



Sunday Success Strategies

Sunday is a day of rest.

Add an "E" between the "S" and the "T" in rest and it spells RESET!

Sunday evening is your magic moment. It is the break between weekend and week. The pause between rest and reset.

This is the perfect time to schedule a meeting with the CEO of your life, YOU!

Your **Sunday Success Strategies** begin with a 60-minute commitment of your time every Sunday night to create and execute a meeting with yourself. Calendar this meeting with yourself just as you would any other planning meeting. Make this commitment a habit, and it will support you in taking your intentions into action mode one small ½ step at a time!

This Sunday end your weekend and pivot into your week strong and empowered!

3 Sunday Success Strategies

1. Create a **Success Inventory** for the past week. What were the highlights of your week personally and professionally? What put a smile on your face? Use the attached **Success Inventory** worksheet to create a blueprint for what worked and where gratitude and growth deserve to be noted and celebrated. This quick inventory exercise will recap small and large wins so that you can lean into what worked and create positive positioning for the next 7 days.
2. Rewrite excuses with a new **What Can I Do** outlook. Write down the excuses or obstacles that got in your way last week and may continue to concern you. Let the real or imagined flaws and fails reveal themselves. Replace the reasons you are saying "No, I Cannot Do This" with "Yes, I Can Do This *if*" and let the power of the new "*if*" list you create, lead you forward toward your goals! Use the attached **What Can I Do** worksheet to detail both your old and new way of thinking. What can you now do once you let go of what got in your way?

Take this exercise one step further. Make the impossible possible. Separate the top part of the **What Can I Do** worksheet so that you have your list of excuses separated from your list of solutions. Read your excuses out loud and then throw them away, destroying the evidence. Make your "*Yes, if*" list come to life this week.

3. Manifest what you most want to occur in the next 168 hours ahead. What is one thing that you really want to happen this week? Use the attached **Manifesting Now** worksheet to detail the steps that will make your intentions into a reality. You can do this exercise whenever you want to bring the power of today and the choices you have at your disposal into the light of the current moment.