



90 Day Game plan



Daily Affirmations

"All you can do is all you can do, but all you can do is enough."
-Art Williams

"Your thoughts control your destiny."
-John Addison

"It's not whether you get knocked down; it's whether you get up."
-Vince Lombardi

"The greater obstacle the more glory in overcoming it."
-Confucius

"Whether you think you can or you can't, you are right."
-Henry Ford

90 Day Cycle

Month of: _____

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Vision / Visualization

90 Day Game Plan

What:

How:

Why:

100 Points per Week system

Month of: _____

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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| Monthly Goals | | | |
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| Monthly Review |
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Weekly Activity / Week of: _____

Do the most productive things possible at every given moment

| <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Saturday</i> | <i>Sunday</i> |
|------------------|----------------|------------------|-----------------|---------------|-----------------|---------------|
| Morning | | | | | | |
| 8AM | | | | | | |
| 12NOON | | | | | | |
| Afternoon | | | | | | |
| 1PM | | | | | | |
| 4PM | | | | | | |
| Evening | | | | | | |
| 6PM | | | | | | |
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Discipline:

"Do the things that others won't, so you can live the life others don't."

Weekly Activity Manager for the Week of: _____

| Weekly | Goal | Mon | Tue | Wed | Thu | Fri | Sat | Sun | Totals |
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| Coffee Meetings | | Prospects | |
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Daily Schedule

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| <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Saturday</i> | <i>Sunday</i> |
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Discipline:

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Weekly Activity / Week of: _____

Do the most productive things possible at every given moment

| <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Saturday</i> | <i>Sunday</i> |
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| Morning | | | | | | |
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Discipline:

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Weekly Activity Manager for the Week of: _____

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| Coffee Meetings | | Prospects | |
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| Write Goals and Affirmation - Morning | Time: | | | Date: | |
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| Daily Schedule | Things to do / People to Follow Up with | | | | |
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| 12:00 PM | | | | | |
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| 2:00 | Activity | Goal | Results | | |
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| Daily Progress Report | | | | | |
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Daily Schedule

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| Write Goals and Affirmation - Morning | | Time: | | Date: | |
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| Daily Schedule | | Things to do / People to Follow Up with | | | |
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| Daily Progress Report | | | | | |
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Daily Schedule

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| Write Goals and Affirmation - Morning | Time: | | Date: | |
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| Daily Schedule | Things to do / People to Follow Up with | | | |
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| Daily Progress Report | | | | |
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Weekly Activity / Week of: _____

Do the most productive things possible at every given moment

| <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Saturday</i> | <i>Sunday</i> |
|------------------|----------------|------------------|-----------------|---------------|-----------------|---------------|
| Morning | | | | | | |
| 8AM | | | | | | |
| 12NOON | | | | | | |
| Afternoon | | | | | | |
| 1PM | | | | | | |
| 4PM | | | | | | |
| Evening | | | | | | |
| 6PM | | | | | | |
| 10PM | | | | | | |

Discipline:

"Do the things that others won't, so you can live the life others don't."

Weekly Activity Manager for the Week of: _____

| Weekly | Goal | Mon | Tue | Wed | Thu | Fri | Sat | Sun | Totals |
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| Coffee Meetings | | Prospects | |
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Daily Schedule

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| Write Goals and Affirmation - Morning | | Time: | | Date: | |
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| Daily Schedule | | Things to do / People to Follow Up with | | | |
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| 2:00 | | Activity | | Goal | Results |
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Daily Schedule

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| Write Goals and Affirmation - Morning | Time: | | Date: | |
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| Daily Schedule | Things to do / People to Follow Up with | | | |
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| Daily Progress Report | | | | |
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Daily Schedule

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| Write Goals and Affirmation - Morning | | Time: | | Date: | |
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| Daily Schedule | | Things to do / People to Follow Up with | | | |
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| Daily Progress Report | | | | | |
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Daily Schedule

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| Write Goals and Affirmation - Morning | Time: | | Date: | |
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| Daily Schedule | Things to do / People to Follow Up with | | | |
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Daily Schedule

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| Write Goals and Affirmation - Morning | Time: | | Date: | |
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| Daily Schedule | Things to do / People to Follow Up with | | | |
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Daily Schedule

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| Write Goals and Affirmation - Morning | | Time: | | Date: | |
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| Daily Schedule | | Things to do / People to Follow Up with | | | |
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Daily Schedule

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| Write Goals and Affirmation - Morning | Time: | | Date: | |
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| Daily Schedule | Things to do / People to Follow Up with | | | |
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| Daily Progress Report | | | | |
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Month of: _____

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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| Monthly Goals | | | |
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| Monthly Review |
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Weekly Activity / Week of: _____

Do the most productive things possible at every given moment

| <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Saturday</i> | <i>Sunday</i> |
|------------------|----------------|------------------|-----------------|---------------|-----------------|---------------|
| Morning | | | | | | |
| 8AM | | | | | | |
| 12NOON | | | | | | |
| Afternoon | | | | | | |
| 1PM | | | | | | |
| 4PM | | | | | | |
| Evening | | | | | | |
| 6PM | | | | | | |
| 10PM | | | | | | |

Discipline:

"Do the things that others won't, so you can live the life others don't."

Weekly Activity Manager for the Week of: _____

| Weekly | Goal | Mon | Tue | Wed | Thu | Fri | Sat | Sun | Totals |
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| Coffee Meetings | | Prospects | |
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Daily Schedule

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| Write Goals and Affirmation - Morning | | Time: | | Date: | |
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| Daily Schedule | | Things to do / People to Follow Up with | | | |
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| Write Goals and Affirmation - Morning | | Time: | | Date: | |
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| Daily Schedule | | Things to do / People to Follow Up with | | | |
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Daily Schedule

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| Write Goals and Affirmation - Morning | | Time: | | Date: | |
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| Daily Schedule | | Things to do / People to Follow Up with | | | |
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| Write Goals and Affirmation - Morning | | Time: | | Date: | |
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Daily Schedule

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| Write Goals and Affirmation - Morning | | Time: | | Date: | |
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Daily Schedule

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| Write Goals and Affirmation - Morning | Time: | | Date: | |
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| Daily Schedule | Things to do / People to Follow Up with | | | |
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Daily Schedule

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| Write Goals and Affirmation - Morning | | Time: | | Date: | |
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| Daily Schedule | | Things to do / People to Follow Up with | | | |
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| Daily Progress Report | | | | | |
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Weekly Activity / Week of: _____

Do the most productive things possible at every given moment

| <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Saturday</i> | <i>Sunday</i> |
|------------------|----------------|------------------|-----------------|---------------|-----------------|---------------|
| Morning | | | | | | |
| 8AM | | | | | | |
| 12NOON | | | | | | |
| Afternoon | | | | | | |
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| Evening | | | | | | |
| 6PM | | | | | | |
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Discipline:

"Do the things that others won't, so you can live the life others don't."

Weekly Activity Manager for the Week of: _____

| Weekly | Goal | Mon | Tue | Wed | Thu | Fri | Sat | Sun | Totals |
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| Coffee Meetings | | Prospects | |
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Daily Schedule

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| Write Goals and Affirmation - Morning | | Time: | | Date: | |
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Daily Schedule

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| Write Goals and Affirmation - Morning | | Time: | | Date: | |
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| Daily Schedule | | Things to do / People to Follow Up with | | | |
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Daily Schedule

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| Write Goals and Affirmation - Morning | | Time: | | Date: | |
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Daily Schedule

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| Write Goals and Affirmation - Morning | | Time: | | Date: | |
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Daily Schedule

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| Write Goals and Affirmation - Morning | | Time: | | Date: | |
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Daily Schedule

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| Write Goals and Affirmation - Morning | | Time: | | Date: | |
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| Daily Progress Report | | | | | |
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Weekly Activity / Week of: _____

Do the most productive things possible at every given moment

| <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Saturday</i> | <i>Sunday</i> |
|------------------|----------------|------------------|-----------------|---------------|-----------------|---------------|
| Morning | | | | | | |
| 8AM | | | | | | |
| 12NOON | | | | | | |
| Afternoon | | | | | | |
| 1PM | | | | | | |
| 4PM | | | | | | |
| Evening | | | | | | |
| 6PM | | | | | | |
| 10PM | | | | | | |

Discipline:

"Do the things that others won't, so you can live the life others don't."

Weekly Activity Manager for the Week of: _____

| Weekly | Goal | Mon | Tue | Wed | Thu | Fri | Sat | Sun | Totals |
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| Coffee Meetings | | Prospects | |
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Daily Schedule

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| Write Goals and Affirmation - Morning | | Time: | | Date: | |
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| Write Goals and Affirmation - Morning | | Time: | | Date: | |
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Daily Schedule

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| Write Goals and Affirmation - Morning | | Time: | | Date: | |
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| Daily Progress Report | | | | | |
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Weekly Activity / Week of: _____

Do the most productive things possible at every given moment

| <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Saturday</i> | <i>Sunday</i> |
|------------------|----------------|------------------|-----------------|---------------|-----------------|---------------|
| Morning | | | | | | |
| 8AM | | | | | | |
| 12NOON | | | | | | |
| Afternoon | | | | | | |
| 1PM | | | | | | |
| 4PM | | | | | | |
| Evening | | | | | | |
| 6PM | | | | | | |
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Discipline:

"Do the things that others won't, so you can live the life others don't."

Weekly Activity Manager for the Week of: _____

| Weekly | Goal | Mon | Tue | Wed | Thu | Fri | Sat | Sun | Totals |
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| Coffee Meetings | | Prospects | |
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Daily Schedule

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| Write Goals and Affirmation - Morning | | Time: | | Date: | |
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| Write Goals and Affirmation - Morning | | Time: | | Date: | |
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| Write Goals and Affirmation - Morning | | Time: | | Date: | |
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| Write Goals and Affirmation - Morning | | Time: | | Date: | |
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| Write Goals and Affirmation - Morning | Time: | | Date: | |
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| Write Goals and Affirmation - Morning | | Time: | | Date: | |
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| Daily Schedule | | Things to do / People to Follow Up with | | | |
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| Write Goals and Affirmation - Morning | | Time: | | Date: | |
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Month of: _____

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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| Monthly Goals | | | |
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| Monthly Review |
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Weekly Activity / Week of: _____

Do the most productive things possible at every given moment

| <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Saturday</i> | <i>Sunday</i> |
|------------------|----------------|------------------|-----------------|---------------|-----------------|---------------|
| Morning | | | | | | |
| 8AM | | | | | | |
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| Evening | | | | | | |
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Discipline:

"Do the things that others won't, so you can live the life others don't."

Weekly Activity Manager for the Week of: _____

| Weekly | Goal | Mon | Tue | Wed | Thu | Fri | Sat | Sun | Totals |
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| Coffee Meetings | | Prospects | |
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Daily Schedule

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| Write Goals and Affirmation - Morning | | Time: | | Date: | |
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| Daily Schedule | | Things to do / People to Follow Up with | | | |
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Daily Schedule

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| Write Goals and Affirmation - Morning | | Time: | | Date: | |
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| Daily Schedule | | Things to do / People to Follow Up with | | | |
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Daily Schedule

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Daily Schedule

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| Daily Progress Report | | | | | |
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Weekly Activity / Week of: _____

Do the most productive things possible at every given moment

| <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Saturday</i> | <i>Sunday</i> |
|------------------|----------------|------------------|-----------------|---------------|-----------------|---------------|
| Morning | | | | | | |
| 8AM | | | | | | |
| 12NOON | | | | | | |
| Afternoon | | | | | | |
| 1PM | | | | | | |
| 4PM | | | | | | |
| Evening | | | | | | |
| 6PM | | | | | | |
| 10PM | | | | | | |

Discipline:

"Do the things that others won't, so you can live the life others don't."

Weekly Activity Manager for the Week of: _____

| Weekly | Goal | Mon | Tue | Wed | Thu | Fri | Sat | Sun | Totals |
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| Coffee Meetings | | Prospects | |
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Daily Schedule

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| Write Goals and Affirmation - Morning | | Time: | | Date: | |
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| Daily Progress Report | | | | |
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Weekly Activity / Week of: _____

Do the most productive things possible at every given moment

| <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Saturday</i> | <i>Sunday</i> |
|------------------|----------------|------------------|-----------------|---------------|-----------------|---------------|
| Morning | | | | | | |
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Discipline:

"Do the things that others won't, so you can live the life others don't."

Weekly Activity Manager for the Week of: _____

| Weekly | Goal | Mon | Tue | Wed | Thu | Fri | Sat | Sun | Totals |
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| Coffee Meetings | | Prospects | |
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Daily Schedule

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| Write Goals and Affirmation - Morning | | Time: | | Date: | |
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| Write Goals and Affirmation - Morning | | Time: | | Date: | |
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| Daily Progress Report | | | | |
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Weekly Activity / Week of: _____

Do the most productive things possible at every given moment

| <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Saturday</i> | <i>Sunday</i> |
|------------------|----------------|------------------|-----------------|---------------|-----------------|---------------|
| Morning | | | | | | |
| 8AM | | | | | | |
| 12NOON | | | | | | |
| Afternoon | | | | | | |
| 1PM | | | | | | |
| 4PM | | | | | | |
| Evening | | | | | | |
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Discipline:

"Do the things that others won't, so you can live the life others don't."

Weekly Activity Manager for the Week of: _____

| Weekly | Goal | Mon | Tue | Wed | Thu | Fri | Sat | Sun | Totals |
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About Us

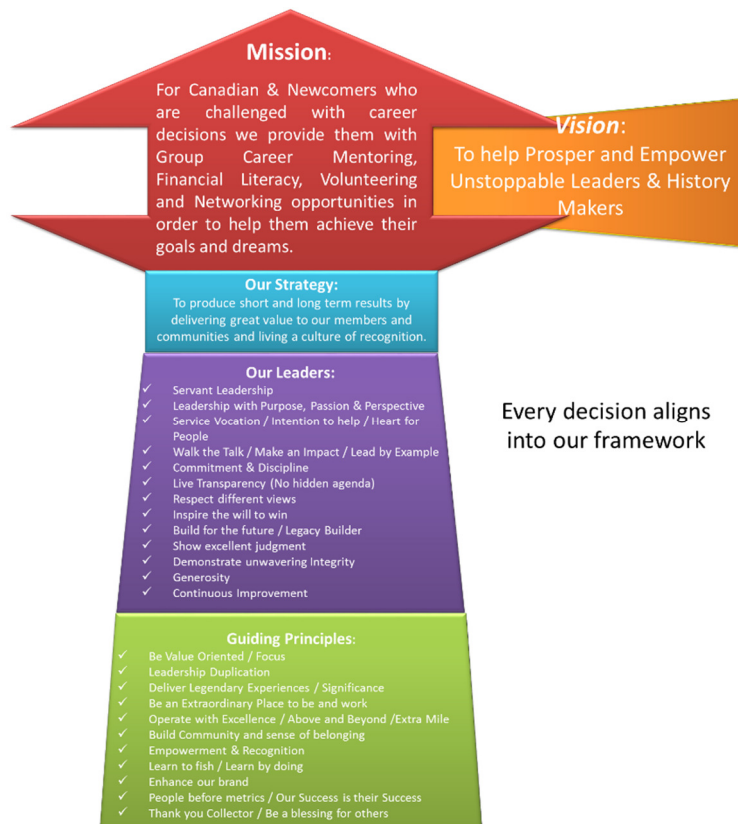
UnstoppableMe.ca was founded in April 2015. We started as a coffee shop meeting and rapidly we became a group. Now we are crafting a Community, where we are looking to create a Culture with the objective to be a Movement of Unstoppable Leaders and History Makers.

We provide an opportunity for Canadian & Newcomers to have access to: Group Career Mentoring, Financial Literacy, Volunteering and Networking opportunities.

We meet frequently and we use our website and social media to keep everybody informed and in contact.

Our Framework

Every decision aligns into our Lighthouse Framework



Lighthouses were built to provide guidance to courageous and unstoppable people that went on to conquer their goals and dreams.

