

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.

"The journey of a thousand miles starts with a single step"

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:

DAY 2.

"You are the artist of your own life. Do not hand the paintbrush to anyone else!"

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 is your opportunity to get the tomorrow you want!"

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:

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:

"Make time for yourself. No excuses!"

DAY 5.

"If you are not willing to work for it. Do not complain about not having it!"

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:

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:

"The secret to your future is hidden in your daily routine!"