

Triple Your SOUL Business

♥ Vision →

VISUALIZE the end result of planning your days with soul and strategy

Map out your ideal day

Your core vision is the core of every choice you make from here on out...!

★ Your Soul Goal

ONE goal/month

Examples:

- * Daily yoga, green smoothies, using Soul Business Planners, make a great new habit
- * Quit a not-so-good habit!

WHY attain this goal?

Identify your RESISTANCE/Barriers.

Come up with an ACTION PLAN to navigate (or prevent!) the likely challenges. Be supported. You got this!

🔥 Potential Projects

Dump 'em all in one place!

Listing SIMPLE projects only

Regularly cleanse your list

Is it do-able in less than a month?

It will take a day or more to complete.

It includes several different tasks.

🚩 3 Current Projects

Exactly THREE projects

Take each project step by step, and make sure to work on at least one project each workday.

Don't add new projects until all 3 of your projects are completed!

✅ Daily Planning

START (always!) with gratitude and celebration!

What is your VISION for the day? How will it feel to complete an amazing day?

How can you be SUPPORTED?

Choose MAX 4 TASKS to do that will most move you forward.

Keep self-care on the list!

📅 Weekly Planning

Be clear as you plan your week

What days will you take off?

What is your soul goal?

What are your 3 projects?

What are your date-specific deadlines and appointments? (Note those in advance.)

😊 Gratitude and the Triple Success Formula

The MAGIC Trio for inevitable "miracles"!

Laser Focus + Positive Belief

Consistent high-value actions

Frequent Gratitude + Celebration

Triple Your SOUL Business

1. Vision

Link: <https://www.mindmeister.com/1200621902?t=E3qam6cqf8#>

1.1. VISUALIZE the end result of planning your days with soul and strategy

1.2. Map out your ideal day

1.3. Your core vision is the core of every choice you make from here on out...!

2. Your Soul Goal

2.1. ONE goal/month

2.2. Examples: * Daily yoga, green smoothies, using Soul Business Planners, make a great new habit * Quit a not-so-good habit!

2.3. WHY attain this goal?

2.4. Identify your RESISTANCE/Barriers.

2.5. Come up with an ACTION PLAN to navigate (or prevent!) the likely challenges. Be supported. You got this!

3. Potential Projects

3.1. Dump 'em all in one place!

3.2. Listing SIMPLE projects only

3.2.1. Is it do-able in less than a month?

3.2.2. It will take a day or more to complete.

3.2.3. It includes several different tasks.

3.3. Regularly cleanse your list

4. 3 Current Projects

4.1. Exactly THREE projects

4.2. Take each project step by step, and make sure to work on at least one project each workday.

4.3. Don't add new projects until all 3 of your projects are completed!

5. Daily Planning

5.1. START (always!) with gratitude and celebration!

5.2. What is your VISION for the day? How will it feel to complete an amazing day?

5.3. How can you be SUPPORTED?

5.4. Choose MAX 4 TASKS to do that will most move you forward.

5.5. Keep self-care on the list!

6. Weekly Planning

6.1. Be clear as you plan your week

6.1.1. What is your soul goal?

6.1.2. What are your 3 projects?

6.1.3. What are your date-specific deadlines and appointments? (Note those in advance.)

6.2. What days will you take off?

7. Gratitude and the Triple Success Formula

7.1. The MAGIC Trio for inevitable "miracles"!

7.1.1. Laser Focus + Positive Belief

7.1.2. Consistent high-value actions

7.1.3. Frequent Gratitude + Celebration