

7 Day Challenge Planner



7 DAY CHALLENGE

CHALLENGE YOURSELF TO A NEW YOU.

Instructions

Page 3:

- Set out what it is you want to achieve and why.
- Set the dates to begin and end
- Work out what you will need and what steps you need to take.
- Finally, summarise what you will do each day.

Page 4:

Use this page to tick the task/habit you have achieved each day.

Page 5:

Work out what you will do each day to achieve the task/habit

Page 6:

Now set out the week.

Page 7 - 13:

Your daily diary. Complete each evening. This will track how you are going.

Page 14:

Some quotes to ponder.

Most of all - Enjoy the ride!

7 DAY CHALLENGE

CHALLENGE

WHAT IS YOUR WHY?

HABITS TO BUILD

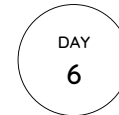
REWARD

1. _____
2. _____
3. _____
4. _____
5. _____

- _____
- _____
- _____

START DATE:

END DATE:



ACTION STEPS

WHAT I NEED

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____

TRACKING

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NEXT STEPS

7 DAY CHALLENGE

List the tasks you wish to accomplish each day

DAY 1

- Task/habit to do
- Task/habit to do
- Task/habit to do

DAY 2

- Task/habit to do
- Task/habit to do
- Task/habit to do

DAY 3

- Task/habit to do
- Task/habit to do
- Task/habit to do

DAY 4

- Task/habit to do
- Task/habit to do
- Task/habit to do

DAY 5

- Task/habit to do
- Task/habit to do
- Task/habit to do

DAY 6

- Task/habit to do
- Task/habit to do
- Task/habit to do

DAY 7

- Task/habit to do
- Task/habit to do
- Task/habit to do

NEXT STEPS:

Next step to do

7 DAY CHALLENGE

How will you achieve each task?

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

NEXT STEPS

TIP TO STAY MOTIVATED

WEEKLY PLANNING

MONDAY

MORNING	AFTERNOON	EVENING	NOTES

TUESDAY

MORNING	AFTERNOON	EVENING	NOTES

WEDNESDAY

MORNING	AFTERNOON	EVENING	NOTES

THURSDAY

MORNING	AFTERNOON	EVENING	NOTES

FRIDAY

MORNING	AFTERNOON	EVENING	NOTES

SATURDAY

MORNING	AFTERNOON	EVENING	NOTES


SUNDAY

MORNING	AFTERNOON	EVENING	NOTES

THE DAILY TO DO

DATE: _____

M T W T F S S

GOAL	HABIT	PROGRESS
	<hr/> <hr/> <hr/> <hr/> 	

MORNING	AFTERNOON	EVENING	NOTES

PRIORITIES

TO-DO

- _____
- _____
- _____

HOW DID IT GO TODAY?


WHAT DID YOU LEARN?

WHAT CAN YOU DO DIFFERENTLY TOMORROW?

THE DAILY TO DO

DATE: _____

M T W T F S S

GOAL	HABIT	PROGRESS
	<hr/> <hr/> <hr/> <hr/> 	

MORNING	AFTERNOON	EVENING	NOTES

PRIORITIES

TO-DO

- _____
- _____
- _____

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	<hr/> <hr/> <hr/> <hr/> 	

MORNING	AFTERNOON	EVENING	NOTES

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GOAL	HABIT	PROGRESS
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MORNING	AFTERNOON	EVENING	NOTES

PRIORITIES

TO-DO

- _____
- _____
- _____

HOW DID IT GO TODAY?

WHAT DID YOU LEARN?

WHAT CAN YOU DO DIFFERENTLY TOMORROW?

QUOTES

“People will do anything, no matter how absurd, in order to avoid facing their own souls. One does not become enlightened by imagining figures of light, but by making the darkness conscious.”

— Carl Jung, *Psychology and Alchemy*



“The moment you become aware of the ego in you, it is strictly speaking no longer the ego, but just an old, conditioned mind-pattern. Ego implies unawareness. Awareness and ego cannot coexist.”

— Eckhart Tolle

“Inhale appreciation, exhale regret.
Inhale love, exhale fear.
Inhale light, exhale darkness.
Inhale, exhale and release.”

— Jodi Livon



“You are one thing only. You are a Divine Being. An all-powerful Creator. You are a Deity in jeans and a t-shirt, and within you dwells the infinite wisdom of the ages and the sacred creative force of All that is, will be and ever was.”

— Anthon St. Maarten, *Divine Living: The Essential Guide To Your True Destiny*