

MONTHLY OUTLOOK

Now that you've identified several things you want and broken them down into, manageable steps...it's time to start applying them to your life.

Let's get an overview of the next month.

Each section below has a description on how to start using them.

CALENDAR

First you have your calendar. It is undated so you can start and end whenever you like. Here you can put down appointments, major things you want/need to remember that are coming up in the next 28-35 days.

MONTH IN REVIEW

This section is taking a look back at your last 30 days. There is a gray box in the upper left where you will score your last month on a 1-10 scale. If it was an amazing month give it a 9 or 10. If it was one of the worst months you can remember, give it a 1-2. If it was somewhere in between, well you get it.

Then answer why it was amazing, horrible, or an average month?

Finally, what did you learn? We should always be learning in every situation no matter good, bad, or mundane..."If we are not learning, we're losing."

TO DO'S

This is pretty straight forward. Do you have to take your car in for an oil change, have a doctors appt., need to do laundry, clean the house? This is the section you remind yourself of tasks that need to get done. It is broken up into three priority sections.

Now, you need to do these things soon!

Later, you want to get these done, but they are not pressing and can be done later.



Whenever, things you would like to do, but are very low on your priority list.

GOAL SECTIONS

On the bottom, there are three spaces to list your 3 goals. For each goal, write down the actions you will take, as well as where you want to be in the next month to be on pace for your 13 week goal line.

Don't just give your goal a generic name like health, but come up with a name that will inspire you. If one of your goals is to exercise, maybe give it the name "body" or "Mr./Mrs. America" something that will give it some motivation.

THIS MONTH

Pretty simple, put in the month or the 28-35 days you are working with.

MINDSET

What is your mindset for the Month? Is it Successful? Mindful? Joyful? Powerful? Determined? Overcoming? Accomplishing? Think of a word or sentence that describes your mindset as you head into this new month.

HABITS AND REMINDERS

A habit is a routine or behavior that is repeated regularly and tends to occur subconsciously. Habits can take us through our days, weeks, months, and even years without realizing we have fallen slave to them. One of the latest studies says it takes an average of 66 days to create a new habit. This number will vary depending on two things...the type of habit and person.

In order to create a new habit, or change an old (unwanted) one you must be consistent. If you want to start a new habit, one thing you can do is set out reminders. For example, if you want to start exercising you can set out a pair of workout shoes or your protein shake mix. Another is If you want to start flossing, leave a post it on the bathroom mirror to remind you. Setting out reminders is a good way to spark the brain in a different way, otherwise your brain will follow the usual pattern, routine, habit it is

used to...not flossing, not working out. You need to wake the brain up in a different way if you want to start doing something different.

If there is something you want to stop doing, you must create a new action, distraction or routine to take the place of the old one. An example is if you like something sweet after dinner but want to quick eating that candy bar or bowl of ice cream, you can try and replace that refined sugar treat with a piece of fruit. You may have to test out a few different kinds to find the one that works best, but no one said changing an unwanted habit was easy.

It's also easier to create a habit if you sandwich the action in-between two old ones. Let's take the flossing example...if you normally brush your teeth and then use a mouthwash, sandwich flossing between the two by leaving your floss next to the mouthwash as a reminder. This will allow you to adopt the habit easier.

Starting is often the hardest part of doing anything. If you use this section as your incubator or launch pad for ideas/reminders of things you want to start adding to your life, you are halfway there.

Use the Habits and Reminders section to help you create new habits, both small and large, as well as change ones you don't want by reminding yourself daily. Remember if you write it down, you are 42% more likely to do it!

DISTRACTION TO AVOID

Are there things coming up that may get in the way of you accomplishing your goals? What are they, and how do you avoid them disrupting your momentum. If there is a vacation coming up, this is straight forward and something you can plan around. If one of your goals is to eat better or exercise, plan on enjoying yourself, but do it mindfully. Don't just give up on your progress because you are on "vacation." Maybe don't eat that third piece of cheesecake, or hit the all you can eat buffet.

Maybe do a small workout each day to keep some momentum. You don't have to "crush it" in the gym, but being active on purpose is not a bad



thing. In fact, exercising is the number one anti-depressant, so add in a little exercise during your vacation and you should be on top of the world!

There are other distractions that are not as obvious. Maybe you've been spending too much time on social media or watching television. Make it a conscious effort and devise a plan on what you will do when that automatic thought of jumping on Facebook hits you. Maybe set a reminder or distraction to change the routine you have of checking your phone. You can use the habit and reminder section to help you devise a plan. You are the one with the power, use it.

MOST EXCITED ABOUT

If you are going on that vacation, I'm guessing that's on your most excited list. Even if you're not, what are you looking forward to the most this month. It doesn't have to be big, but put something down...maybe it's dinner with friends, a new golf course your hitting up, or losing those 5lbs (one of your goals). Again, this is your life, and your PATH...make it your own.