

**TODAY I'M GOING TO SMASH IT**

DATE: ..... / ..... / .....

## GRATITUDE

Today I am most grateful for the following 6 things:

1	2	3
4	5	6

## COMFORT ZONE BREAKTHROUGHS

Today I am going to break out of my comfort zone in the following 3 ways:

### BREAKTHROUGH 1

### BREAKTHROUGH 2

### BREAKTHROUGH 3

## PERSONAL DEVELOPMENT

### ACTIVITY 1

### ACTIVITY 2

### ACTIVITY 3

### ACTIVITY 4

### ACTIVITY 5

## COMMUNICATION

Today I am going to reach out in the following ways:

 **EMAIL**

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 **TELEPHONE CALLS**

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 **APPOINTMENTS**

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 **MARKETING / SOCIAL MEDIA**

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## WELLBEING


 **EXERCISE**

 **5-A-DAY**

 **WATER**

 **QUALITY TIME**

 **MEDITATION**

 **TODAY'S WINS**