



	THIS WEEK I WILL COMMIT TO:	Review by [date]:
PHYSICAL HEALTH - personal fitness - nutrition/hydration - sleep habits - stress management - health habits (smoking, alcohol consumption, etc) -	i.e. exercise 3 times this week (at gym, MWF noon)	
EMOTIONAL/SOCIAL HEALTH - personal time - non-work routines - mental health - fulfillment - fun and recreation		
MOMENTUM GOAL 	<p>Put your Big Picture/Mack Daddy Momentum goal here in BIG FONT so you can see it clearly. Write specifics in whichever category it fits into.</p> <p>And feel free to adapt the names of your categories (i.e, career goals instead of business goals)</p>	
BUSINESS HEALTH growth	i.e. write 7 pages (550 words/day) in the next week	

speaker • coach • consultant

FINANCIAL HEALTH

Name: _____ Today's date: _____

Each day is a new opportunity for you to take a small step toward your own self-improvement. *Set your goal, align your compass and take a fucking step.* **You are stronger than you think.**

If you need one-on-one coaching on ways to manage your goals, connect with me via www.michellecederberg.com

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Empowering today's dreamers, leaders and go-getters to create the life and career they want.

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