

# 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!

"Setting goals is the first step in turning the invisible into the visible."

# DAY 1.

Today I am grateful for:

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Today my goal is to:

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## 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:

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# DAY 2.

*"When we strive to become better than we are, everything around us becomes better too."*

Today I am grateful for:

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Today my goal is to:

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## 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 to something unique

Today my WINS were:

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# DAY 3.

Today I am grateful for:

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Today my goal is to:

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## 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 for 24 hours

Today my WINS were:

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"I am not a product of my circumstances. I am a product of my decisions."

# DAY 4.

Today I am grateful for:

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Today my goal is to:

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## 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
- Show someone your gratitude

Today my WINS were:

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*"Be a positive energy trampoline – absorb what you need and rebound more back."*

# DAY 5.

"The elevator to success is out of order. You'll have to use the stairs, one step at a time."

Today I am grateful for:

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Today my goal is to:

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## 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:

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# DAY 6.

Today I am grateful for:

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Today my goal is to:

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## 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:

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*"If you really want to do something, you'll find a way. If you don't, you'll find an excuse."*