
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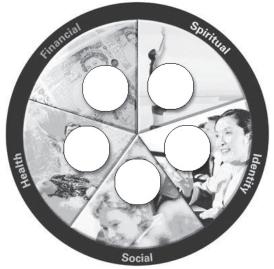
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Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
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Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
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Health Plan Cardio Workout Resistance Workout	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
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Cardio Workout Resistance Workout	Mon	Tues	Wed	Thur	Fri	Sat	Sun	

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Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
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Goal No.	Description of Goal		This Week's Momentui	n Step(s)	Done
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Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
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Resistance Workout								
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Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
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Goal No.	n Goal Action Steps Description of Goal		This Week's Momentur	m Step(s)	Done
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Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
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Goal No.	Description of Goal		This Week's Momen	tum Step(s)	Done	
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Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
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Goal No.	Goal Action Steps Description of Goal	This '	This Week's Momentum Step(s)		
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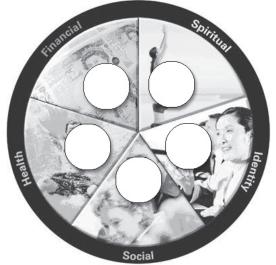
August 2007 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 **



Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
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Goal No.	Description of Goal	This Wee	k's Momentum Step(s)	Done
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Saturday	y, August 18, 2007		Momentum Steps	
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Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
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	Goal Action Steps			
Goal No.	Description of Goal	This Week's N	Momentum Step(s)	Done
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Wednesday, August 29,					Momen	tum Steps	
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Health Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
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Sunday, Sep	tember 2, 2007			Momentum Steps	
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Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
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Morning Schedule		Afternoon Sc	hedule				
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Thursday, September	6, 2007				Momen	tum Steps	
Morning Schedule		Afternoon Sc	hedule				
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Health Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
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Carb Days							
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Goal No.	n Goal Action Steps Description of Goal		This Week's Momentum S	tep(s)	Done
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Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
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2 See it done (Manifest)								
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Health Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
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Goal No.	Description of Goal		his Week's Momentum Step(s)	Done
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Morning S		Afternoon Schedul	e	O
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Saturda	y, September 15, 20	007	Momentum Step)S
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Sunday,	September 16, 200)7	Momentum Step	os
Morning S	chedule	Afternoon Schedul	e	O
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September 2007 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30



Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
1 Plan my day!								
2 See it done (Manifest)								
3 4								
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6								
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Monday, September 17	7,2007				Momer	ntum Steps		
Morning Schedule		Afternoon Sc	hedule					C
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Tuesday, September 18	8.2007				Momer	ntum Steps		
Morning Schedule	-, <u>-</u>	Afternoon Sc	hedule					C
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Wednesday, Septembe	er 19, 2007				Momer	ntum Steps		
Morning Schedule		Afternoon Sc	hedule					C
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Thursday, September 2	20, 2007	A ft C -	la a all a		Momer	ntum Steps		
Morning Schedule		Afternoon Sc	nedule					C
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Health Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
Cardio Workout								
Resistance Workout								
Carb Days								
Protein Days								

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28	29	30	31			

Description of Goal	-			
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eptember 21, 200	7		Momentum Steps	
hedule		le		O
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,, September 22, 2	007		Momentum Steps	
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September 23, 200	07		Momentum Steps	
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	y, September 22, 2 nedule	September 23, 2007	Afternoon Schedule Afternoon Schedule	Afternoon Schedule Afternoon Schedule Afternoon Schedule Afternoon Schedule Afternoon Schedule Afternoon Schedule Momentum Steps Momentum Steps Afternoon Schedule Afternoon Schedule

September 2007 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30



Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day!							
2 See it done (Manifest)					_		
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6 7							
Monday, September 2	4,2007				Momen	ntum Steps	
Morning Schedule		Afternoon Sc	hedule				(
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Tuesday, September 2	5,2007				Momen	ntum Steps	
Morning Schedule		Afternoon Sc	hedule				(
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Wednesday, September	er 26, 2007				Momen	ntum Steps	
Morning Schedule		Afternoon Sc	hedule				(
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Thursday, September	27,2007				Momen	itum Steps	
Morning Schedule		Afternoon Sc	hedule				(
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Health Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days							
<u>Protein Days</u>							
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Randon Goal No.	n Goal Action Steps Description of Goal		his Week's Momentum Step(s)	Done
Godi No.	- ————————————————————————————————————		nis weeks Momentum Step(s)	
Friday, S	September 28, 2007	7	Momentum Steps	
Morning S	chedule	Afternoon Schedul	e	O
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Saturda	y, September 29, 20	007	Momentum Steps	
Morning S	chedule	Afternoon Schedul	e	O
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Sunday,	September 30, 200	07	Momentum Steps	
Morning S	chedule	Afternoon Schedul	e	O
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October 2007 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 United States United States



Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
1 Plan my day!								
2 See it done (Manifest)								
3 4								
4 5								
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Monday, October 1, 20	007				Momen	ntum Steps		
Morning Schedule		Afternoon Sc	hedule					0
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Tuesday, October 2, 20	007				Momen	ntum Steps		
Morning Schedule		Afternoon Sc	hedule					O
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Wednesday, October 3	3,2007				Momen	ntum Steps		
Morning Schedule		Afternoon Sc	hedule					0
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Thursday, October 4, 2	2007				Momen	ntum Steps		
Morning Schedule		Afternoon Sc	hedule					0
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Health Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
Cardio Workout								
Resistance Workout Carb Days								
Protein Days								

November 2007									
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11	12	13	14	15	16	17			
18	19	20	21	22	23	24			
25	26	27	28	29	30				

Morning Schedule Afternoon Schedule Saturday, October 6, 2007 Afternoon Schedule Momentum Steps	
Saturday, October 6, 2007 Momentum Steps	
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Sunday, October 7, 2007 Momentum Steps	
Morning Schedule Afternoon Schedule	
How's Life?	
How's Life?	

October 2007 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 ** **



Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
1 Plan my day!								
2 See it done (Manifest)								
3 4								
4 5								
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Monday, October 8, 20	07				Momen	ntum Steps		
Morning Schedule		Afternoon Sc	hedule					0
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Tuesday, October 9, 20	07				Momen	ntum Steps		
Morning Schedule		Afternoon Sc	hedule					O
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Wednesday, October 1	0,2007				Momen	ntum Steps		
Morning Schedule		Afternoon Sc	hedule					0
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Thursday, October 11,	2007				Momen	ntum Steps		
Morning Schedule		Afternoon Sc	hedule					0
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Health Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
Cardio Workout Resistance Workout			<u> </u>					
Carb Days								
Protein Days								

November 2007									
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11	12	13	14	15	16	17			
18	19	20	21	22	23	24			
25	26	27	28	29	30				

Goal No.	Description of Goal		This Week's Momentu	m Step(s)	Done
	tober 12, 2007			Momentum Steps	
Morning Sch	edule	Afternoon Schedu	le		
Saturday,	October 13, 2007			Momentum Steps	
Morning Sch		Afternoon Schedu	le		
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Sunday, C	october 14, 2007			Momentum Steps	
Morning Sch	edule	Afternoon Schedu	le		
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October 2007 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 ** **



Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
1 Plan my day!			<u> </u>					
See it done (Manifest)								
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6 7								
Monday, October 15, 2	2007				Momer	ntum Steps		
Morning Schedule		Afternoon Sc	hedule					0
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Tuesday, October 16, 2	2007				Momer	ntum Steps		
Morning Schedule		Afternoon Sc	hedule					0
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Wednesday, October 1	17.2007				Momer	ntum Steps		
Morning Schedule	.,,	Afternoon Sc	hedule					0
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Thursday, October 18,	, 2007	A.C			Momer	ntum Steps		_
Morning Schedule		Afternoon Sc	neaule					_0
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Health Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
Cardio Workout					_			
Resistance Workout Carb Days					-			
Protein Days								

November 2007							
				1	2	3	
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30		

Goal No.	Description of Goal		nis Week's Momentum Step(s)	Done
Friday, (Morning So	October 19, 2007 Chedule	Afternoon Schedule	Momentum St	teps C
Saturda	y, October 20, 2007		Momentum Si	teps
Morning S	chedule	Afternoon Schedule	<u></u>	C
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Sunday.	October 21, 2007		Momentum S	
Morning S		Afternoon Schedule		C
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25	and Sp.	illa —	How's Life?	



October 2007 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 ** **



Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
1 Plan my day!								
2 See it done (Manifest)	_							
3	_							
4 5								
5 6								
7								
Monday, October 22, 200	07				Momen	ntum Steps		
Morning Schedule		Afternoon Sc	hedule					0
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Tuesday, October 23, 200	07				Momen	ntum Steps		
Morning Schedule		Afternoon Sc	hedule					0
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Wednesday, October 24,	2007				Momen	ntum Steps		
Morning Schedule		Afternoon Sc	hedule					0
					_			0
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					_			0
								0
Thursday, October 25, 20	007				Momen	ntum Steps		
Morning Schedule		Afternoon Sc	hedule					0
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								0
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								0
Health Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
<u>Cardio Workout</u>								
Resistance Workout								
Carb Days Protoin Days	_							
Protein Days			<u> </u>					

November 2007							
				1	2	3	
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11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30		

Goal No.	Description of Goal	This Week's M	omentum Step(s)	Done
Friday, C Morning So	October 26, 2007	Afternoon Schedule	Momentum Ste	ps
Saturda	y, October 27, 2007		Momentum Ste	ns
Morning So	chedule	Afternoon Schedule		
Sunday,	October 28, 2007		Momentum Ste	ps
Morning So		Afternoon Schedule		
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October 2007 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 United States United States



Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
1 Plan my day!								
See it done (Manifest)							<u> </u>	
4								
5								
6 7								
Monday, October 29, 2	2007				Momer	ntum Steps		
Morning Schedule		Afternoon Sc	hedule					0
								0
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Tuesday, October 30, 2	2007				Momer	ntum Steps		
Morning Schedule		Afternoon Sc	hedule					0
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Wednesday, October 3	R1. 2007				Momer	ntum Steps		
Morning Schedule	71,2007	Afternoon Sc	hedule		Monici	itum Steps		0
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Thursday, November 1	1,2007				Momer	ntum Steps		
Morning Schedule		Afternoon Sc	hedule					0
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Health Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
Cardio Workout								
Resistance Workout Carb Days								
Protein Days								
								

November 2007							
				1	2	3	
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30		

Goal No.	Description of Goal	This We	ek's Momentum Step(s)	Done
Friday, N	lovember 2, 2007		Momentum Step	S
lorning So	chedule	Afternoon Schedule		
Saturda	y, November 3, 2007		Momentum Step	
Morning Schedule		Afternoon Schedule	Momentum Step	3
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Sunday,	November 4, 2007		Momentum Step	S
Norning So	chedule	Afternoon Schedule		
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			How's Life?	
\$in	ancial Sp.	ina	How 3 Life:	
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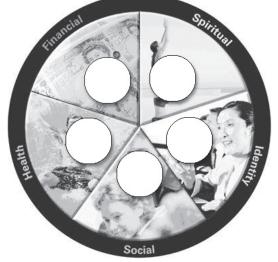




Perfect Day Plan 1 Plan my day!	Mon	Tues	Wed	Thur	Fri	Sat	Sun
2 See it done (Manifest) 3							
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Monday, November 5, 2					Momen	ntum Steps	
Morning Schedule		Afternoon Schedule					
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Tuesday, November 6, 2					Momen	ntum Steps	
Morning Schedule		Afternoon Sc	hedule				
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Wednesday, November Morning Schedule		Afternoon Sc	hadula		Momen	tum Steps	
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Thursday, November 8,	2007				Momen	ntum Steps	
Morning Schedule		Afternoon Schedule			Monie	ituiii Steps	
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Health Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout							
Resistance Workout							
Carb Days Protein Days							

December 2007								
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16	17	18	19	20	21	22		
23	24	25	26	27	28	29		
30	31							

Goal No.	Description of Goal	This Week's M	omentum Step(s)	Done
Friday, No	ovember 9, 2007		Momentum Steps	
Morning Sch		Afternoon Schedule		
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Saturday,	November 10, 200	7	Momentum Steps	
Morning Sch		Afternoon Schedule		
Sunday N	lovombor 11 2007		Mamantum Stans	
Morning Sch	lovember 11, 2007	Afternoon Schedule	Momentum Steps	
viorning Sch	edule	Artemoon Schedule		



| November 2007 | 1 2 3 | 3 4 5 6 7 8 9 10 | 11 12 13 14 15 16 17 | 18 19 20 21 22 23 24 | 25 26 27 28 29 30 |



Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
1 Plan my day!					_			_
2 See it done (Manifest)								-
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6								-
7								-
Monday, November 12	2,2007				Momer	ntum Steps		
Morning Schedule		Afternoon Sc	hedule					0
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Tuesday, November 13	3,2007				Momer	ntum Steps		
Morning Schedule		Afternoon Sc	hedule					0
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Wednesday, Novembe	er 14, 2007				Momer	ntum Steps		
Morning Schedule		Afternoon Sc	hedule					0
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Thursday, November 1	15,2007				Momer	ntum Steps		
Morning Schedule		Afternoon So	hedule					0
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Health Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
Cardio Workout								
Resistance Workout								-
Carb Days					_			-
Protein Days								-
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December 2007								
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16	17	18	19	20	21	22		
23	24	25	26	27	28	29		
30	31							

Random Goal Action St	_		
Goal No. Description of G	oal This Week's M	omentum Step(s)	Done
Friday, November 16, 2	007	Momentum Ste	eps
Morning Schedule	Afternoon Schedule		C
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Saturday, November 17	7,2007	Momentum Ste	ps
Morning Schedule	Afternoon Schedule		C
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Sunday, November 18,	2007	Momentum Ste	eps
Morning Schedule	Afternoon Schedule		C
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| November 2007 | 1 | 2 | 3 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |



Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
1 Plan my day!					_			
2 See it done (Manifest)							<u> </u>	
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Monday, November 19	, 2007				Momen	ntum Steps		
Morning Schedule		Afternoon Scl	hedule					C
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Tuesday, November 20	2007				Momen	ntum Steps		
Morning Schedule	,, 2007	Afternoon Scl	hedule		Wollie	ituiii Steps		С
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Wednesday, Novembe	r 21, 2007				Momen	ntum Steps		
Morning Schedule		Afternoon Scl	hedule					C
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Thursday, November 2	2,2007	46.			Momen	ntum Steps		
Morning Schedule		Afternoon Scl	nedule					C
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Health Plan	Mon	Tues	Wad	Thur	Fri	Sat	Sun	— <u> </u>
Health Plan Cardio Workout	Mon	Tues	Wed	Thur	Fri	Sat	Sun	— <u> </u>
Cardio Workout Resistance Workout	Mon	Tues	Wed	Thur	Fri	Sat	Sun	— <u> </u>
Cardio Workout Resistance Workout Carb Days	Mon	Tues	Wed	Thur	Fri	Sat	Sun	—
Cardio Workout Resistance Workout	Mon	Tues	Wed	Thur	Fri	Sat	Sun	— <u> </u>

December 2007								
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30	31							

Random Goal Action			
Goal No. Description of	f Goal Th	nis Week's Momentum Step(s)	Done
Friday, November 23	2007	Momentum St	ans
Morning Schedule	Afternoon Schedule		С
Morning schedule	Artemoon schedule		
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Saturday, November	24, 2007	Momentum St	eps
Morning Schedule	Afternoon Schedule		C
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			C
Sunday, November 2	5,2007	Momentum St	eps
Morning Schedule	Afternoon Schedule		C
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| November 2007 | 1 2 3 | 3 4 5 6 7 8 9 10 | 11 12 13 14 15 16 17 | 18 19 20 21 22 23 24 | 25 26 27 28 29 30 |



Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1 Plan my day! 2 See it done (Manifest) 3 4							
5							
Monday, November 26	, 2007				Momen	ntum Steps	
Morning Schedule		Afternoon Sc	hedule				
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Tuesday, November 27					Momen	ntum Steps	
Morning Schedule		Afternoon Sc	hedule				
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Wednesday, November Morning Schedule		Afternoon Sc	hadula		women	ntum Steps	
			riedule				
Thursday, November 2	9,2007				Momen	ntum Steps	
Morning Schedule		Afternoon Sc	hedule				
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Health Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Cardio Workout			<u> </u>				
Resistance Workout Carb Days							
Protein Days							
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December 2007									
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16	17	18	19	20	21	22			
23	24	25	26	27	28	29			
30	31								

	Goal Action Steps			
Goal No.	Description of Goal	This Week's M	omentum Step(s)	Done
Friday, N	November 30, 2007	1	Momentum Ste	eps
Morning So		Afternoon Schedule		(
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Saturda	y, December 1, 200)7	Momentum Ste	eps
Morning So	chedule	Afternoon Schedule		(
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Sunday,	December 2, 2007	•	Momentum Ste	eps
Morning So	chedule	Afternoon Schedule		(
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Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
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2 See it done (Manifest)								
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5 6								
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Monday, December 3, 2	2007				Momen	tum Steps		
Morning Schedule		Afternoon Scl	hedule					C
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		·						C
Tuesday, December 4, 2	.007				Momen	tum Steps		
Morning Schedule		Afternoon Scl	hedule					C
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Wednesday, December	5, 2007				Momen	tum Steps		
Morning Schedule		Afternoon Scl	hedule					C
			 		_			C
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								C
Thursday, December 6,	2007				Momen	tum Steps		
Morning Schedule		Afternoon Scl	hedule					C
					_			C
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Health Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
Cardio Workout								
Resistance Workout Carb Days			_					
Protein Days								
			_					

January 2008									
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6	7	8	9	10	11	12			
13	14	15	16	17	18	19			
20	21	22	23	24	25	26			
27	28	29	30	31					

Goal No. Description of Goal			his Week's Momentum Step(s)	Done	
Friday, D	December 7, 2007		Momentum Step	os	
Morning So		Afternoon Schedul	e	O	
				O	
				0	
				O O	
				0	
Saturda	y, December 8, 2007		Momentum Step	os	
Morning So	chedule	Afternoon Schedul	e	O	
				O	
				0	
				0	
				O	
Sunday,	Decmeber 9, 2007		Momentum Step	os .	
Morning So		Afternoon Schedul	-	0	
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Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
1 Plan my day!								
2 See it done (Manifest)								
3								
4 5								
5 6								
7								
Monday, December 10,	2007				Momen	tum Steps		
Morning Schedule		Afternoon Scl	hedule					C
					_			C
					_			C
					_			
					_			C
Tuesday, December 11,	2007				Momen	tum Steps		
Morning Schedule		Afternoon Scl	hedule					C
								C
					_			C
					_			C
Wednesday, December	12,2007				Momen	tum Steps		
Morning Schedule		Afternoon Scl	hedule					C
					_			C
					_			
								C
Thursday, December 13	, 2007				Momen	tum Steps		
Morning Schedule		Afternoon Scl	hedule					C
					_			
					_			
					_			
								C
Health Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
<u>Cardio Workout</u>								
Resistance Workout Carb Days								
Protein Days								

January 2008									
		1	2	3	4	5			
6	7	8	9	10	11	12			
13	14	15	16	17	18	19			
20	21	22	23	24	25	26			
27	28	29	30	31					

Random Goal Action Steps Goal No. Description of Goal			This Week's Momentum Step(s)		Done	
					_	
Friday, D	ecember 14, 2007			Momentum Steps		
Morning Sc	hedule	Afternoon Schedu	ıle		O	
					O	
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					0	
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Saturday	, December 15, 2007			Momentum Steps		
Morning Sc	hedule	Afternoon Schedu	ıle		O	
					0	
					O	
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Sunday,	December 16, 2007			Momentum Steps		
Morning Sc		Afternoon Schedu	ıle		O	
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11 Planner

Planner

Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
1 Plan my day!								
2 See it done (Manifest)								
3								
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5								
6								
7								
Monday, December 17, 2	007				Momor	ntum Steps		
Morning Schedule	2007	Afternoon Scl	hodulo		Monie	ituiii steps		C
Morning scriedule		Artemoon 3ci	ledule					
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Tuesday, December 18, 2	2007				Momen	ntum Steps		
Morning Schedule		Afternoon Scl	hedule			с торо		C
								C
								C
								C
					_			C
					_			C
								C
Wednesday, December 1	9,2007				Momen	ntum Steps		
Morning Schedule		Afternoon Scl	hedule					C
					_			C
					_			C
					_			C
								C
								C
Thursday, December 20,	2007				Momen	ntum Steps		
Morning Schedule		Afternoon Scl	hedule					C
					_			C
					_			C
					_			C
								C
Health Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
Cardio Workout								
Resistance Workout								
Carb Days	_							
Protein Days								

January 2008								
		1	2	3	4	5		
6	7	8	9	10	11	12		
13	14	15	16	17	18	19		
20	21	22	23	24	25	26		
27	28	29	30	31				

er 21, 2007	Afternoon Schedule	Week's Momentur		Done
er 21, 2007	Afternoon Schodule			
er 21, 2007	Afternoon Schodule			
er 21, 2007	Afternoon Schodule			
	Attornoon Cohodulo		Momentum Steps	
	Arternoon schedule			O O
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			<u> </u>	O
mber 22, 2007			Momentum Steps	
	Afternoon Schedule			O
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ber 23, 2007			Momentum Stens	
50. 25, 2007	Afternoon Schedule		momentum steps	0
	Arternoon Schedule			
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Spi		Но	w's Life?	
	mber 22, 2007	Afternoon Schedule	Afternoon Schedule Description Descript	Afternoon Schedule Description Descript

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Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
1 Plan my day!								
2 See it done (Manifest)								
3								
4 5								
5 6								
7								
Monday, December 24,	2007				Momen	tum Steps		
Morning Schedule		Afternoon Scl	hedule					C
					_			C
					_			C
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					_			C
Tuesday, December 25,	2007				Momen	tum Steps		
Morning Schedule		Afternoon Scl	hedule					C
								C
					_			C
					_			C
Wednesday, December	26, 2007				Momen	tum Steps		
Morning Schedule		Afternoon Scl	hedule					C
								C
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					_			c
					_			C
Thursday, December 27	7,2007				Momen	tum Steps		
Morning Schedule		Afternoon Scl	hedule					C
					_			C
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					_			
								C
Health Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
Cardio Workout								
Resistance Workout Carb Days								
Protein Days								

January 2008									
		1	2	3	4	5			
6	7	8	9	10	11	12			
13	14	15	16	17	18	19			
20	21	22	23	24	25	26			
27	28	29	30	31					

	n Goal Action Steps		TI: 14/ 1/ 14	6. ()	6
Goal No. Description of Goal			This Week's Momentum Step(s)		Done
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	December 28, 2007	A.C		Momentum Steps	2
Morning S	chedule	Afternoon Sched	ule		OO
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Saturda	y, December 29, 2007			Momentum Steps	
Morning Schedule		Afternoon Sched	ule	-	O
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Sunday	, December 30, 2007			Momentum Steps	
Morning S		Afternoon Sched	ıle	Momentum Steps	0
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11 Planner

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Perfect Day Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
1 Plan my day!								
2 See it done (Manifest)								
3								
4 5								
6								
7								
Monday, December 31,	2007				Momen	ntum Steps		
Morning Schedule		Afternoon Sc	hedule			с торо		C
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								C
								C
Tuesday, January 1, 200	8				Momen	ntum Steps		
Morning Schedule		Afternoon Sc	hedule				C	
					_			
								C
					_			C
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					_			C
Wednesday, January 2,	2008				Momen	ntum Steps		
Morning Schedule		Afternoon Sc	hedule			с серс		С
					_			C
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								C
								C
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Thursday, January 3, 20	nn8				Momen	ntum Steps		
Morning Schedule		Afternoon Sc	hedule		Monici	itum steps		C
								C
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					_			C
								C
								C
Health Plan	Mon	Tues	Wed	Thur	Fri	Sat	Sun	
Cardio Workout	MOII	iues	WEG	IIIuI	111	Jai	Juli	
Resistance Workout								
Carb Days								
Protein Days								
								

January 2008								
		1	2	3	4	5		
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13	14	15	16	17	18	19		
20	21	22	23	24	25	26		
27	28	29	30	31				

Random Goal Action Steps Goal No. Description of Goal			his Week's Momentum Step(s)	Done
Friday, J	January 4, 2008		Momentum Steps	i
Morning S		Afternoon Schedul	e	0
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	y, January 5, 2008		Momentum Steps	i
Morning S	chedule	Afternoon Schedul	e	
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	, January 6, 2008		Momentum Steps	
Morning S	chedule	Afternoon Schedul	e	OO
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Manifestation

"Our intention creates our reality."

- Wayne Dyer





Future Journal: Ninety Days from Now							



Future Journal: One Year from Now							





Future Journal: Five Years from Now						
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Future Journal: Ten Years from Now	





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