

STRATEGIC ACTION PLANNER



Name:	
Address:	
Phone:	
Email:	

Plan the WORK Work the PLAN

"The difference between a DREAM and a VISION is a clearly define path of pursuit." - Dr. David Jackson



Insert a picture of YOUR WHY here.

Insert your EPIC VISION BOARD here. **20 Year Vision**

5 Year Picture

1 Year Plan





QI FOCUS:

KPI	GOAL	ACTUAL	% TO GOAL
NP			
PV			
\$\$\$			
OVA			

QI EPIC REWARD (DC & TEAM):



Q2 FOCUS:

KPI	GOAL	ACTUAL	% TO GOAL
NP			
PV			
\$\$\$			
OVA			

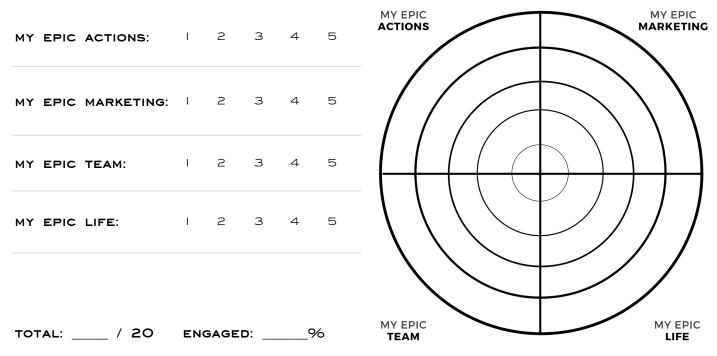
Q2 EPIC REWARD (DC & TEAM):

MY EPIC ACTIONS:	Ι	2	З	4	5	MY EPIC ACTIONS MARKETING
MY EPIC MARKETING:	I	2	З	4	5	
MY EPIC TEAM:	Ι	2	З	4	5	
MY EPIC LIFE:	I	2	З	4	5	
total: / 20	EN	GAGE	D:	c	%	MY EPIC TEAM MY EPIC

Q3 FOCUS:

KPI	GOAL	ACTUAL	% TO GOAL
NP			
PV			
\$\$\$			
OVA			

Q3 EPIC REWARD (DC & TEAM):



Q4 FOCUS:

KPI	GOAL	ACTUAL	% TO GOAL
NP			
PV			
\$\$\$			
OVA			

Q4 EPIC REWARD (DC & TEAM):

MY EPIC ACTIONS:	I	2	З	4	5	MY EPIC ACTIONS MARKETING
MY EPIC MARKETING:	I	2	З	4	5	
MY EPIC TEAM:	Ι	2	З	4	5	
MY EPIC LIFE:	I	2	З	4	5	
total: / 20	EN	GAGE	D:	c	%	MY EPIC TEAM MY EPIC LIFE

1: New Year	January								
16: MLK Jr Day	S	М	т	W	т	F	S		
27-28: Live Training	1	2	3	4	5	6	7		
	8	9	10	11	12	13	14		
NP GOAL:	15	16	17	18	19	20	21		
ACTUAL:	22	23	24	25	26	27	28		
	29	30	31	1	2	3	4		

14: Valentine's Day	February									
20: President's Day	S	М	т	W	т	F	s			
	29	30	31	1	2	3	4			
	5	6	7	8	9	10	11			
NP GOAL: ACTUAL:	12	13	14	15	16	17	18			
ACTUAL:	19	20	21	22	23	24	25			
	26	27	28	1	2	3	4			

12: Daylight Savings Starts		March								
17: St. Patrick's Day	S	М	т	W	т	F	s			
	26	27	28	1	2	3	4			
	5	6	7	8	9	10	11			
NP GOAL: ACTUAL:	12	13	14	15	16	17	18			
ACTUAL.	19	20	21	22	23	24	25			
	26	27	28	29	30	31	1			

9: Easter	April								
22: Earth Day	S	М	Т	W	Т	F	S		
28-29: Live Training	26	27	28	29	30	31	1		
	2	3	4	5	6	7	8		
	9	10	11	12	13	14	15		
NP GOAL:	16	17	18	19	20	21	22		
ACTUAL:	23	24	25	26	27	28	29		
	30	1	2	3	4	5	6		

5: Cinco de Mayo	May								
Int. Day of the Midwife	S	М	Τ	w	т	F	S		
14: Mother's Day	30	1	2	3	4	5	6		
29: Memorial Day	7	8	9	10	11	12	13		
NP GOAL:	14	15	16	17	18	19	20		
ACTUAL:	21	22	23	24	25	26	27		
	28	29	30	31	1	2	3		

5: Ntl. Women Chiro Day				June	9		
18: Father's Day	s	М	т	w	т	F	s
19: Juneteenth	28	29	30	31	1	2	3
	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
NP GOAL: ACTUAL:	18	19	20	21	22	23	24
	25	26	27	28	29	30	1

1. Canada Day				July			
	S	М	т	W	Т	F	s
1: Canada Day 4: MLK Jr Day NP GOAL: ACTUAL:	25	26	27	28	29	30	1
	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
NP GOAL:	16	17	18	19	20	21	22
ACTUAL:	23	24	25	26	27	28	29
	30	31	1	2	3	4	5

			Α	ugu	st		
	S	М	Т	w	T	F	s
	30	31	1	2	3	4	5
	6	7	8	9	10	11	12
NP GOAL: ACTUAL:	13	14	15	16	17	18	19
ACTUAL.	20	21	22	23	24	25	26
	27	28	29	30	31	1	2

4: Labor Day			Se	otem	nber		
18: Chiropractic's Bday	S	М	т	W	т	F	s
29-30: Live Training	27	28	29	30	31	1	2
	3	4	5	6	7	8	9
NP GOAL:	10	11	12	13	14	15	16
ACTUAL:	17	18	19	20	21	22	23
	24	25	26	27	28	29	30

9: Can. Thanksgiving			0	ctob	er		
31: Halloween	S	М	т	w	т	F	s
	1	2	3	4	5	6	7
NP GOAL:	8	9	10	11	12	13	14
ACTUAL:	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30	31	1	2	3	4

8: Daylight Savings Ends			No	vem	ber		
11: Planning Session	S	М	т	W	т	F	S
Veteran's Day	29	30	31	1	2	3	4
23: Thanksgiving	5	6	7	8	9	10	11
NP GOAL:	12	13	14	15	16	17	18
ACTUAL:	19	20	21	22	23	24	25
	26	27	28	29	30	1	2

8: Hanukkah Begins			De	cem	ber		
24: Christmas Eve	S	М	т	w	т	F	s
25: Christmas Day	26	27	28	29	30	1	2
30: New Year's Eve	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
NP GOAL:	17	18	19	20	21	22	23
ACTUAL:	24	25	26	27	28	29	30
	31	1	2	3	4	5	6

Week of	Epic Monday	Tuesday
	MIND:	MIND:
MY WEEKLY GOALS	BODY:	BODY:
NP:	NOURISH:	NOURISH:
PV:	Key Action Items	Key Action Items
CONV:	□ 1	□ 1
COLL:	2	□ 2
RETENTION:	3	3
Major Action Items	Additional Tasks	Additional Tasks
	□ 1	□ 1
	2	2
	3	3
	4	4
	5	5
	Accelerator Call	/ Velocity Group
Travel / Distractions / Events	Key Tak	e Aways
Connections to Make	Key Activ	on Items

Wednesday	Thur	rsday	Friday	
MIND:	MIND:		MIND:	
BODY:	BODY:		BODY:	WEEKLY REVIEW
NOURISH:	NOURISH:		NOURISH:	NP:
Key Action Items	Key Actio	on Items	Key Action Items	PV:
□ 1	□ 1		□ 1	CONV:
□ 2	2		□ 2	COLL:
3	3		3	RETENTION:
Additional Tasks	Addition	nal Tasks	Additional Tasks	Notes from This Week
□ 1	□ 1		□ 1	
2	2		2	
3	3		3	
4	4		4	
5	5		□ 5	
Gratitude			Weekend Action Items	
□ 1		□ 1		Attack Plan for Next Week
2		2		-
3		3		-
4		□ 4		
	Creation	n & Ideas		
				WINS
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MY WEEKLY GOALS	BODY:	BODY:
NP:	NOURISH:	NOURISH:
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CONV:	□ 1	□ 1
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	□ 1	□ 1
	2	□ 2
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BODY:	BODY:		BODY:	WEEKLY REVIEW
NOURISH:	NOURISH:		NOURISH:	NP:
Key Action Items	Key Actio	on Items	Key Action Items	PV:
□ 1	□ 1		□ 1	CONV:
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3	3		3	RETENTION:
Additional Tasks	Addition	nal Tasks	Additional Tasks	Notes from This Week
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2	2		2	
3	3		3	
4	4		4	
5	5		□ 5	
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2		2		-
3		3		-
4		□ 4		
	Creation	n & Ideas		
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□ 2	2		□ 2	COLL:
3	3		3	RETENTION:
Additional Tasks	Addition	nal Tasks	Additional Tasks	Notes from This Week
□ 1	□ 1		□ 1	
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5	5		□ 5	
Gratitude			Weekend Action Items	
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4		□ 4		
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3	3		3	RETENTION:
Additional Tasks	Addition	nal Tasks	Additional Tasks	Notes from This Week
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5	5		□ 5	
Gratitude			Weekend Action Items	
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	Creation	n & Ideas		
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Week of	Epic Monday	Tuesday
	MIND:	MIND:
MY WEEKLY GOALS	BODY:	BODY:
NP:	NOURISH:	NOURISH:
PV:	Key Action Items	Key Action Items
CONV:	□ 1	□ 1
COLL:	2	□ 2
RETENTION:	3	3
Major Action Items	Additional Tasks	Additional Tasks
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	Accelerator Call	/ Velocity Group
Travel / Distractions / Events	Key Tak	e Aways
Connections to Make	Key Activ	on Items

Wednesday	Thur	rsday	Friday	
MIND:	MIND:		MIND:	
BODY:	BODY:		BODY:	WEEKLY REVIEW
NOURISH:	NOURISH:		NOURISH:	NP:
Key Action Items	Key Actio	on Items	Key Action Items	PV:
□ 1	□ 1		□ 1	CONV:
□ 2	2		□ 2	COLL:
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Additional Tasks	Addition	nal Tasks	Additional Tasks	Notes from This Week
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Gratitude			Weekend Action Items	
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	Creation	n & Ideas		
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Week of	Epic Monday	Tuesday
	MIND:	MIND:
MY WEEKLY GOALS	BODY:	BODY:
NP:	NOURISH:	NOURISH:
PV:	Key Action Items	Key Action Items
CONV:	□ 1	□ 1
COLL:	2	□ 2
RETENTION:	3	3
Major Action Items	Additional Tasks	Additional Tasks
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	Accelerator Call	/ Velocity Group
Travel / Distractions / Events	Key Tak	e Aways
Connections to Make	Key Activ	on Items

Wednesday	Thur	rsday	Friday	
MIND:	MIND:		MIND:	
BODY:	BODY:		BODY:	WEEKLY REVIEW
NOURISH:	NOURISH:		NOURISH:	NP:
Key Action Items	Key Actio	on Items	Key Action Items	PV:
□ 1	□ 1		□ 1	CONV:
□ 2	2		□ 2	COLL:
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Additional Tasks	Addition	nal Tasks	Additional Tasks	Notes from This Week
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Gratitude			Weekend Action Items	
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	Creation	n & Ideas		
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Week of	Epic Monday	Tuesday
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MY WEEKLY GOALS	BODY:	BODY:
NP:	NOURISH:	NOURISH:
PV:	Key Action Items	Key Action Items
CONV:	□ 1	□ 1
COLL:	2	□ 2
RETENTION:	3	3
Major Action Items	Additional Tasks	Additional Tasks
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	Accelerator Call	/ Velocity Group
Travel / Distractions / Events	Key Tak	e Aways
Connections to Make	Key Activ	on Items

Wednesday	Thur	rsday	Friday	
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BODY:	BODY:		BODY:	WEEKLY REVIEW
NOURISH:	NOURISH:		NOURISH:	NP:
Key Action Items	Key Actio	on Items	Key Action Items	PV:
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Additional Tasks	Addition	nal Tasks	Additional Tasks	Notes from This Week
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Gratitude			Weekend Action Items	
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Week of	Epic Monday	Tuesday
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MY WEEKLY GOALS	BODY:	BODY:
NP:	NOURISH:	NOURISH:
PV:	Key Action Items	Key Action Items
CONV:	□ 1	□ 1
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RETENTION:	3	3
Major Action Items	Additional Tasks	Additional Tasks
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	Accelerator Call	/ Velocity Group
Travel / Distractions / Events	Key Tak	e Aways
Connections to Make	Key Activ	on Items

Wednesday	Thur	rsday	Friday	
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BODY:	BODY:		BODY:	WEEKLY REVIEW
NOURISH:	NOURISH:		NOURISH:	NP:
Key Action Items	Key Actio	on Items	Key Action Items	PV:
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Additional Tasks	Addition	nal Tasks	Additional Tasks	Notes from This Week
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Gratitude			Weekend Action Items	
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Week of	Epic Monday	Tuesday
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NP:	NOURISH:	NOURISH:
PV:	Key Action Items	Key Action Items
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RETENTION:	3	3
Major Action Items	Additional Tasks	Additional Tasks
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	Accelerator Call	/ Velocity Group
Travel / Distractions / Events	Key Tak	e Aways
Connections to Make	Key Activ	on Items

Wednesday	Thur	rsday	Friday	
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BODY:	BODY:		BODY:	WEEKLY REVIEW
NOURISH:	NOURISH:		NOURISH:	NP:
Key Action Items	Key Actio	on Items	Key Action Items	PV:
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Additional Tasks	Addition	nal Tasks	Additional Tasks	Notes from This Week
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Gratitude			Weekend Action Items	
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Week of	Epic Monday	Tuesday
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PV:	Key Action Items	Key Action Items
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COLL:	2	□ 2
RETENTION:	3	3
Major Action Items	Additional Tasks	Additional Tasks
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	Accelerator Call	/ Velocity Group
Travel / Distractions / Events	Key Tak	e Aways
Connections to Make	Key Activ	on Items

Wednesday	Thur	rsday	Friday	
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BODY:	BODY:		BODY:	WEEKLY REVIEW
NOURISH:	NOURISH:		NOURISH:	NP:
Key Action Items	Key Actio	on Items	Key Action Items	PV:
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Week of	Epic Monday	Tuesday
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PV:	Key Action Items	Key Action Items
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COLL:	2	□ 2
RETENTION:	3	3
Major Action Items	Additional Tasks	Additional Tasks
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	Accelerator Call	/ Velocity Group
Travel / Distractions / Events	Key Tak	e Aways
Connections to Make	Key Activ	on Items

Wednesday	Thur	rsday	Friday	
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BODY:	BODY:		BODY:	WEEKLY REVIEW
NOURISH:	NOURISH:		NOURISH:	NP:
Key Action Items	Key Actio	on Items	Key Action Items	PV:
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Gratitude			Weekend Action Items	
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Week of	Epic Monday	Tuesday
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	Accelerator Call	/ Velocity Group
Travel / Distractions / Events	Key Tak	e Aways
Connections to Make	Key Activ	on Items

Wednesday	Thur	rsday	Friday	
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NOURISH:	NOURISH:		NOURISH:	NP:
Key Action Items	Key Actio	on Items	Key Action Items	PV:
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Gratitude			Weekend Action Items	
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Week of	Epic Monday	Tuesday
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PV:	Key Action Items	Key Action Items
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COLL:	2	□ 2
RETENTION:	3	3
Major Action Items	Additional Tasks	Additional Tasks
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	Accelerator Call	/ Velocity Group
Travel / Distractions / Events	Key Tak	e Aways
Connections to Make	Key Activ	on Items

Wednesday	Thur	rsday	Friday	
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BODY:	BODY:		BODY:	WEEKLY REVIEW
NOURISH:	NOURISH:		NOURISH:	NP:
Key Action Items	Key Actio	on Items	Key Action Items	PV:
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Additional Tasks	Addition	nal Tasks	Additional Tasks	Notes from This Week
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Gratitude			Weekend Action Items	
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Week of	Epic Monday	Tuesday
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MY WEEKLY GOALS	BODY:	BODY:
NP:	NOURISH:	NOURISH:
PV:	Key Action Items	Key Action Items
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COLL:	2	□ 2
RETENTION:	3	3
Major Action Items	Additional Tasks	Additional Tasks
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	Accelerator Call	/ Velocity Group
Travel / Distractions / Events	Key Tak	e Aways
Connections to Make	Key Activ	on Items

Wednesday	Thur	rsday	Friday	
MIND:	MIND:		MIND:	
BODY:	BODY:		BODY:	WEEKLY REVIEW
NOURISH:	NOURISH:		NOURISH:	NP:
Key Action Items	Key Actio	on Items	Key Action Items	PV:
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Additional Tasks	Addition	nal Tasks	Additional Tasks	Notes from This Week
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Gratitude			Weekend Action Items	
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Week of	Epic Monday	Tuesday
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MY WEEKLY GOALS	BODY:	BODY:
NP:	NOURISH:	NOURISH:
PV:	Key Action Items	Key Action Items
CONV:	□ 1	□ 1
COLL:	2	□ 2
RETENTION:	3	3
Major Action Items	Additional Tasks	Additional Tasks
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	Accelerator Call	/ Velocity Group
Travel / Distractions / Events	Key Tak	e Aways
Connections to Make	Key Activ	on Items

Wednesday	Thur	rsday	Friday	
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BODY:	BODY:		BODY:	WEEKLY REVIEW
NOURISH:	NOURISH:		NOURISH:	NP:
Key Action Items	Key Actio	on Items	Key Action Items	PV:
□ 1	□ 1		□ 1	CONV:
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Additional Tasks	Addition	nal Tasks	Additional Tasks	Notes from This Week
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Gratitude			Weekend Action Items	
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Week of	Epic Monday	Tuesday
	MIND:	MIND:
MY WEEKLY GOALS	BODY:	BODY:
NP:	NOURISH:	NOURISH:
PV:	Key Action Items	Key Action Items
CONV:	□ 1	□ 1
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RETENTION:	3	3
Major Action Items	Additional Tasks	Additional Tasks
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	Accelerator Call	/ Velocity Group
Travel / Distractions / Events	Key Tak	e Aways
Connections to Make	Key Activ	on Items

Wednesday	Thur	rsday	Friday	
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BODY:	BODY:		BODY:	WEEKLY REVIEW
NOURISH:	NOURISH:		NOURISH:	NP:
Key Action Items	Key Actio	on Items	Key Action Items	PV:
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Additional Tasks	Addition	nal Tasks	Additional Tasks	Notes from This Week
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Gratitude			Weekend Action Items	
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Week of	Epic Monday	Tuesday
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MY WEEKLY GOALS	BODY:	BODY:
NP:	NOURISH:	NOURISH:
PV:	Key Action Items	Key Action Items
CONV:	□ 1	□ 1
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RETENTION:	3	3
Major Action Items	Additional Tasks	Additional Tasks
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	Accelerator Call	/ Velocity Group
Travel / Distractions / Events	Key Tak	e Aways
Connections to Make	Key Activ	on Items

Wednesday	Thur	rsday	Friday	
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BODY:	BODY:		BODY:	WEEKLY REVIEW
NOURISH:	NOURISH:		NOURISH:	NP:
Key Action Items	Key Actio	on Items	Key Action Items	PV:
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Additional Tasks	Addition	nal Tasks	Additional Tasks	Notes from This Week
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Gratitude			Weekend Action Items	
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Week of	Epic Monday	Tuesday
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PV:	Key Action Items	Key Action Items
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COLL:	2	□ 2
RETENTION:	3	3
Major Action Items	Additional Tasks	Additional Tasks
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	Accelerator Call	/ Velocity Group
Travel / Distractions / Events	Key Tak	e Aways
Connections to Make	Key Activ	on Items

Wednesday	Thur	rsday	Friday	
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BODY:	BODY:		BODY:	WEEKLY REVIEW
NOURISH:	NOURISH:		NOURISH:	NP:
Key Action Items	Key Actio	on Items	Key Action Items	PV:
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Additional Tasks	Addition	nal Tasks	Additional Tasks	Notes from This Week
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RETENTION:	3	3
Major Action Items	Additional Tasks	Additional Tasks
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	Accelerator Call	/ Velocity Group
Travel / Distractions / Events	Key Tak	e Aways
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Wednesday	Thur	rsday	Friday	
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NOURISH:	NOURISH:		NOURISH:	NP:
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Major Action Items	Additional Tasks	Additional Tasks
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	Accelerator Call	/ Velocity Group
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Wednesday	Thur	rsday	Friday	
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NOURISH:	NOURISH:		NOURISH:	NP:
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Additional Tasks	Addition	nal Tasks	Additional Tasks	Notes from This Week
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NOURISH:	NOURISH:		NOURISH:	NP:
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PV:	Key Action Items	Key Action Items
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RETENTION:	3	3
Major Action Items	Additional Tasks	Additional Tasks
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	2	2
	3	3
	4	4
	5	5
	Accelerator Call	/ Velocity Group
Travel / Distractions / Events	Key Tak	e Aways
Connections to Make	Key Activ	on Items

Wednesday	Thur	rsday	Friday	
MIND:	MIND:		MIND:	
BODY:	BODY:		BODY:	WEEKLY REVIEW
NOURISH:	NOURISH:		NOURISH:	NP:
Key Action Items	Key Actio	on Items	Key Action Items	PV:
□ 1	□ 1		□ 1	CONV:
□ 2	2		□ 2	COLL:
3	3		3	RETENTION:
Additional Tasks	Addition	nal Tasks	Additional Tasks	Notes from This Week
□ 1	□ 1		□ 1	
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5	5		□ 5	
Gratitude			Weekend Action Items	
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	Creation	n & Ideas		
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Week of	Epic Monday	Tuesday
	MIND:	MIND:
MY WEEKLY GOALS	BODY:	BODY:
NP:	NOURISH:	NOURISH:
PV:	Key Action Items	Key Action Items
CONV:	□ 1	□ 1
COLL:	2	□ 2
RETENTION:	3	3
Major Action Items	Additional Tasks	Additional Tasks
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	3	3
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	Accelerator Call	/ Velocity Group
Travel / Distractions / Events	Key Tak	e Aways
Connections to Make	Key Activ	on Items

Wednesday	Thur	rsday	Friday	
MIND:	MIND:		MIND:	
BODY:	BODY:		BODY:	WEEKLY REVIEW
NOURISH:	NOURISH:		NOURISH:	NP:
Key Action Items	Key Actio	on Items	Key Action Items	PV:
□ 1	□ 1		□ 1	CONV:
□ 2	2		□ 2	COLL:
3	3		3	RETENTION:
Additional Tasks	Addition	nal Tasks	Additional Tasks	Notes from This Week
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Gratitude			Weekend Action Items	
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Week of	Epic Monday	Tuesday
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MY WEEKLY GOALS	BODY:	BODY:
NP:	NOURISH:	NOURISH:
PV:	Key Action Items	Key Action Items
CONV:	□ 1	□ 1
COLL:	2	□ 2
RETENTION:	3	3
Major Action Items	Additional Tasks	Additional Tasks
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	Accelerator Call	/ Velocity Group
Travel / Distractions / Events	Key Tak	e Aways
Connections to Make	Key Activ	on Items

Wednesday	Thur	rsday	Friday	
MIND:	MIND:		MIND:	
BODY:	BODY:		BODY:	WEEKLY REVIEW
NOURISH:	NOURISH:		NOURISH:	NP:
Key Action Items	Key Actio	on Items	Key Action Items	PV:
□ 1	□ 1		□ 1	CONV:
□ 2	2		□ 2	COLL:
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Additional Tasks	Addition	nal Tasks	Additional Tasks	Notes from This Week
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Gratitude			Weekend Action Items	
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Week of	Epic Monday	Tuesday
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NP:	NOURISH:	NOURISH:
PV:	Key Action Items	Key Action Items
CONV:	□ 1	□ 1
COLL:	2	□ 2
RETENTION:	3	3
Major Action Items	Additional Tasks	Additional Tasks
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	Accelerator Call	/ Velocity Group
Travel / Distractions / Events	Key Tak	e Aways
Connections to Make	Key Activ	on Items

Wednesday	Thur	rsday	Friday	
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BODY:	BODY:		BODY:	WEEKLY REVIEW
NOURISH:	NOURISH:		NOURISH:	NP:
Key Action Items	Key Actio	on Items	Key Action Items	PV:
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□ 2	2		□ 2	COLL:
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Additional Tasks	Addition	nal Tasks	Additional Tasks	Notes from This Week
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Gratitude			Weekend Action Items	
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	Creation	n & Ideas		
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Week of	Epic Monday	Tuesday
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NP:	NOURISH:	NOURISH:
PV:	Key Action Items	Key Action Items
CONV:	□ 1	□ 1
COLL:	2	□ 2
RETENTION:	3	3
Major Action Items	Additional Tasks	Additional Tasks
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	Accelerator Call	/ Velocity Group
Travel / Distractions / Events	Key Tak	e Aways
Connections to Make	Key Activ	on Items

Wednesday	Thur	rsday	Friday	
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BODY:	BODY:		BODY:	WEEKLY REVIEW
NOURISH:	NOURISH:		NOURISH:	NP:
Key Action Items	Key Actio	on Items	Key Action Items	PV:
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Additional Tasks	Addition	nal Tasks	Additional Tasks	Notes from This Week
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Gratitude			Weekend Action Items	
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Week of	Epic Monday	Tuesday
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PV:	Key Action Items	Key Action Items
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COLL:	2	□ 2
RETENTION:	3	3
Major Action Items	Additional Tasks	Additional Tasks
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	Accelerator Call	/ Velocity Group
Travel / Distractions / Events	Key Tak	e Aways
Connections to Make	Key Activ	on Items

Wednesday	Thur	rsday	Friday	
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BODY:	BODY:		BODY:	WEEKLY REVIEW
NOURISH:	NOURISH:		NOURISH:	NP:
Key Action Items	Key Actio	on Items	Key Action Items	PV:
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Additional Tasks	Addition	nal Tasks	Additional Tasks	Notes from This Week
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Gratitude			Weekend Action Items	
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Week of	Epic Monday	Tuesday
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NP:	NOURISH:	NOURISH:
PV:	Key Action Items	Key Action Items
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COLL:	2	□ 2
RETENTION:	3	3
Major Action Items	Additional Tasks	Additional Tasks
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	Accelerator Call	/ Velocity Group
Travel / Distractions / Events	Key Tak	e Aways
Connections to Make	Key Activ	on Items

Wednesday	Thur	rsday	Friday	
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BODY:	BODY:		BODY:	WEEKLY REVIEW
NOURISH:	NOURISH:		NOURISH:	NP:
Key Action Items	Key Actio	on Items	Key Action Items	PV:
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Gratitude			Weekend Action Items	
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Week of	Epic Monday	Tuesday
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NP:	NOURISH:	NOURISH:
PV:	Key Action Items	Key Action Items
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COLL:	2	□ 2
RETENTION:	3	3
Major Action Items	Additional Tasks	Additional Tasks
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	Accelerator Call	/ Velocity Group
Travel / Distractions / Events	Key Tak	e Aways
Connections to Make	Key Activ	on Items

Wednesday	Thur	rsday	Friday	
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BODY:	BODY:		BODY:	WEEKLY REVIEW
NOURISH:	NOURISH:		NOURISH:	NP:
Key Action Items	Key Actio	on Items	Key Action Items	PV:
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Additional Tasks	Addition	nal Tasks	Additional Tasks	Notes from This Week
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Gratitude			Weekend Action Items	
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Week of	Epic Monday	Tuesday
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PV:	Key Action Items	Key Action Items
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COLL:	2	□ 2
RETENTION:	3	3
Major Action Items	Additional Tasks	Additional Tasks
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	Accelerator Call	/ Velocity Group
Travel / Distractions / Events	Key Tak	e Aways
Connections to Make	Key Activ	on Items

Wednesday	Thur	rsday	Friday	
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BODY:	BODY:		BODY:	WEEKLY REVIEW
NOURISH:	NOURISH:		NOURISH:	NP:
Key Action Items	Key Actio	on Items	Key Action Items	PV:
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Additional Tasks	Addition	nal Tasks	Additional Tasks	Notes from This Week
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Gratitude			Weekend Action Items	
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Week of	Epic Monday	Tuesday
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NP:	NOURISH:	NOURISH:
PV:	Key Action Items	Key Action Items
CONV:	□ 1	□ 1
COLL:	2	□ 2
RETENTION:	3	3
Major Action Items	Additional Tasks	Additional Tasks
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	Accelerator Call	/ Velocity Group
Travel / Distractions / Events	Key Tak	e Aways
Connections to Make	Key Activ	on Items

Wednesday	Thur	rsday	Friday	
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BODY:	BODY:		BODY:	WEEKLY REVIEW
NOURISH:	NOURISH:		NOURISH:	NP:
Key Action Items	Key Actio	on Items	Key Action Items	PV:
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Additional Tasks	Addition	nal Tasks	Additional Tasks	Notes from This Week
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Gratitude			Weekend Action Items	
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	Creation	n & Ideas		
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Week of	Epic Monday	Tuesday
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MY WEEKLY GOALS	BODY:	BODY:
NP:	NOURISH:	NOURISH:
PV:	Key Action Items	Key Action Items
CONV:	□ 1	□ 1
COLL:	2	□ 2
RETENTION:	3	3
Major Action Items	Additional Tasks	Additional Tasks
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	Accelerator Call	/ Velocity Group
Travel / Distractions / Events	Key Tak	e Aways
Connections to Make	Key Activ	on Items

Wednesday	Thur	rsday	Friday	
MIND:	MIND:		MIND:	
BODY:	BODY:		BODY:	WEEKLY REVIEW
NOURISH:	NOURISH:		NOURISH:	NP:
Key Action Items	Key Actio	on Items	Key Action Items	PV:
□ 1	□ 1		□ 1	CONV:
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Additional Tasks	Addition	nal Tasks	Additional Tasks	Notes from This Week
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Gratitude			Weekend Action Items	
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	Creation	n & Ideas		
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Week of	Epic Monday	Tuesday
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MY WEEKLY GOALS	BODY:	BODY:
NP:	NOURISH:	NOURISH:
PV:	Key Action Items	Key Action Items
CONV:	□ 1	□ 1
COLL:	2	□ 2
RETENTION:	3	3
Major Action Items	Additional Tasks	Additional Tasks
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	Accelerator Call	/ Velocity Group
Travel / Distractions / Events	Key Tak	e Aways
Connections to Make	Key Activ	on Items

Wednesday	Thur	rsday	Friday	
MIND:	MIND:		MIND:	
BODY:	BODY:		BODY:	WEEKLY REVIEW
NOURISH:	NOURISH:		NOURISH:	NP:
Key Action Items	Key Actio	on Items	Key Action Items	PV:
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Additional Tasks	Addition	nal Tasks	Additional Tasks	Notes from This Week
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Gratitude			Weekend Action Items	
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Week of	Epic Monday	Tuesday
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NP:	NOURISH:	NOURISH:
PV:	Key Action Items	Key Action Items
CONV:	□ 1	□ 1
COLL:	2	□ 2
RETENTION:	3	3
Major Action Items	Additional Tasks	Additional Tasks
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	Accelerator Call	/ Velocity Group
Travel / Distractions / Events	Key Tak	e Aways
Connections to Make	Key Activ	on Items

Wednesday	Thur	rsday	Friday	
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BODY:	BODY:		BODY:	WEEKLY REVIEW
NOURISH:	NOURISH:		NOURISH:	NP:
Key Action Items	Key Actio	on Items	Key Action Items	PV:
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Additional Tasks	Addition	nal Tasks	Additional Tasks	Notes from This Week
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Gratitude			Weekend Action Items	
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Week of	Epic Monday	Tuesday
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PV:	Key Action Items	Key Action Items
CONV:	□ 1	□ 1
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RETENTION:	3	3
Major Action Items	Additional Tasks	Additional Tasks
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	Accelerator Call	/ Velocity Group
Travel / Distractions / Events	Key Tak	e Aways
Connections to Make	Key Activ	on Items

Wednesday	Thur	rsday	Friday	
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BODY:	BODY:		BODY:	WEEKLY REVIEW
NOURISH:	NOURISH:		NOURISH:	NP:
Key Action Items	Key Actio	on Items	Key Action Items	PV:
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Additional Tasks	Addition	nal Tasks	Additional Tasks	Notes from This Week
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Gratitude			Weekend Action Items	
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Week of	Epic Monday	Tuesday
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RETENTION:	3	3
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	Accelerator Call	/ Velocity Group
Travel / Distractions / Events	Key Tak	e Aways
Connections to Make	Key Activ	on Items

Wednesday	Thur	rsday	Friday	
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NOURISH:	NOURISH:		NOURISH:	NP:
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Additional Tasks	Addition	nal Tasks	Additional Tasks	Notes from This Week
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	Accelerator Call	/ Velocity Group
Travel / Distractions / Events	Key Tak	e Aways
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Additional Tasks	Addition	nal Tasks	Additional Tasks	Notes from This Week
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Gratitude			Weekend Action Items	
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NP:	NOURISH:	NOURISH:
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RETENTION:	3	3
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	Accelerator Call	/ Velocity Group
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Additional Tasks	Addition	nal Tasks	Additional Tasks	Notes from This Week
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NOURISH:	NOURISH:		NOURISH:	NP:
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5	5		□ 5	
Gratitude			Weekend Action Items	
□ 1		□ 1		Attack Plan for Next Week
2		2		-
3		3		-
4		□ 4		
	Creation	n & Ideas		
				WINS
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Week of	Epic Monday	Tuesday
	MIND:	MIND:
MY WEEKLY GOALS	BODY:	BODY:
NP:	NOURISH:	NOURISH:
PV:	Key Action Items	Key Action Items
CONV:	□ 1	□ 1
COLL:	2	□ 2
RETENTION:	3	3
Major Action Items	Additional Tasks	Additional Tasks
	□ 1	□ 1
	2	2
	3	3
	4	4
	5	5
	Accelerator Call	/ Velocity Group
Travel / Distractions / Events	Key Tak	e Aways
Connections to Make	Key Activ	on Items

Wednesday	Thur	rsday	Friday	
MIND:	MIND:		MIND:	
BODY:	BODY:		BODY:	WEEKLY REVIEW
NOURISH:	NOURISH:		NOURISH:	NP:
Key Action Items	Key Actio	on Items	Key Action Items	PV:
□ 1	□ 1		□ 1	CONV:
□ 2	2		□ 2	COLL:
3	3		3	RETENTION:
Additional Tasks	Addition	nal Tasks	Additional Tasks	Notes from This Week
□ 1	□ 1		□ 1	
2	2		2	
3	3		3	
4	4		4	
5	5		□ 5	
Gratitude			Weekend Action Items	
□ 1		□ 1		Attack Plan for Next Week
2		2		-
3		3		-
4		□ 4		
	Creation	n & Ideas		
				WINS
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Week of	Epic Monday	Tuesday
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MY WEEKLY GOALS	BODY:	BODY:
NP:	NOURISH:	NOURISH:
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COLL:	2	□ 2
RETENTION:	3	3
Major Action Items	Additional Tasks	Additional Tasks
	□ 1	□ 1
	2	□ 2
	3	3
	4	4
	5	5
	Accelerator Call	/ Velocity Group
Travel / Distractions / Events	Key Tak	e Aways
Connections to Make	Key Activ	on Items

Wednesday	Thur	rsday	Friday	
MIND:	MIND:		MIND:	
BODY:	BODY:		BODY:	WEEKLY REVIEW
NOURISH:	NOURISH:		NOURISH:	NP:
Key Action Items	Key Actio	on Items	Key Action Items	PV:
□ 1	□ 1		□ 1	CONV:
□ 2	2		□ 2	COLL:
3	3		3	RETENTION:
Additional Tasks	Addition	nal Tasks	Additional Tasks	Notes from This Week
□ 1	□ 1		□ 1	
2	2		2	
3	3		3	
4	4		4	
5	5		□ 5	
Gratitude			Weekend Action Items	
□ 1		□ 1		Attack Plan for Next Week
2		2		-
3		3		-
4		□ 4		
	Creation	n & Ideas		
				WINS
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Week of	Epic Monday	Tuesday
	MIND:	MIND:
MY WEEKLY GOALS	BODY:	BODY:
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COLL:	2	□ 2
RETENTION:	3	3
Major Action Items	Additional Tasks	Additional Tasks
	□ 1	□ 1
	2	□ 2
	3	3
	4	4
	5	5
	Accelerator Call	/ Velocity Group
Travel / Distractions / Events	Key Tak	e Aways
Connections to Make	Key Activ	on Items

Wednesday	Thur	rsday	Friday	
MIND:	MIND:		MIND:	
BODY:	BODY:		BODY:	WEEKLY REVIEW
NOURISH:	NOURISH:		NOURISH:	NP:
Key Action Items	Key Actio	on Items	Key Action Items	PV:
□ 1	□ 1		□ 1	CONV:
□ 2	2		□ 2	COLL:
3	3		3	RETENTION:
Additional Tasks	Addition	nal Tasks	Additional Tasks	Notes from This Week
□ 1	□ 1		□ 1	
2	2		2	
3	3		3	
4	4		4	
5	5		□ 5	
Gratitude			Weekend Action Items	
□ 1		□ 1		Attack Plan for Next Week
2		2		-
3		3		-
4		□ 4		
	Creation	n & Ideas		
				WINS
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Week of	Epic Monday	Tuesday
	MIND:	MIND:
MY WEEKLY GOALS	BODY:	BODY:
NP:	NOURISH:	NOURISH:
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CONV:	□ 1	□ 1
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RETENTION:	3	3
Major Action Items	Additional Tasks	Additional Tasks
	□ 1	□ 1
	2	□ 2
	3	3
	4	4
	5	5
	Accelerator Call	/ Velocity Group
Travel / Distractions / Events	Key Tak	e Aways
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Wednesday	Thur	rsday	Friday	
MIND:	MIND:		MIND:	
BODY:	BODY:		BODY:	WEEKLY REVIEW
NOURISH:	NOURISH:		NOURISH:	NP:
Key Action Items	Key Actio	on Items	Key Action Items	PV:
□ 1	□ 1		□ 1	CONV:
□ 2	2		□ 2	COLL:
3	3		3	RETENTION:
Additional Tasks	Addition	nal Tasks	Additional Tasks	Notes from This Week
□ 1	□ 1		□ 1	
2	2		2	
3	3		3	
4	4		4	
5	5		□ 5	
Gratitude			Weekend Action Items	
□ 1		□ 1		Attack Plan for Next Week
2		2		-
3		3		-
4		□ 4		
	Creation	n & Ideas		
				WINS
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Week of	Epic Monday	Tuesday
	MIND:	MIND:
MY WEEKLY GOALS	BODY:	BODY:
NP:	NOURISH:	NOURISH:
PV:	Key Action Items	Key Action Items
CONV:	□ 1	□ 1
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RETENTION:	3	3
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	□ 1	□ 1
	2	2
	3	3
	4	4
	5	5
	Accelerator Call	/ Velocity Group
Travel / Distractions / Events	Key Tak	e Aways
Connections to Make	Key Activ	on Items

Wednesday	Thur	rsday	Friday	
MIND:	MIND:		MIND:	
BODY:	BODY:		BODY:	WEEKLY REVIEW
NOURISH:	NOURISH:		NOURISH:	NP:
Key Action Items	Key Actio	on Items	Key Action Items	PV:
□ 1	□ 1		□ 1	CONV:
□ 2	2		□ 2	COLL:
3	3		3	RETENTION:
Additional Tasks	Addition	nal Tasks	Additional Tasks	Notes from This Week
□ 1	□ 1		□ 1	
2	2		2	
3	3		3	
4	4		4	
5	5		□ 5	
Gratitude			Weekend Action Items	
□ 1		□ 1		Attack Plan for Next Week
2		2		-
3		3		-
4		□ 4		
	Creation	n & Ideas		
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Week of	Epic Monday	Tuesday
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	□ 1	□ 1
	2	□ 2
	3	3
	4	4
	5	5
	Accelerator Call	/ Velocity Group
Travel / Distractions / Events	Key Tak	e Aways
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Wednesday	Thur	rsday	Friday	
MIND:	MIND:		MIND:	
BODY:	BODY:		BODY:	WEEKLY REVIEW
NOURISH:	NOURISH:		NOURISH:	NP:
Key Action Items	Key Actio	on Items	Key Action Items	PV:
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□ 2	2		□ 2	COLL:
3	3		3	RETENTION:
Additional Tasks	Addition	nal Tasks	Additional Tasks	Notes from This Week
□ 1	□ 1		□ 1	
2	2		2	
3	3		3	
4	4		4	
5	5		□ 5	
Gratitude			Weekend Action Items	
□ 1		□ 1		Attack Plan for Next Week
2		2		-
3		3		-
4		□ 4		
	Creation	n & Ideas		
				WINS
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Epic Q1 Training

Training Focus:

My Challenges

My Opportunities

My Key Take Aways

My Key Action Steps

My Accountability











Epic Q2 Training

Training Focus:

My Challenges

My Opportunities

My Key Take Aways

My Key Action Steps

My Accountability















Epic Q3 Training

Training Focus:

My Challenges

My Opportunities

My Key Take Aways

My Key Action Steps

My Accountability











