

THE ENTREPRENEUR'S DAILY GUIDE TO GREATNESS

BE A BETTER YOU!	BE POSITIVE	BE PRODUCTIVE	BE HAPPY	BE HEALTHY	BE SCHEDULED	BE MOTIVATED	BE CONTENT
DAILY GUIDE TO GREATNESS	LIST YOUR WORKOUTS AND AMOUNT OF WATER AND OTHER BEVERAGES CONSUMED THROUGHOUT THE DAY.	LIST YOUR TO-DO'S, FOLLOW UP'S, CREATE NEW MARKETING AND CONNECTIONS. GET CAUGHT UP ON YOUR BOOK READING AND VIDEO TRAININGS.	TAKE THE TIME TO MEDITATE AND LISTEN TO NEW MUSIC. LIST THE AMOUNT OF TIME COMPLETED PER TASK. A FEW TIMES A DAY REALLY HELPS.	LIST YOUR MEALS, SNACKS AND ALCOHOL CONSUMED THROUGHOUT EACH DAY. PREPPING CONTAINERS IN ADVANCE HELPS.	LIST ALL YOUR MEETINGS AND SET A REMINDER IN YOUR CELL TEN MINUTES AHEAD SO YOU CAN BE AT YOUR BEST AND ALWAYS ONE STEP AHEAD.	PICK A MANTRA OR QUOTE TO FOLLOW FOR DAILY INSPIRATION. FIND A PODCAST AND/OR YOUTUBE CHANNEL FOR MOTIVATION.	STRESS LESS. SCHEDULE YOUR SOCIAL MEDIA, BLOG POSTS AND TOPICS TO BE DISCUSSED. THIS WILL ALLOW MORE TIME TO ENGAGE ONLINE.
MONDAY							
TUESDAY							
WEDNESDAY							
THURSDAY							
FRIDAY							
SATURDAY							
SUNDAY							

Kelly Ann Gorman
 Business Coach. Consultant. Travel Planner.
kellyanngorman.com
thehappyworkaholic.com