

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:

"Monday is a state of mind. Put on your positive pants and get stuff done!"

"You've got to get up every morning with determination if you're going to go to bed with satisfaction"

DAY 2.

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 phone for 2 consecutive hours

Today my WINS were:

"I am stronger than any excuse!"

DAY 4.

*"Today is your opportunity to build the tomorrow you want.
How bad do you want what you say 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
- Do something nice for someone

Today my WINS were:

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:

"I can and I will"

DAY 6.

"A little progress each day adds up to BIG results. Keep going. Don't stop!"

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:
