



30-DAYS PLANNER

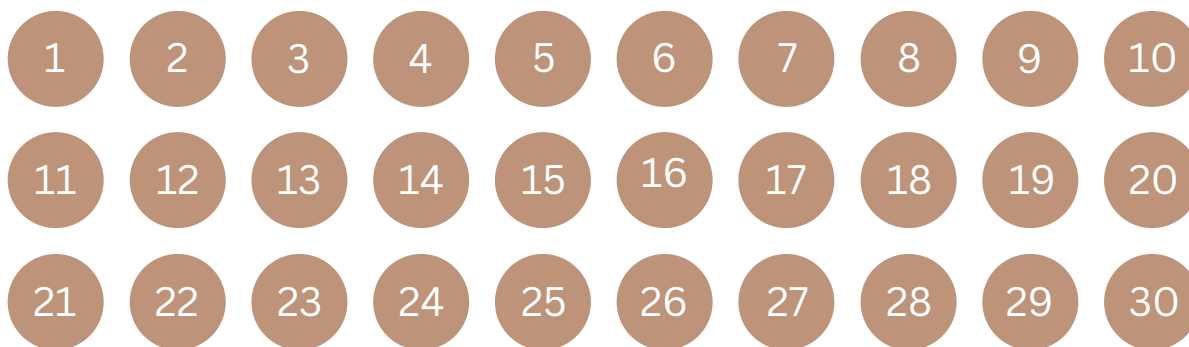
YOUR GUIDE & PLANNER FOR ACHIEVING
SOMETHING AMAZING THIS MONTH!

WHATASIMPLELIFE.COM



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THE ULTIMATE 30-DAY PLANNER



Hello you! 

I'm so excited that you're ready to plan the most exciting month 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.



WE'VE CREATED THIS ULTIMATE 30-DAY PLANNER
TO HELP YOU DO JUST THAT!

This Planner is all about...

1. Setting yourself a really big goal to reach by the end of the month (something that will stretch you)
2. Making a plan for how you're going to make it happen
3. Committing to making it happen
4. Taking massive action to reach your goal

Now, set your sights high and go for it!

Ruby xx





Success

BELONGS
TO THOSE WHO

DARE

TO

Achieve it



MY GOAL

In order to achieve something amazing this month, 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 March?
Get really clear and don't hold yourself back.



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



WHY DO YOU WANT TO ACHIEVE IT?

The main reason is:

Handwriting practice area with 10 horizontal dotted lines. A small heart icon is positioned on the left side, approximately halfway down the lines.

How will it make you feel?

Handwriting practice area with 10 horizontal dotted lines. A decorative starburst graphic is located in the bottom right corner of the area.

TAKE A FEW MOMENTS TO REALLY CONNECT
WITH THIS FEELING



IF YOU FAIL TO

PLAN

YOU PLAN TO

fail



-
BENJAMIN FRANKLIN

..... Step Two

STEPS TO TAKE

.....

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 ✦

Who completes the goal your dream of? Make a list contact them and ask what's the biggest lesson they have learn?

| THESE PEOPLE CAN HELP ME: | CONTACT DETAILS: |
|---|---|
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What do you need to do every day in order to make progress?



| | | |
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|  | I MUST... |  |
| <p>AND I'M GOING TO DO IT!</p> | | |



IF YOU WANT TO REACH A



GOAL

YOU MUST

"See the Reaching"

BEFORE YOU ACTUALLY
ARRIVE AT YOUR

Goal

-

ZIG ZIGLAR

SEE IT, FEEL IT, BELIEVE IT

Throughout this month, 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.
2. 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 month 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 your goal being accomplished, to feel it being accomplished and to believe that you will accomplish it 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 MONTH

I WILL HAVE...

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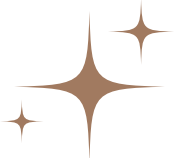


THE FUTURE BELONGS TO THOSE WHO BELIEVE IN
THE BEAUTY OF

THEIR DREAMS



-
ELEANOR ROOSEVELT



CREATE YOUR SCHEDULE

Now you know what steps you need to take, create your schedule for the month

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

| MON | TUE | WED | THU | FRI | SAT | SUN |
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DO SOMETHING
TODAY
THAT YOUR
FUTURE SELF

WILL
Thank You 

FOR

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 list of contacts – just do something right now. It will help you to build momentum.

RIGHT NOW I'M GOING TO:

A large rectangular area with a thin border, containing ten horizontal dotted lines for writing.





What if I

FALL?

Oh, my darling,

BUT WHAT IF

YOU FLY?



ERIN HANSON

DAY 1

It is only when we take chances, when our lives improve. The initial and the most difficult risk that we need to take is to become honest. —Walter Anderson



★ MY GOALS FOR TODAY ARE... ★

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TODAY I'M FEELING...

I'M GRATEFUL FOR...

THE BIGGEST CHALLENGES I HAVE TO DEAL WITH ARE...

I KNOW I CAN OVERCOME THEM BECAUSE...

..... My space

Use this section to get everything on your mind out on paper so that you can take the pressure off and feel more present, mindful and in charge.



DAY 2

If you are working on something that you really care about, you don't have to be pushed. The vision pulls you. — Steve Jobs

DATE

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DAY 3

Setting goals is the first step in turning the invisible into the visible.
— Tony Robbins



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DAY 4

You've got to get up every morning with determination if you're going to go to bed with satisfaction. — George Lorimer



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DAY 5

Opportunities don't happen, you create them. — Chris Grosser



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DAY 6

Don't let someone else's opinion of you become your reality — Les Brown

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DAY 7

Someone's sitting in the shade today because someone planted a tree a long time ago. —Warren Buffet



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WEEK 2



DAY 8

Small is not just a stepping-stone. Small is a great destination itself.
—Jason Fried

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DAY 9

Life is like riding a bicycle. To keep your balance you must keep moving.
—Albert Einstein

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DAY 10

Courage doesn't always roar. Sometimes courage is a quiet voice at the end of the day saying, "I will try again tomorrow." —Mary Anne Radmacher

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DAY 12

Everything you've ever wanted is sitting on the other side of fear.
— George Addair

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DAY 14

Make sure your worst enemy doesn't live between your own two ears.
— Laird Hamilton



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DAY 16

Never give up on a dream just because of the time it will take to accomplish it. The time will pass anyway. — Earl Nightingale

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DAY 17

The two most important days in your life are the day you're born and the day you find out why. – Mark Twain

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DAY 19

If you don't like the road you're walking, start paving another one.
—Dolly Parton

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DAY 20

Some people want it to happen, some wish it would happen, others make it happen." — Michael Jordan

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WEEK 4



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Two columns of three dotted lines each, each starting with a small circle, for writing goals.

Section titled 'TODAY I'M FEELING...' with a large empty box for writing.

Section titled 'I'M GRATEFUL FOR...' with a large empty box for writing.

Section titled 'THE BIGGEST CHALLENGES I HAVE TO DEAL WITH ARE...' with a large empty box for writing.

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DAY 26

I choose to make the rest of my life the best of my life.
— Louise Hay



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DAY 28

A walk to a nearby park may give you more energy and inspiration in life than spending two hours in front of a screen." — Tsang Lindsay

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DAY 29

You can't go back and change the beginning, but you can start where you are and change the ending. — C.S. Lewis

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A large empty rectangular box for free writing.

**Success is not final;
failure is not fatal:
It is the courage to continue
that counts.**

— Winston S. Churchill

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