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 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
100	Orink min 2L water
	Sleep 6-8 hours
	Avoid alcohol
	coffee only
	Avoid dairy + gluten
	Avoid artificial/refined sugar
	Start reading a book
	Today my WINS were:

DAY 2.

2		
not hand the paintbru		Today I am grateful for:
d the		Today my goal is to:
: hand		CHECKLIST
5		☐ Wake up and smile
		☐ Warm water and lemon upon rising
		☐ Write gratitude and goals upon rising
your own life.		☐ Complete workout
Ş		☐ Walk min 8000 steps
0		☐ Drink min 2L water
2		☐ Sleep 6-8 hours
<u>></u>		☐ Avoid alcohol
of		☐ 1 coffee only
ist		☐ Avoid dairy + gluten
X T	-	☐ Avoid artificial/refined sugar
a O	lse.	Read minimum 15 mins of your book
4	9	☐ Treat yourself today
You are the artist	anyone else!"	Today my WINS were:
70	0	
	\sim	

DAY 3.

ant.	Today I am grateful for:
you wo	Today my goal is to:
oday is your opportunity to get the tomorrow you want!"	CHECKUST 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
l oday	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:

DAY 5.

not complain		Today I am grateful for:
		Today my goal is to:
ρο		CHECKLIST
it.		☐ Wake up and smile
to work for		□ Warm water and lemon upon rising□ Write gratitude and goals upon rising
7		Complete workout
8		☐ Walk min 8000 steps
0		Drink min 2L water
		☐ Sleep 6-8 hours ☐ Avoid alcohol
lling	it.	1 coffee only
3	6	Avoid dairy + gluten
ot	Ş.	Avoid artificial/refined sugar
2	2	Read minimum 15 mins of your book
are	ot	Donate a bag of anything to charity
h0/	bout not having	Today my WINS were:
<u>+</u>	poqu	

DAY 6.

,	Today I am grateful for:
routine	Today my goal is to:
	CHECKLIST
in your daily	☐ Wake up and smile
7	☐ Warm water and lemon upon rising
%	Write gratitude and goals upon rising
	☐ Complete workout
<u>8</u>	Walk min 8000 steps
is hidden	Drink min 2L water
	☐ Sleep 6–8 hours
re	☐ Avoid alcohol
future	☐ 1 coffee only
÷	☐ Avoid dairy + gluten
70	Avoid artificial/refined sugar
to you	☐ Journal a reflection of your week
•	Read and share a synopsis of your book
secret	Experience something new today
l he sec	Today my WINS were: