

The Atimate

6 WEEK PLANNER

YOUR GUIDE & PLANNER FOR ACHIEVING SOMETHING AMAZING DURING THE 6 WEEKS AHEAD!

Train with Jenny

THE ULTIMATE 6 WEEK PLANNER



Hello!

I'm so excited that you're ready to plan the most exciting 6 weeks ahead!

If you want to make your dreams come true then you're going to have to take BIG action!

You have to be prepared to show up for your dreams and become unstoppable.



I HAVE CREATED THIS ULTIMATE 6 WEEK PLANNER TO HELP YOU DO JUST THAT!

This Planner is all about...



Setting yourself a really big goal to reach by the end of the 6 weeks (something that will stretch you)



Making a plan for how you're going to make it happen



Committing to making it happen



Taking massive action to reach your goal

Now, set your sights high and go for it!

Love Jenny XX

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Guccess

BELONGS TO THOSE WHO DARE TO TO

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MY GOAL

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Step Ore

In order to achieve something amazing during this programme, you need to get clear about what it is you want to achieve.

Instead of focusing on trying to achieve lots of things, pick one big goal to focus on and make it your priority.

When you get laser-focused on achieving one thing, you'll make so much more progress.

What one, big goal would you like to reach by the end of October? Get really clear and don't hold yourself back.

"SETTING GOALS IS THE FIRST STEP IN TURNING THE INVISIBLE INTO THE VISIBLE."

TONY ROBBINS



The main reason is:			
\frown			
7)			
How will it make you	feel?		





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STEPS TO TAKE

Step Two

Now you know what you want to achieve, let's plan out how you're going to make it happen...

What steps do you need to take in order to make it happen? Break your goal down into small, doable steps.

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I will discipline myself to do these things

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IF YOU WANT TO REACH A

YOU MUST "Gee the Reaching"

BEFORE YOU ACTUALLY ARRIVE AT YOUR

God

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ZIG ZIGLAR

Exercise

SEE IT, FEEL IT, BELEIVE IT

Throughout these 6 weeks, I want you to spend at least 10 minutes a day (5 minutes in the morning, 5 minutes in the evening) visualising achieving your goal.

HERE'S WHAT YOU NEED TO DO

- **1** Close your eyes.
- $\mathbf{2}_{\bullet}$ Take a few deep breaths and relax.
- 3. Create a movie in your mind: I want you to imagine that it's the end of the 6 weeks and you've reached your goal. What can you see? How do you feel? Vividly imagine it like it's happened – connect with the feeling

Taking time every single day to see and feel your goal being accomplished is so powerful.

By focusing on what you want to achieve you will draw to you people, ideas and inspiration to help you make it happen.



STICK THE NEXT PAGE ON YOUR WALL, SOMEWHERE YOU WILL SEE IT EVERY DAY:





BY THE END OF THE PROGRAMME

I WILL HAVE...



THEIR DREAMS

ELEANOR ROOSEVELT

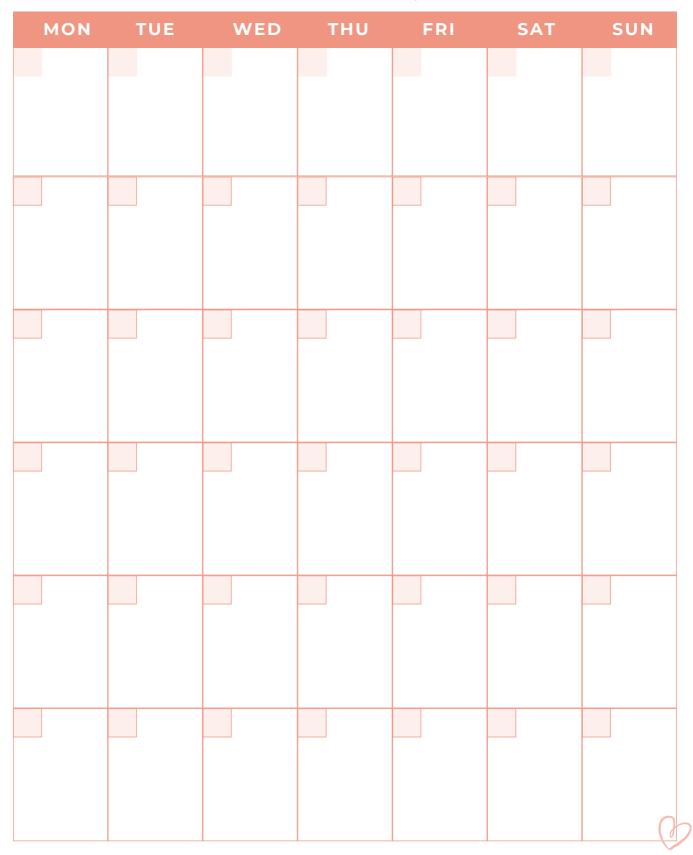
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Step Three CREATE YOUR SCHEDULE

Now you know what steps you need to take, create your schedule for the entire 6 week programme

This will help you to stay on track and make massive progress. Use the calendar below to schedule your tasks.





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TAKE ACTION

DO SOMETHING RIGHT NOW THAT WILL HELP YOU TO GET CLOSER TO ACHIEVING YOUR GOAL

Whether it's sending an email, making a call, compiling a healthy shopping list, planning your meals – just do something right now. It will help you to build momentum.

RIGHT NOW I'M GOING TO:







FALL?

Oh, my darling,

BUT WHAT IF YOU FLY?

ERIN HANSON

