

SIX DAY ACCELERATE

Welcome to your
SIX DAY ACCELERATE

Enclosed are your daily checklists. Print all pages. Write your goals and gratitude at the start of each day and tick each checkbox throughout the day.

Remember, there is no right or wrong way of doing this. Sometimes life gets in the way and that is okay.

This is your experience and I am here to help you along the way.

Bring on the challenge!

DAY 1.

Today I am grateful for:

Today my goal is to:

CHECKLIST

- Wake up and smile
- Warm water and lemon upon rising
- Write gratitude and goals upon rising
- Journal your goals for this week
- Complete workout
- Walk min 8000 steps
- Drink min 2L water
- Sleep 6-8 hours
- Avoid alcohol
- 1 coffee only
- Avoid dairy + gluten
- Avoid artificial/refined sugar
- Start reading a book

Today my WINS were:

"The secret of getting ahead is getting started"

DAY 2.

"You can go as far as your mind lets you. What you believe, is what you can achieve!"

Today I am grateful for:

Today my goal is to:

CHECKLIST

- Wake up and smile
- Warm water and lemon upon rising
- Write gratitude and goals upon rising
- Complete workout
- Walk min 8000 steps
- Drink min 2L water
- Sleep 6-8 hours
- Avoid alcohol
- 1 coffee only
- Avoid dairy + gluten
- Avoid artificial/refined sugar
- Read minimum 15 mins of your book
- Treat yourself today

Today my WINS were:

DAY 3.

Today I am grateful for:

Today my goal is to:

CHECKLIST

- Wake up and smile
- Warm water and lemon upon rising
- Write gratitude and goals upon rising
- Complete workout
- Walk min 8000 steps
- Drink min 2L water
- Sleep 6-8 hours
- Avoid alcohol
- 1 coffee only
- Avoid dairy + gluten
- Avoid artificial/refined sugar
- Read minimum 15 mins of your book
- No social media

Today my WINS were:

"Your passion is waiting for your courage to catch up"

DAY 4.

Today I am grateful for:

Today my goal is to:

CHECKLIST

- Wake up and smile
- Warm water and lemon upon rising
- Write gratitude and goals upon rising
- Complete workout
- Walk min 8000 steps
- Drink min 2L water
- Sleep 6-8 hours
- Avoid alcohol
- 1 coffee only
- Avoid dairy + gluten
- Avoid artificial/refined sugar
- Read minimum 15 mins of your book
- Do something nice for someone

Today my WINS were:

"Hold the vision, trust the process"

DAY 5.

Today I am grateful for:

Today my goal is to:

CHECKLIST

- Wake up and smile
- Warm water and lemon upon rising
- Write gratitude and goals upon rising
- Complete workout
- Walk min 8000 steps
- Drink min 2L water
- Sleep 6-8 hours
- Avoid alcohol
- 1 coffee only
- Avoid dairy + gluten
- Avoid artificial/refined sugar
- Read minimum 15 mins of your book
- Donate a bag of anything to charity

Today my WINS were:

"Don't wonder if the glass is half empty or full.
The glass is refillable"

"Twenty years from now you'll be more disappointed by the things you did not do than the ones you did"

DAY 6.

Today I am grateful for:

Today my goal is to:

CHECKLIST

- Wake up and smile
- Warm water and lemon upon rising
- Write gratitude and goals upon rising
- Complete workout
- Walk min 8000 steps
- Drink min 2L water
- Sleep 6-8 hours
- Avoid alcohol
- 1 coffee only
- Avoid dairy + gluten
- Avoid artificial/refined sugar
- Journal a reflection of your week
- Read and share a synopsis of your book
- Experience something new today

Today my WINS were:
