

Life Themes:



- 1 Invest time to connect to self - time to pray, meditate, read, workout, journal.
- 2 Invest in the relationships important to me. My tribe.
- 3 Invest in time to move writing projects forward. Finish book by 12/31/2016.
- 4 Limit my work hours to create a space for balance.
- 5 At work focus on coaching with candor and compassion together.

Mantra or Purpose Words:

BE Where You Are / Showing up 100% Authentically without any apologies

Miracle Morning Routine: *(color coded bullets)*

- Morning Pages - Journal
- Bible Reading
- Workout
- Meditate, Pray
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Weekly Check-in With Yourself

Review your life themes for this year. Look back over your week. How well did you live your intentions? What feelings surrounded you this week related to each theme? Plan and adjust for next week.

Supporting	Detracting	Feelings	Plan
1 Showed up for workouts, meditation and reading.	Bible reading was spotty and required catch up.	Overall balanced, but would get more connection out of bible if consistent each day.	More consistent bedtime to make rising on time more consistent.
2 Had 3 family events, 1 friend event, XC meet and FB game, movie with boys.	Felt a bit busy for one week, low energy waking up.	Connected. Content, laughter, joy, meaningful.	Continued focus on time with my tribe.
3 2 writing sessions on book.	Lack of consistency on devoting time.	The writing itself comes easy when I just sit down to do it.	More consistent bedtime to support rising early and have more time when energy for writing is higher.
4 Kept daily hours within range.	Did work on my off day to catch up some.	Felt conflicted between extra time for work vs. my own personal projects.	Focus on delegation. Some of what I spend time doing can be trained and delegated, and should be.
5 Did have one coaching session with a lot of candor. Compassion also expressed at the struggle it is for this person to change.		Planning for conversation helped me face discomfort in delivering a difficult message. Felt authentic in delivering the truth.	Look for positive changes in this area and provide positive recognition.