

MONDAY CLUB! - FIRST MONDAY OF THE MONTH, 4PM FOR 45 MINS

LAST MONTH IN REVIEW

For the month of:

TOP 3 wins for last month - Yes they were awesome, no matter how big or small!

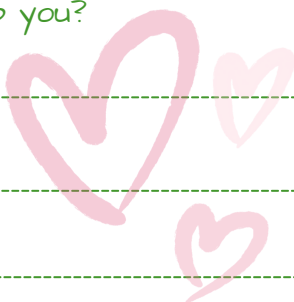
Tell us about it!

1. _____
2. _____
3. _____

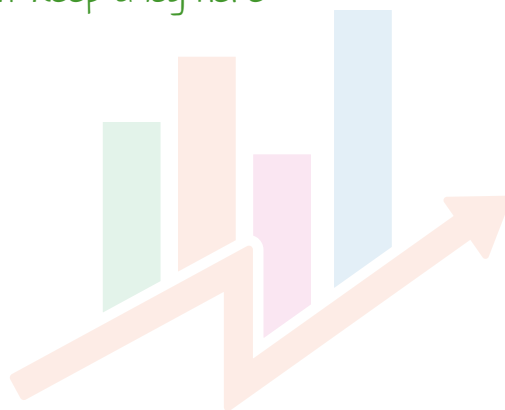


What did you treat yourself to? (because you're worth it!)

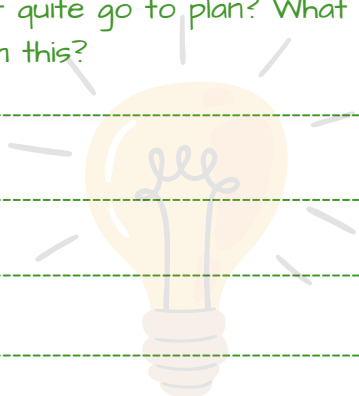
What has helped you over the last month? (A person, app, tool, strategy, something you read or listened to?) - why did it help you?



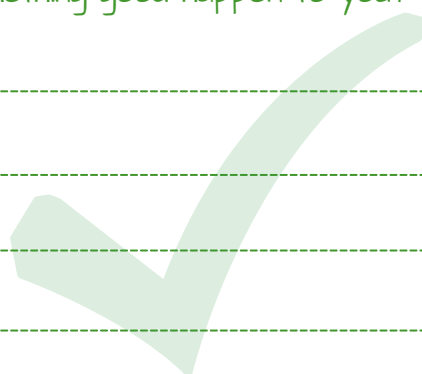
Number crunching! What do you measure? Revenue, social media followers, customer interactions etc - What drives you/your business forward? Keep a log here:



What didn't quite go to plan? What did you learn from this?



Did something good happen to you?



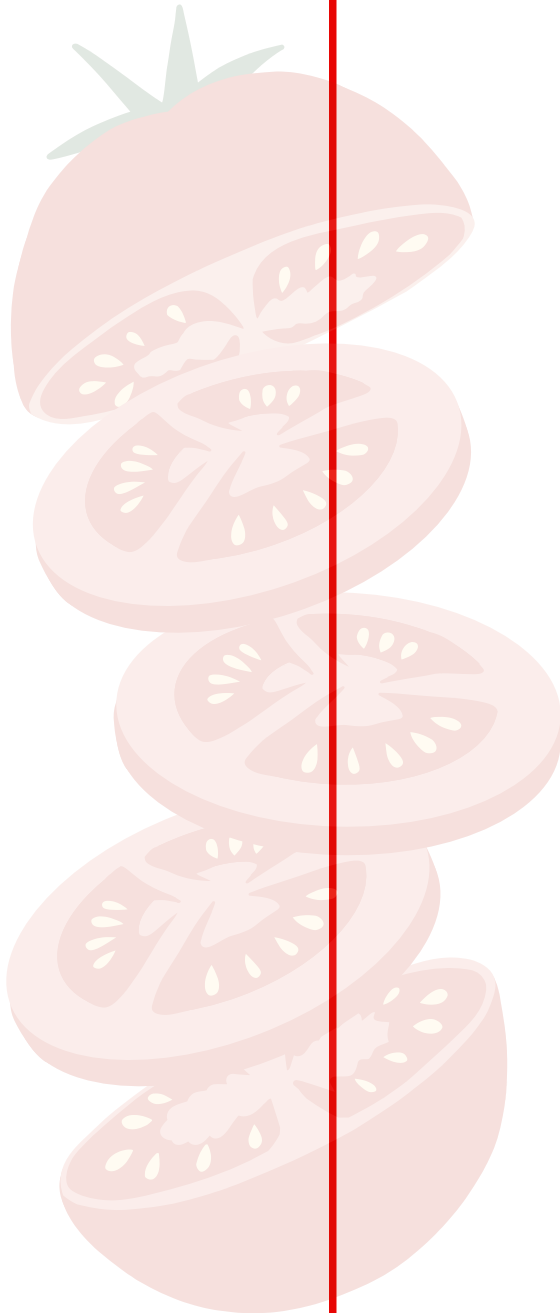
NEXT MONTH IN REVIEW

For the month of:

Write your to-do list first.
(Jot it all down here!)

How long will
the task take
to complete?

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13
- 14
- 15
- 16
- 17
- 18
- 19
- 20



What is your overall goal for the next month?



What task numbers will help you move you closer to your goal?



Actions - GSD!



Add these important tasks to your diary

Allocate the correct amount of time to complete the task

Hopefully you don't have more than 20!

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NEXT MONTH CONTINUED

For the month of:

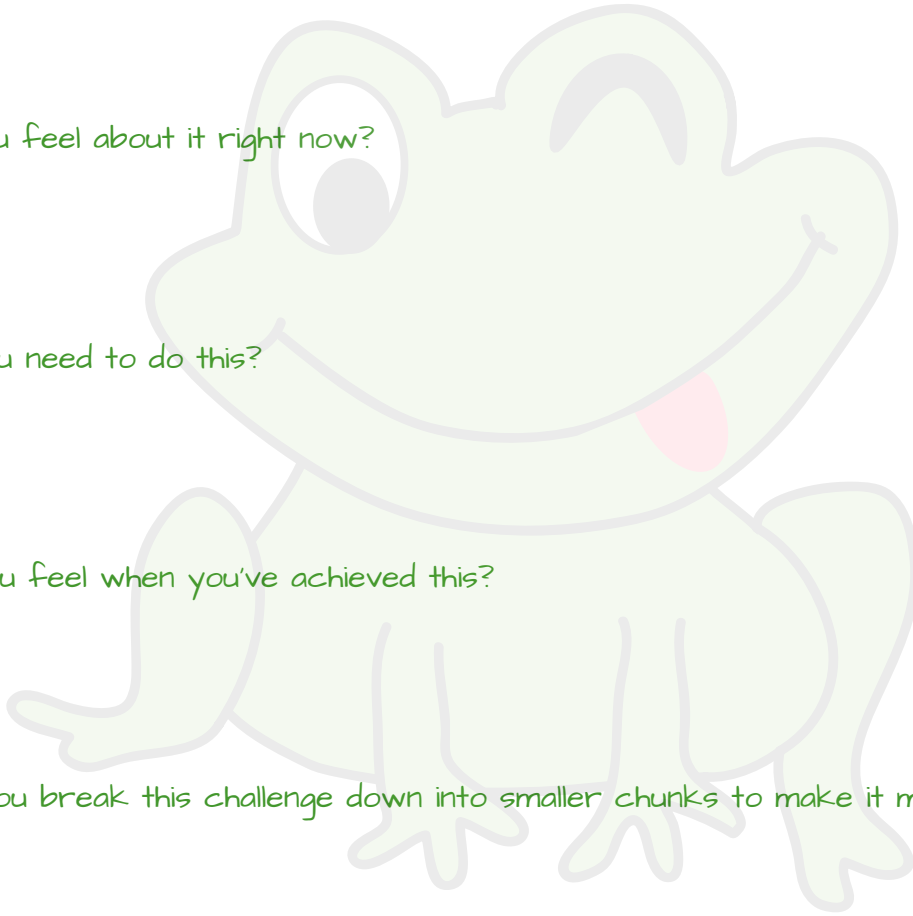
What is the BIG challenge/task ahead of you that you keep putting off?

How do you feel about it right now?

WHY do you need to do this?

How will you feel when you've achieved this?

How can you break this challenge down into smaller chunks to make it more manageable?

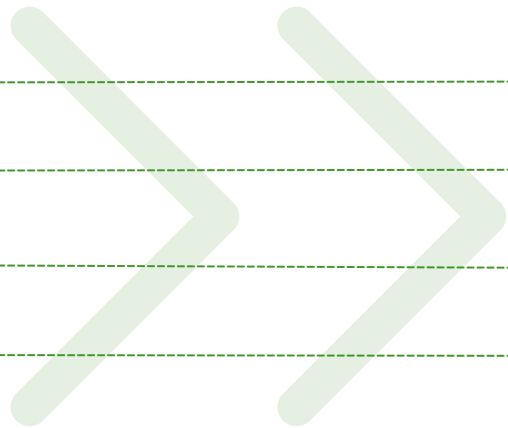


Now eat that frog!

Five ways to well-being, how will you:

1. Connect with Others
2. Get active
3. Take notice
4. Learn
5. Give

What do you have to look forward to this month:



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