

Extra tips for this BB Sheet:

1. Set aside 5-10 minutes at the beginning of each week to fill out this BB Sheet.
2. Make sure to schedule in sufficient time to review your modules and complete your BB Sheets weekly.
3. Use your top 3 wedding day goals to direct your weekly goals. You can make your weekly goals exactly the goals you indicated on your “My Why + Goals” BB sheet OR have some of the action steps under your main goals be a goal for the week. This could help you break down your goals and actions even more. For example, Goal 1 of the week could be “Exercise 5x this week” {which was point “a” under the example goal of wanting a flatter stomach}. Then you would break this down even further into 3 action steps, for example: a. Pick & schedule fitness classes b. Sign up for each class c. Go & be awesome!
4. For the “Quote of the week”, pick a meaningful quote or verse to inspire your week. It can be different each week or the same throughout the program.
5. For the “End of the week gratitude”, indicate what you’re grateful for from the week, progress made toward your goals, or any accomplishments {big or small}.
6. Make this your own; whatever works best for you!
7. The more organized you are in terms of prioritizing and planning your days and weeks, the more successful you will be.
8. A favorite quote to help in prioritizing: “Things which matter most must never be at the mercy of things which matter least.” — Johann Wolfgang von Goethe



# Goals for the Week of: \_\_\_\_\_

Quote of the Week: \_\_\_\_\_

Goal 1:

- A.
- B.
- C.



Goal 2:

- A.
- B.
- C.

Goal 3:

- A.
- B.
- C.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
Noon							
PM							



End of the Week Gratitude: \_\_\_\_\_