



**STRONG. CONFIDENT. LIVING.**

## WEEK 1 - GOALS

*Set your target high. Build your belief. Use your imagination to FEEL the results you want.*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Kickoff Party!</b>  <input type="checkbox"/> Kickoff Broadcast <input type="checkbox"/> Food Shop <input type="checkbox"/> Set Goals  Attitude Check <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	_____ Day 1  <input type="checkbox"/> Simple 6 or Cleanse <input type="checkbox"/> Daily Broadcast <input type="checkbox"/> Worldwide Workout  Attitude Check <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	_____ Day 2  <input type="checkbox"/> Simple 6 or Cleanse <input type="checkbox"/> Daily Broadcast <input type="checkbox"/> Cardio  Attitude Check <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	_____ Day 3  <input type="checkbox"/> Simple 6 or Cleanse <input type="checkbox"/> Daily Broadcast <input type="checkbox"/> Worldwide Workout  Attitude Check <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	_____ Day 4  <input type="checkbox"/> Simple 6 or Cleanse <input type="checkbox"/> Daily Broadcast <input type="checkbox"/> Cardio  Attitude Check <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	_____ Day 5  <input type="checkbox"/> Simple 6 or Cleanse <input type="checkbox"/> Daily Broadcast <input type="checkbox"/> Worldwide Workout  Attitude Check <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	Attitude Check <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5

## WEEK 2 - ATTITUDE

*I can. I will. Lead with your attitude. Build your inner voice. Adjust your posture and your presence.*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Attitude Check <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	_____ Day 1  <input type="checkbox"/> Simple 6 or Cleanse <input type="checkbox"/> Daily Broadcast <input type="checkbox"/> Worldwide Workout  Attitude Check <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	_____ Day 2  <input type="checkbox"/> Simple 6 or Cleanse <input type="checkbox"/> Daily Broadcast <input type="checkbox"/> Cardio  Attitude Check <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	_____ Day 3  <input type="checkbox"/> Simple 6 or Cleanse <input type="checkbox"/> Daily Broadcast <input type="checkbox"/> Worldwide Workout  Attitude Check <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	_____ Day 4  <input type="checkbox"/> Simple 6 or Cleanse <input type="checkbox"/> Daily Broadcast <input type="checkbox"/> Cardio  Attitude Check <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	_____ Day 5  <input type="checkbox"/> Simple 6 or Cleanse <input type="checkbox"/> Daily Broadcast <input type="checkbox"/> Worldwide Workout  Attitude Check <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	Attitude Check <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5

My Week 1 & 2 Goal is \_\_\_\_\_

I want to feel \_\_\_\_\_

I did it! I learned \_\_\_\_\_

## 6 WEEK CHALLENGE. I can. I will.



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## WEEK 3 - WILLPOWER

*Build your willpower muscle. Overcome any situation. Give yourself control. Be BOSS.*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Attitude Check <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	_____ Day 1  <input type="checkbox"/> Simple 6 or Cleanse <input type="checkbox"/> Daily Broadcast <input type="checkbox"/> Worldwide Workout  Attitude Check <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	_____ Day 2  <input type="checkbox"/> Simple 6 or Cleanse <input type="checkbox"/> Daily Broadcast <input type="checkbox"/> Cardio  Attitude Check <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	_____ Day 3  <input type="checkbox"/> Simple 6 or Cleanse <input type="checkbox"/> Daily Broadcast <input type="checkbox"/> Worldwide Workout  Attitude Check <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	_____ Day 4  <input type="checkbox"/> Simple 6 or Cleanse <input type="checkbox"/> Daily Broadcast <input type="checkbox"/> Cardio  Attitude Check <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	_____ Day 5  <input type="checkbox"/> Simple 6 or Cleanse <input type="checkbox"/> Daily Broadcast <input type="checkbox"/> Worldwide Workout  Attitude Check <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	Attitude Check <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5

## WEEK 4 - TRANSFORMATION

*See changes taking hold. Embrace the challenges. Overcome resistance and appreciate the journey.*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Attitude Check <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	_____ Day 1  <input type="checkbox"/> Simple 6 or Cleanse <input type="checkbox"/> Daily Broadcast <input type="checkbox"/> Worldwide Workout  Attitude Check <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	_____ Day 2  <input type="checkbox"/> Simple 6 or Cleanse <input type="checkbox"/> Daily Broadcast <input type="checkbox"/> Cardio  Attitude Check <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	_____ Day 3  <input type="checkbox"/> Simple 6 or Cleanse <input type="checkbox"/> Daily Broadcast <input type="checkbox"/> Worldwide Workout  Attitude Check <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	_____ Day 4  <input type="checkbox"/> Simple 6 or Cleanse <input type="checkbox"/> Daily Broadcast <input type="checkbox"/> Cardio  Attitude Check <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	_____ Day 5  <input type="checkbox"/> Simple 6 or Cleanse <input type="checkbox"/> Daily Broadcast <input type="checkbox"/> Worldwide Workout  Attitude Check <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	Attitude Check <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5

My Week 3 & 4 Goal is \_\_\_\_\_

I want to feel \_\_\_\_\_

I did it! I learned \_\_\_\_\_

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## WEEK 5 - BREAKTHROUGH

*Appreciate your awareness. Notice change. Feel each adjustment. Shed your old skin.*

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Attitude Check <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	_____ Day 1  <input type="checkbox"/> Simple 6 or Cleanse <input type="checkbox"/> Daily Broadcast <input type="checkbox"/> Worldwide Workout  Attitude Check <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	_____ Day 2  <input type="checkbox"/> Simple 6 or Cleanse <input type="checkbox"/> Daily Broadcast <input type="checkbox"/> Cardio  Attitude Check <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	_____ Day 3  <input type="checkbox"/> Simple 6 or Cleanse <input type="checkbox"/> Daily Broadcast <input type="checkbox"/> Worldwide Workout  Attitude Check <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	_____ Day 4  <input type="checkbox"/> Simple 6 or Cleanse <input type="checkbox"/> Daily Broadcast <input type="checkbox"/> Cardio  Attitude Check <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	_____ Day 5  <input type="checkbox"/> Simple 6 or Cleanse <input type="checkbox"/> Daily Broadcast <input type="checkbox"/> Worldwide Workout  Attitude Check <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	Attitude Check <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5

## WEEK 6 - SUCCESS & NSV (non-scale victories)

*Embrace your accomplishments. Acknowledge your efforts. Love yourself more and more. Believe in your future.*

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My Week 5 & 6 Goal is \_\_\_\_\_

I want to feel \_\_\_\_\_

I did it! I learned \_\_\_\_\_

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# GOAL PLANNER

## STEP 1: Commit to the BIG goal. Stretch It!

Ex: I want \_\_\_\_\_ because \_\_\_\_\_. (Think BIG!)

## STEP 2: Amplify Your Why. Learn to “Flip It!”

Ex: The purpose and reason I want to reach my big goal is \_\_\_\_\_. I don't want to feel \_\_\_\_ so I know I do want feel \_\_\_\_\_.

## STEP 3: Flex Your Imagination as if it's Already Done.

Ex: I am so happy because when I wake up and I'm there. I see \_\_\_\_\_. I feel \_\_\_\_\_. I'm so glad I did this because \_\_\_\_\_.

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#### **STEP 4: Adopt “I can. I will.” Attitude.**

Ex: I will look into the mirror and tell myself on the tough days that \_\_\_\_\_.

#### **STEP 5: Stay on Track with 3 Consistent Actions.**

Ex: Describe simple actions and choices you know you can stick to. (I workout 3x a week. I drink my morning shake.)

#### **STEP 6: Celebrate the Small Victories.**

Ex: Focus on the process! Today I celebrate my effort in \_\_\_\_\_. Today I kept a great attitude even though \_\_\_\_\_.

Read over your goal sheet regularly. Stay on track. Share your success + struggle with the Strong Confident Living Facebook Group. We are here to support you every step of the way! Let's crush big goals together! #oneteam

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