



DEMAND MORE OF YOURSELF

SUNDAY SUCCESS WORKSHEET

Ensure you have watched the Sunday Success Video in the Members Area

Grab your journal / diary and work through the questions & planning below

1) What is my 'WHY' goal? What am I working towards? (See Goal Setting Video)

2) Review of the last 7 days:

- What went well?
- What could I improve?

3) What is my focus for the next 7 days?

What am I prepared to do to move closer to my goal?

4) Plan the next 7 days

- What does my week's commitments look like (Work/ home life/ social life/ appointments etc)
- When am I going to train this week?
- What are my meals for the next 48 hours?
- Communicate plans with significant others

5) Pack Gym Bag for first session of the week

6) Prep food for next 24/48 hours

7) Self development time planned (This could be watching videos in this membership site and doing the work)