

WEEK ONE

This week sucked because:

This week rocked because:

I'd like more of: _____

I'd like less of: _____

I'm looking forward to: _____

WEEK TWO

This week sucked because:

This week rocked because:

I'd like more of: _____

I'd like less of: _____

I'm looking forward to: _____

Knock-Their-Socks-Off

(What you do.)

Goal for the next 30 days:

Support:

(Remember, you want to determine what support you'll need to make reaching your goal do-able BEFORE you start the program.)

WEEK ONE

- Cease All Tweets (Score one every day you stay away from "off limits" sites.)
 Mon Tue Wed Thur Fri

My exception: _____

Under 30 Minutes for the Week? Yes No

- Job Board Replies (Score one per job board reply you made.)
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- Niching (Score one for every person you told about your "new" niche.)
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- Suck Up (Score one for every compliment you paid.)
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- Pick Up the Phone (Note the who & how.)

WEEK TWO

- Cease All Tweets (Score one every day you stay away from "off limits" sites.)
 Mon Tue Wed Thur Fri

My exception: _____

Under 30 Minutes for the Week? Yes No

- Job Board Replies (Score one per job board reply you made.)
○○○○○ ○○○○○ ○○○○○ ○○○○○ ○○○○○ ○○○○○
○○○○○ ○○○○○ ○○○○○ ○○○○○ ○○○○○ ○○○○○

- Niching (Score one for every person you told about your "new" niche.)
○○○○○ ○○○○○ ○○○○○ ○○○○○ ○○○○○ ○○○○○
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- Suck Up (Score one for every compliment you paid.)
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- Pick Up the Phone (Note the who & how.)

WEEK ONE

- Stalking (Note the who & how.)

Proposed Projects (Note the who & price.)

New Projects (Note the who & price.)

WEEK TWO

- Stalking (Note the who & how.)

Proposed Projects (Note the who & price.)

New Projects (Note the who & price.)

WEEK THREE

This week sucked because:

This week rocked because:

I'd like more of: _____

I'd like less of: _____

I'm looking forward to: _____

WEEK FOUR

This week sucked because:

This week rocked because:

I'd like more of: _____

I'd like less of: _____

I'm looking forward to: _____

Knock-Their-Socks-Off

(What you do.)

Goal for the next 30 days:

Support:

(Remember, you want to determine what support you'll need to make reaching your goal do-able BEFORE you start the program.)

