



TAKING YOU FROM WHERE YOU ARE...
TO WHERE YOU WANT TO BE

WELCOME TO YOUR TRUE PATH

You are about to go on a personal development journey that is simple, yet powerful. TRUE PATH will guide you step by step through this personal growth process. Throughout this journey it is important to remember... this is your TRUE PATH!

NAME:

PHONE:

EMAIL:

If you need support, have questions, or would like to share your experiences and stories, please visit www.truepathplanner.com

MY LIFE

Most of our lives are so busy we never take the time to look at them. Here we are going to do just that...look at our life TODAY.

There are 8 areas of life listed in this section. Look at each area, read the questions, and think about your answers. Don't write them down, but think about how you would answer them, honestly. There are no right or wrong answers...this is all about you!

After thinking about your answers to the questions in each area, rate yourself from 1-10. 1 = you need to work on every aspect in that area of your life. 10 = you couldn't possibly improve in that area. Once you have your score, write a couple of words that will remind you later about the reason for the score.

HEALTH:

How well do you eat? Do you plan your meals? How knowledgeable are you about what you eat?

Do you exercise? (think about the last 7 days). Do you like exercising? Do you get excited or feel obligated when thinking about exercising?

Are you happy with your weight? Would you like to lose, gain, or shift some weight?

How is your energy? Do you have plenty throughout the day? Is it low? Does it fluctuate depending on what you eat or time of day?

How do you sleep? Do you get sleep? Is it quality sleep?

HEALTH SCORE WHY

CAREER/WORK:

Do you like work? Do you look forward to going to work? Do you think about work when you are not working? When you are working, do you think about anything but work? Are you excited about your future in your

job/career? Where do you see yourself in five years in your job/career? Is what you are doing your dream job?

CAREER/WORK SCORE WHY

RELATIONSHIPS:

If you have a partner...are you happy with your partner? Do you look forward to seeing them? Do you feel pressure or stress when you are with them? How well do you get along with your partner... Could it be better... how? Is this the relationship of your dreams?

If you do not have a partner...do you want one? Do you feel having a partner would complete you or complement your life? Do you feel lonely without a partner? If you would like a partner, do you date? Do you enjoy dating?

RELATIONSHIP SCORE WHY

FAMILY/FRIENDS:

Think about other relationships in your life. Your family, friends, and even acquaintances. How is your relationship with your family? Your friends? Think about your closest friends and family members. Are there relationships you wish were closer or stronger? Who/Why?

Do you enjoy meeting new people...why or why not?

FAMILY/FRIENDS SCORE WHY

MONEY/FINANCE:

When you think about money, what comes to mind...fun, fear, excitement, responsibility? Think about your bank balance, your savings, and retirement. How solid is your income stream...dependable...varies... unknown? How much debt do you have? When you think about your financial situation and the rest of your life, how comfortable do you feel?

MONEY/FINANCE WHY



FUN:

Do you have fun? Would you consider your life fun? Why? Why not?

How do you spend your time when you are not working? Do you spend time on things that interest you? Do you enjoy your “me time”? Are there things you have interest in doing or being involved with that you have not acted on but would like to? Would you like to travel more? How much TV do you watch? Too much? Not enough? How much time do you spend on the Internet?

FUN SCORE **WHY**

PERSONAL GROWTH:

Do you spend time thinking about how to better yourself? How much time do you spend learning new things? Are you actively trying to expand your knowledge, and make yourself better?

PERSONAL GROWTH SCORE **WHY**

SPIRITUALITY:

You may or may not believe in a higher power.

If you do, how is your relationship? Is your relationship where you want it to be? How could it be better? Are there places of worship or groups you have wanted to join or visit? What can you do to strengthen your relationship?

SPIRITUALITY SCORE **WHY**

DARE TO DREAM

Do you remember a time when anything was possible...Life was an adventure and you were up for any challenge...Nothing could hold you back?

It may have been when you were just getting out of high school, and the world was yours for the taking, or when you graduated from college, and you were going to rise to the top of your industry. Maybe your dream was to take off and travel the world. Maybe you have a passion for helping others and that is your mission in life. It could have been last week when you thought, "it's time to stop dreaming and start doing!"

Take a moment, close your eyes, and imagine a world where you can go and do anything you wish. There are no financial restraints or responsibilities. There is nothing holding you back!

With this frame of mind, take 5 minutes or so and write! Write anything and everything that comes to mind. This is a free write, so once you put pen to paper, try not to stop writing...you want a stream of consciousness on paper. Don't judge or worry about what others would think. This is your chance to do anything you want. So, have fun and dream big!



WANTS/DESIRES/DREAMS

You now have an overview of what your life looks like today. You have dreamt about what you want most, and you should be able to come up with some things you really want (in life). These can be short-term, long-term, and anything in-between.

Remember this is YOUR life and you get to do what you want with it. So, what do you want?

There are 8 spaces below where you can write down your Wants, Desires, and Dreams. Don't stress about the size of them, or how you are going to get them...just write them down. It's fine if you can't think of 8 things, just write down what comes to mind. If you want some inspiration, look back at your MY LIFE section and create one from each area.

1.
2.
3.
4.
5.
6.
7.
8.

Now that you have some things you want (goals)...let's break them down into manageable steps...

GOAL BREAKDOWN FORMULA

You wrote up to 8 things you want, desire, and dream about. It's time to make some tough choices. Pick the 3 things you want to work on most in the next 13 weeks. You are actively going to work on 3 things that you really want. When you are done with this 13-week TRUE PATH Planner, you will have made amazing strides toward your goal, as well as growing personally in more ways than you thought possible.

Goals are like staircases. You don't just get to a staircase, take one step, and you are at the top. Each staircase is unique and requires a different amount of steps. Same with a goal....

For example, if your goal is to make it to the gym that day, there are probably a couple of steps that need to be taken. If your goal is to buy a house, there are probably many more steps required to achieve that goal.

It's important with a goal, just like a staircase, not to look at the top, but rather focus on the next step. Once you've taken the first step, you can then focus on the next, and then the next and so on. Before you know it, you are at the top!

It's time to break it down...

Simple is Smart! Ask the What, Why, How, Where, and When to better understand your goal.

WHAT? The first step to any goal is to define what it is. If your goal is to get a new pair of shoes, you need to ask...what kind of shoes? Be specific...size, color, brand, model, etc.

Being specific is key! If your goal is to get in better shape, don't just say "get in better shape" because that can mean anything. What does that mean? Lose 10 pounds? Gain muscle? Get to a certain body fat percentage? Be specific!

The more specific you are, the more accountable you can be to yourself.

WHY? The next step is why? This is the most important question as the "why" is the motivation behind what you want to achieve. Don't just



write in some generic why, instead dig deep. Like when you were a kid... keep asking why to the answers you come up with...

Why do I want to be in better shape? To look better. Ok, but why do you want to look better? So that I can feel good about putting on a bathing suit. Ok, but why is that important? If I feel good about myself, I will have more confidence. If I have more confidence, I won't be afraid of failing. Once you run out of whys, you can then pinpoint the few that really stick out.

The Why is what gives you the strength to keep taking action on those days you just don't feel like it. Find the motivational whys behind your goal and you will be much more likely to achieve it.

HOW? The how is your blueprint to achieving your goal. Start writing down all the actions that will help you accomplish your goal. From broad to specific.

For example, if your goal is to be in better shape then you focus in on diet and exercise.

What can you eat? What can't you eat? Do you eat small meals every 3 hours? Do you comply to a diet you have used in the past that you enjoy? You need to create a roadmap that will work for you.

This goes for exercise as well. Do you like the gym? Run? Yoga? Crossfit? There are a number of things you can do, so you need to choose what works for you and how you will do them.

WHERE? Where are you going to achieve your goal? This can be broad like everywhere, or very specific like spin class.

WHEN? When do you want to achieve your goal?

There are some goals that have no timeline, and for those you can put ASAP or before I die. But, if possible, have a "goal line" you are going to cross.

Once you answer the What, Why, How, Where, and When, your vision for what you want should be much clearer.

TIMELINE

The Timeline is where you construct your staircase for your goal. You now understand your goal, but it's time to break it down into manageable steps. You start by putting the final step first...the Goal line.

Goal line – This is where you finish, or achieve your goal. Just take the “When” from the breakdown process and transfer this to the goal line.

13 Weeks – Where do you want, or need, to be at the 13-week point in order to be on pace to achieving your goal?

30 Days – What are you going to do in the next month in order to be on pace for your 13-week mark and ultimately your goal line?

7 Days – What are you going to do this week? What action steps need to be taken this week to be on track to reaching your 30-day mark?

Daily – What action steps are you taking daily? In the staircase analogy, this is the step you are looking at right now. This is the only step you need to think about. Once you take this step, you can look at the next (next day). And so on....One step at a time!



GOAL BREAKDOWN

What:

Why:

How:

Where:

When:

TIMELINE

Goal line:

13 Week:

Month:

Week:

Day:



GOAL BREAKDOWN

What:

Why:

How:

Where:

When:

TIMELINE

Goal line:

13 Week:

Month:

Week:

Day:



GOAL BREAKDOWN

What:

Why:

How:

Where:

When:

TIMELINE

Goal line:

13 Week:

Month:

Week:

Day:

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 of the following sections 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 how good, bad, or mundane... "If we are not learning, we're losing."

TO-DOS

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 of the worksheet, 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, and



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 quit 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 straightforward 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 antidepressant, 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 you're hitting up, or losing those 5lbs (one of your goals). Again, this is your life, and your PATH...make it your own.

LAST MONTH

WHY:

LEARN:

TO DO'S

MONDAY





















TUESDAY

WEDNESDAY

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GOAL 1

GOAL 2

| THIS MONTH | | HABITS AND REMINDERS | |
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| MINDSET | | | |
| THURSDAY | FRIDAY | SATURDAY | SUNDAY |
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| GOAL 3 | | | |
| DISTRACTIONS TO AVOID | | MOST EXCITED ABOUT | |
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LAST MONTH

WHY:

LEARN:

TO DO'S





















MONDAY

TUESDAY

WEDNESDAY

GOAL 1

GOAL 2

| THIS MONTH | | HABITS AND REMINDERS | |
|--|---|---|---|
| MINDSET | | | |
| THURSDAY | FRIDAY | SATURDAY | SUNDAY |
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| GOAL 3 | | | |
| DISTRACTIONS TO AVOID | | MOST EXCITED ABOUT | |
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LAST MONTH

WHY:

LEARN:

TO DO'S





















MONDAY

TUESDAY

WEDNESDAY

GOAL 1

GOAL 2

| THIS MONTH | | HABITS AND REMINDERS | |
|--|---|---|---|
| MINDSET | | | |
| THURSDAY | FRIDAY | SATURDAY | SUNDAY |
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| GOAL 3 | | | |
| DISTRACTIONS TO AVOID | | MOST EXCITED ABOUT | |
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HOW'S YOUR WEEK

Now that your next 30 days are in check, it's time to look at this week!

Your weekly goal sheet gets you organized and sets you up for success. Many of the sections are repeated from the Monthly Pages (there's a purpose for that). The new sections are listed with advice on how to use them. As you get more familiar with each section and how they work into your life, remember to make this your own!

It is advised to set up your weekly pages on Sunday evening, or what best suits you, but to set it up before your week begins.

WEEK IN REVIEW

Starting in the upper left corner, there is a gray box. Rank last week...was it a 1...miserable week, or a 10, the best week ever, or was it somewhere in-between?

Once you give it a value...Why? There is a reason or reasons why you gave your week that score...expound.

What did you learn last week? Please tell me you learned something! If you are not learning, you're losing...no matter if it's good, bad, mundane, learn from every situation, every person, the more you learn, the better you are the next time.

13 WEEKS TO MINDFULNESS

Every week there is a mindfulness training tip/exercise. This will focus on an area of mindfulness you can practice that week. As you will see there is a daily mindfulness practice (explained more in the daily section). These weekly tips and exercises are to help you with your daily practice.

TO-DOS

We've covered this in the monthly sections.

GOALS, PLAN ACTION (GPA)

GPA is where you focus in on the things you want most...your goals! There are three large spaces for your three goals. Write the name of your goal on the line in the box. In the box provided, you are going to put what action steps you will take this week to keep you on track to hitting your monthly goal line. You can list things, you can draw, you can use the box however it best suits you. Remember, it is all about making this your own.

THIS WEEK

What week is it, what's the date?

MINDSET

What's your mindset going to be heading into the week?

HABITS AND REMINDERS

Repetition breeds consistency which creates habits.

WEEKLY SCHEDULE

You will see the weekly schedule is broken up into Morning/Afternoon/Evening sections along with Mon-Fri and a split Sat/Sun. Here you can take those appointments, and important things that need to be done, and put them in the appropriate boxes. You can also color-code your three goals and to-dos on the left side and match them in the boxes within the weekly schedule to help keep you organized.

DISTRACTIONS TO AVOID

Are there things coming up this week that may get in the way of you accomplishing what you set out to do? Refer to the monthly section for more detail.

MOST EXCITED ABOUT

Just like your month sheet...what are you most excited about for this upcoming week?

LAST WEEK

WHY:

LEARN:

13 WEEKS TO MINDFULNESS

Awareness – Most of us move through our day in a habitual state. This week, pick one thing to focus on each day. It can be your drive to work, a conversation, or even the way your cup of coffee taste. Wake up your mind at least once a day...pick something and make a point to pay attention to it on purpose.

| | TO-DOS | GOALS | PLAN | ACTION |
|----------|--------|-------|------|--------|
| NOW | | | | |
| LATER | | | | |
| WHENEVER | | | | |

| THIS WEEK | | HABITS AND REMINDERS | |
|-----------------------|--|----------------------|---------|
| MINDSET | | | |
| | | | |
| MORNING | | AFTERNOON | EVENING |
| MONDAY | | | |
| TUESDAY | | | |
| WEDNESDAY | | | |
| THURSDAY | | | |
| FRIDAY | | | |
| SATURDAY | | | |
| | | SUNDAY | |
| DISTRACTIONS TO AVOID | | MOST EXCITED ABOUT | |
| | | | |



TOMORROW STARTS TODAY

Your daily pages are where the magic happens. As mentioned before, you are 42% more likely to do something if you write it down.

You are advised to write down your day, the night before. There are several reasons for this. If you plan your day the night before, it allows you to enjoy your evening without worry. This includes sleep, because everything that was in your head is now on paper and will be there for you in the morning.

When you wake up the next morning you follow what your best self has written down the night before. By doing this, you don't have to use as much willpower because you have already made the decisions. Willpower is like a muscle, we only get a certain amount each day. By writing things down you get to save more willpower for the unexpected things that may pop up during the day.

We live in a "go big or go home" society and we are "Expected" to do everything right now! If you follow this approach you will lose most of the time. It's consistency that wins the race...look at the story of the tortoise and the hare. If you are consistent in the things you set out to do, they become automatic or habit. Creating consistency in our lives allows life to become easier. Don't we all want life to be easier?

A little logic lesson...writing things down each day creates consistency. Consistency makes life easier. Therefore, writing things down daily makes life easier.

Many of the Monthly/Weekly sections are repeated in the daily section (hint: consistency/routines/habits). But, there are a few new ones and they are important!

HABITS AND REMINDERS

Each day write down what it is you need to remind yourself to do. If it is a habit you are trying to create or change, remember it takes an average of

66 days to create a new habit. If you are writing in the same thing every day it may seem repetitive, but remember repetition breeds consistency and...well, you know the rest.

TODAY

The day and date.

MOST EXCITED ABOUT

What are you most excited about tomorrow (remember you are writing this the night before).

TODAY I WILL MINDFULLY

I said there were a couple of new sections that were important. Yes, this is what I was talking about. Wait, what is Mindfulness?

Mindfulness is the act of paying attention on purpose.

We want to develop positive and healthy habits to live a better, easier life. But in order to develop or change a habit you need to be mindful.

This section will ask you to practice being mindful by focusing in on one thing that day. It can be anything you want. You can be mindful drinking your morning cup of coffee, listening to the news, talking with your family, friend, coworker, eating lunch, listening to a song, driving home from work...you get the picture...anything you decide.

Remember, being mindful is the act of paying attention on purpose. How many times have you been talking with someone and your thoughts drift somewhere else...this is an example of not being mindful. How about driving...do you even remember the drive to and from work? Driving becomes a habit and your subconscious brain takes over, this allows your thoughts to wander off and ruminate on the past and the future instead of the present...driving.



Why is practicing being mindful important? It is one of the only ways you can strengthen your brain. Most of us exercise and strengthen our body, but very few do the same with our mind. Simply by paying attention a little more each day, we can help to increase our brain power. This increases mood, memory, focus, and emotional regulation as well as decreases our stress and all the negative effects that come with it like a lowered immune system, anxiety, fear, and depression.

In this section pick something you are going to actively pay attention to that day. Each week, there is a mindfulness lesson which will give you an area to focus on. Follow the area of focus or if you're feeling adventurous you can pick something on your own. It can be your breathing for 60 seconds, the taste of your morning cup of coffee or your drive to work.

This is a practice and like everything in life, the more you do it, the better you become. Start small, make this a habit, and before you know it you will become a more productive, healthier, happier person for it.

TO-DOS

This is covered in the monthly

GPA

The daily GPA consists of the actions you will be taking that day. Write down the specific actions you will be taking that day in order to get one step closer to your goal.

GRATITUDE

Here you can write down what you are thankful for. This section I recommend completing in the morning as you begin your day. Write down a word or sentence that reminds you of things you are thankful for. It can be family, friends, health, a cup of coffee, or anything else that you are thankful for.

WIN MY MORNING

If you are going to “Win Your Day” you better “Win Your Morning.” To do this, set 3-5 things you do every morning that help you get ready for the day. They can be anything from making coffee to making your bed to feeding the dogs. They don’t have to be big things, just 3-5 small things that you do every morning when you first wake up. These are considered small wins and small wins lead to bigger ones...get it?

If you are trying to establish a morning routine, then write down your 3-5 actions below the “Win My Morning.” If you already have them established (habit), then cross out the “Win My Morning” once you have completed them. This gives you that small win and gets you ready for the rest of your day!

DAILY SCHEDULE

Your daily schedule is where you create your roadmap for that day. Here you can write in anything you are doing that day...work, gym, social events, anything...this is your schedule, use it as you need to keep yourself organized and prioritized.

NOTES/THOUGHTS/IDEAS

Here you get a large blank space to write down any thoughts, ideas, etc. that come to mind. You can also use this space if you need more room for your daily schedule.

DAY IN REVIEW

Before you fill out your next day, you want to look back at today. The first box has three categories...Food, Move, and Social. I usually put a 1-10 score, but you can fill it in with good, bad, ok, whatever works for you.

Food = how did you eat today?

Move = How much did you move...did you exercise, lay on the couch all day...how much movement did your day consist of?



Social = our surroundings. We are a product of our environment. Did you hang around people that are positive and supportive, or negative and depressing?

Just like the week in review, there is a gray box where you score your day on a 1-10 scale. Then explain why you gave it that score.

What did you learn today? Remember, “If you are not learning, you’re losing.”

Finally, there is a small gray box in the bottom right corner. Put a check mark or X once you have filled out tomorrow’s page. This is your built-in reminder to stay on your TRUE PATH.

MORE INFORMATION/SUPPORT

I wish I could explain more of the “whys” behind each section and how they impact your days as well as your life. But, if I did, this would turn into a book rather than Your TRUE PATH Planner.

What you can do is go to www.truepathplanner.com and find articles, tips, tricks, and techniques on how to use different aspects of TRUE PATH and how they can impact your personal growth journey.

NOTES

| TODAY | MOST EXCITED ABOUT |
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| HABITS AND REMINDERS | TODAY I WILL MINDFULLY... |
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| | TO-DOS | GOALS | PLAN | ACTION |
|----------|--------|-------------------------------------|------|--------|
| NOW | | <hr data-bbox="503 558 838 563"/> | | |
| LATER | | <hr data-bbox="503 913 838 918"/> | | |
| WHENEVER | | <hr data-bbox="503 1268 838 1273"/> | | |

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13 WEEKS TO MINDFULNESS

Breathing – Do you ever think about your breath during the day...not whether it is good or bad, but that you actually take over 20,000 of them a day. This week, take 60 seconds each day and pay attention to the 15 or so breaths you take that minute. Pay attention to the air that flows in and out. (Google mindful breathing...it may help with your practice.)

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13 WEEKS TO MINDFULNESS

Taste – Each day, pick something you are about to eat or drink and pay attention to the taste of it. Maybe something at breakfast, lunch, or a cup of coffee. Focusing in on the taste will bring a whole new awareness and enjoyment to the things we eat and drink!

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| SATURDAY | SUNDAY | | |
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13 WEEKS TO MINDFULNESS

Listening – Pick a song that you are not going to sing along with and listen to it mindfully. A good practice is to close your eyes for 3-5 minutes, the length of the song, and just listen. Listen to it for the instruments, the voices, and how the music hits your ears (headphones/earbuds help with this exercise).

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Walking – As you walk to your car or down the street, or in your house, think about each step you take. How do your feet land on the ground? How fast is your pace? The connection from your feet to your legs, to hips, to arms, and the rest of your body. Walk with purpose!

| | TO-DOS | GOALS | PLAN | ACTION |
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| NOW | | <hr data-bbox="503 558 838 564"/> | | |
| LATER | | <hr data-bbox="503 913 838 920"/> | | |
| WHENEVER | | <hr data-bbox="503 1268 838 1275"/> | | |

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13 WEEKS TO MINDFULNESS

Breathing – Wait, I already know this. This week, you are going to take control of your breath. Take a few minutes each day and take over something that you do involuntarily. Learn to control your breath and you will learn to control your life. Each day take a few minutes and breath deep in and out through your nose, slowly. At the end, know that you are in control.

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13 WEEKS TO MINDFULNESS

Listening – Focus in on who you're listening to. If it is a conversation, stop your mind from wandering and listen to every word. This level of mindfulness takes a conscious effort to shut down the mind and just absorb what is being said. You will be amazed at what you hear!

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13 WEEKS TO MINDFULNESS

Observe – This week, look at something...it can be an object, a landscape, a person, anything you choose and take 60 seconds and just observe it. Don't judge, which is our natural tendency, but look at it for what it is.

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13 WEEKS TO MINDFULNESS

Change a Routine – It's now time to use your mindfulness skills and actively put them to practice. Pick a habitual routine like brushing your teeth, or driving to work. Take that routine and change it up. If you're brushing your teeth, focus in on a particular part of your mouth, instead of just going through the motions. If you are driving to work, pick a different route. Changing a routine will wake up the mind!

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| | TO-DOS | GOALS | PLAN | ACTION |
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| NOW | | <hr data-bbox="503 558 841 564"/> | | |
| LATER | | <hr data-bbox="503 913 841 920"/> | | |
| WHENEVER | | <hr data-bbox="503 1268 841 1275"/> | | |

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| NOW | | <hr data-bbox="503 558 841 563"/> | | |
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13 WEEKS TO MINDFULNESS

Slow Down – This week, slow down! We are in a rush to do everything these days. Pick something each day and do it mindfully. Choose to slow down and pay attention to the details of whatever it is. It can be washing the dishes, eating, exercising, reading, anything.

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13 WEEKS TO MINDFULNESS

Lean into Discomfort – Pick something that is uncomfortable and lean into it. We love to avoid things that are uncomfortable, but most of the time we are putting off the inevitable and making it worse. Instead of avoiding, lean into it. Lean into the feeling behind it, and ask why is this uncomfortable? Asking why can help you overcome not only the current situation, but future ones as well.

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13 WEEKS TO MINDFULNESS

Ask Why – We've talked about habits and how we do them without thinking. This week, ask why? Start thinking about the actions you take, the thoughts you have and start asking why? Why am I thinking this? Why am I doing this? Remember, life is not about the what's, but rather the why's.

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13 WEEKS TO MINDFULNESS

Blind Awareness – When you close your eyes, your other senses become heightened. This week, pick something each day that you can close your eyes while doing and experience it with a heightened awareness. I recommend not choosing your drive to work on this one.

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| | TO-DOS | GOALS | PLAN | ACTION |
|----------|--------|-------------------------------------|------|--------|
| NOW | | <hr data-bbox="500 558 838 564"/> | | |
| LATER | | <hr data-bbox="500 913 838 920"/> | | |
| WHENEVER | | <hr data-bbox="500 1268 838 1275"/> | | |

GRATITUDE

MINDSET

NOTES / THOUGHTS / IDEAS

WIN MY MORNING

6

9

12

3

6

9

DAY IN REVIEW

FOOD:

WHY:

MOVE:

LEARN:

SOCIAL:

| TODAY | MOST EXCITED ABOUT |
|-------|--------------------|
| | |

| HABITS AND REMINDERS | TODAY I WILL MINDFULLY... |
|----------------------|---------------------------|
| | |

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|----------|--------|-------------------------------------|------|--------|
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| | |

| | TO-DOS | GOALS | PLAN | ACTION |
|----------|--------|-------------------------------------|------|--------|
| NOW | | <hr data-bbox="503 558 841 563"/> | | |
| LATER | | <hr data-bbox="503 913 841 918"/> | | |
| WHENEVER | | <hr data-bbox="503 1268 841 1273"/> | | |

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CONGRATULATIONS!

You've just completed a 13-week self-discovery, productivity, and goal-accomplishing journey. Hopefully you have found the Direction, Structure, and Accountability needed to find and travel down your TRUE PATH.

Your TRUE PATH Planner now has the last 13 weeks of your life documented. This is not just a tool to help you accomplish things you want in life, but it also serves as a journal that you can look back on years later and recall certain days, vacations, memories, struggles, and accomplishments that you can enjoy for the rest of your life.

If you haven't already, please share your stories with us. We love to hear about your TRUE PATH. Visit www.truepathplanner.com

