



# Weekly Accountability Calendar

I. Take massive action steps to Manifest Your Epic Life. Everything you seek is seeking you. You just have to show up.

What?	Why?	By when?	Importance from 1-10
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I. Do the things that you least want to do first.

II. Break each task down so you don't get overwhelmed.

III. Plan your week ahead. Every time you finish a task or reach a goal, check it off with a big red sharpie. This is your reminder that you can do anything you set your mind to.

Monday

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Tuesday

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Wednesday

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Thursday

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Friday

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*You're a manifesting, action taking, goal-accomplishing machine!*

## REMINDERS

- Review your goals daily.
- Say your affirmations daily out loud and with emotion.
- Reward yourself.
- Stay away from distractions like FB and Insta until your tasks are complete.
- Ask for help.

# **I AM READY TO MANIFEST MY EPIC LIFE**

What is your most proud accomplishment so far this year?

How do you feel about your current situation?

What do you want your life to look and feel like in 2019? (Personally, Professionally, Financially)

What inspired action would you have to take to get you there?

What are 3 things you can do right now to meet your desires?

What is the benefit to reaching your goals?

How will you feel?

Who will inspire you, guide you and celebrate with you?

Are you willing to ask for professional help?

What are 3 habits that are holding you back?

What can you replace them with?

A handwritten signature in black ink, appearing to be 'Steph' or similar, located at the bottom center of the page.

