

# WEEK 6

## *Rituals & Routines That Last*





## **WELCOME TO WEEK 6**

### **HEALTHY RITUALS & ROUTINES THAT LAST**

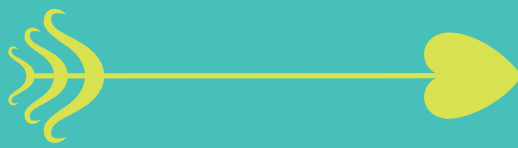
Welcome to the final week of the Unstoppable Woman Project program! Over the past 5 weeks you have learned so many new concepts and started to use and implement a whole range of healthy mind, body and soul tools to really make you feel radiant, alive and unstoppable!

This week's content has been designed to help you to integrate all that we have covered so that you can have long-lasting success in following through with everything. This guide is full of goal-setting tips and ways to stay focussed on making your new healthy routines ones that you do every day. You will have the opportunity to create a daily routine that you can continue with long into the future.

The goal of this week is to help you to stay on this path and to stay on track in the weeks and months that follow so you can keep on getting what you wanted when you joined this program.







## SET GOALS THAT TRULY INSPIRE YOU

The opposite of being unstoppable is being burnt-out and we are all at risk of this, but let's get one thing straight: it's not the amount of work we do that causes burnout, it's that feeling that you are never 'off duty.' It's having your attention permanently divided between work and building your business. Competition is fiercer than ever. You're under constant siege by a million distractions. Far easier to sit at your desk and be busy than take a whole afternoon off.

And on top of that, there is an overwhelming pressure to achieve and succeed. Those minutes spent being reactive add up with alarming speed. Before you know it, the day's gone and you're working well into the evening. It's easy to see why so many small business owners are stressed out and not as successful as they had hoped to be. It feels like a trap. And it is.

As you should now be aware of after doing the work on this program, taking care of our minds, bodies, and spirits will not only help our businesses but cause us to feel happier and more successful, too.

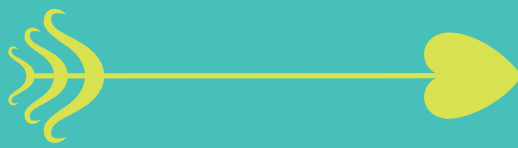
But why can't we ever seem to do this? What is stopping us from nurturing ourselves well enough to finally achieve everything we dream of – including a healthy, well-rested body and a mind sparkling with creativity and joy?

Perhaps you've tried to practice a regular self-care routine so many times. You've booked a day at the spa, or taken the day off to go to the beach. You've started to eat more healthily. You joined a gym. Yet here you are, back with the same old habits.

- o You haven't been to the gym for weeks.
- o You canceled the spa date.
- o You ate leftover apple pie for breakfast with your morning coffee.
- o The spinach you bought for your smoothie is wilting in the fridge.
- o You got to bed at two in the morning. Again.

Why can't we stop?





## SET GOALS THAT TRULY INSPIRE YOU

It all boils down to two things:

- o Habits
- o The human tendency to take the path of least resistance

When we create habits born of distraction and overwhelm, we make neural pathways that are fatally easy to follow.

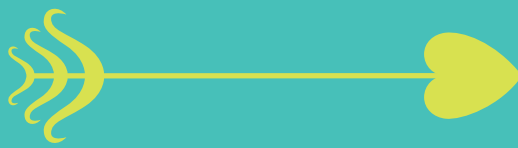
There's another basic human tendency at play too. We don't like to force ourselves to do things that bore us, stress us or make us feel overwhelmed. The neural pathways we create are pleasant ones – or at least easy to slide down.

So why beat your head against the wall, trying to “force” yourself to take the thorny, unpleasant paths? Answer: You shouldn't! At least, not blindly.

Tasks that seem dreary, dull, stressful, overwhelming, or too demanding feel that way for a reason. Your job is to figure out that reason and decide what action to take: NOT force yourself to do the task! When you get out of that well-worn “guilt/evasion” pattern and take an objective look at the problem, it becomes easier to weight your thinking towards a better solution. If a task feels stressful, there's a reason.

Sometimes we can get ahead of ourselves and we set an enormous, not easily obtained goal or an uninspiring goal. Overwhelming and uninspiring goals are not easily obtained and because of this, it's easy to lose motivation. When you set small goals that inspire you, over a lengthier period of time, you set yourself up for success instead of failure.

Use the following pages to brainstorm and jot down below why your goals are important to you and list ten important goals that you want to achieve over the next three months.



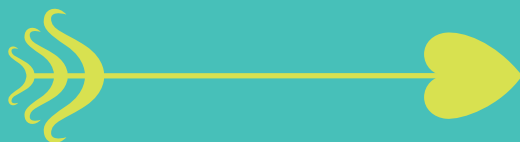
## ***SET GOALS THAT TRULY INSPIRE YOU***

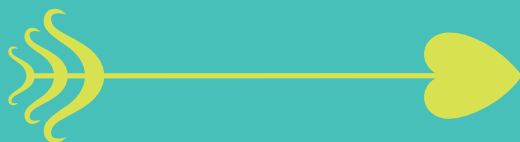
You can then organise your goals and set goal dates of when you would like to reach these goals. For example, if you have a goal to lose 5 kilos would you like to meet this goal in 30 days or 60 days?

Our goals should always be attached to a Big Why. Ask yourself why each goal is truly important to you and focus on that so it is much easier to stay focused and to stick to your goals.

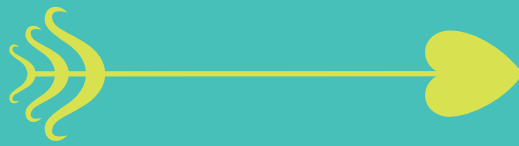








#GOALS



## ORGANISE YOUR GOALS

What you're doing by completing this table is setting yourself up with expectations that you can meet. Be sure to give yourself the wiggle room to achieve these aims, to work towards them, and to stay on track and keep motivated.

***Mindset Goals***

***Reason Why***

***Goal Date***

***Body Goals***

***Reason Why***

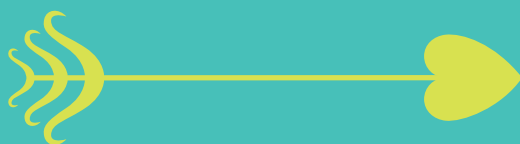
***Goal Date***

***Soul Goals***

***Reason Why***

***Goal Date***



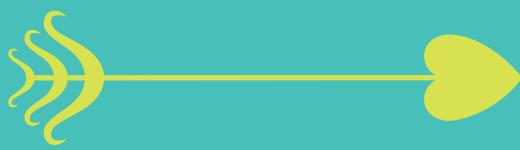


## SET SMART GOALS

SMART is an acronym that stands for: Specific, Measurable, Attainable, Relevant and Time-Bound. Just like we did in Step 1, you detailed your specific goal; you made it measurable, attainable, relevant, and time-bound. Using this method will help you set specific goals and it will help you work to achieve them. This will also give you a time-frame and structure to work step-by-step towards achieving your goals. This way that big, huge mountain of a goal appears to be a small hill that you can track every day until you get to the top of the mountain and success will stop slipping from your reach.

Here's how to make sure you are creating SMART goals:

1. Define your goal. Be specific.
2. Get in touch with your feelings about that goal as you brainstorm it. Your emotions are a reliable indicator of what is really going on with you. Is this goal really what you want or are you setting your sights on what is expected. For example, if you are happy coaching only five clients a week and you don't need more income (though of course, we all love to have extra cash) then stop beating yourself up for not being the next Oprah Winfrey, and start enjoying your life. Drop the endless chasing of more clients that causes you stress and procrastination.
3. Hold yourself accountable for what you are doing every day.
  - o Holding yourself accountable means tracking every action you take – or don't take. Get out of your comfort zone and use that journal. If you don't like writing, record notes to yourself on your phone and track everything that's important
  - o Check your Facebook and other social media metrics.
  - o Track how much time you spend drumming up new clients per week.
  - o Check your schedule. Are you meeting your goals for the number of client appointments you need?
  - o Enter receipts into your book-keeping software so you gain a realistic picture of your spending on a daily basis



## SET SMART GOALS

4. Be ruthless with your inbox.

- o Unsubscribe from emails that don't enrich your life
- o Unsubscribe from competitors and influencers that you never, ever have time to read.
- o Declutter and organise your inbox so it is not distracting you from what matters

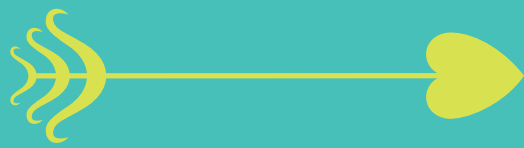
When you've made yourself accountable for not only every minute of your work day but also every task or activity you partake in during your work time, you will gain a stunningly clearer picture of how much money you are making or losing on activities and tasks (and procrastination). We need to be pro-active if we ever want to move toward our goals. This also applies to our personal goals. As we have been learning, it's important to make ourselves a priority too.

Making yourself a priority is vital because you want to make sure that you fit yourself into the calendar. If you have a huge goal you want to achieve but you have no time to complete it, then that means that you're not on your priority list. Your goals will be less likely to be achieved because you're too busy and you're not working towards them.

Set the time aside, make a date with yourself on the calendar, and say, "This is my day for me to work towards my goal."

For example, if you're aiming to lose weight and you know you need to get in 15 minutes a day at minimum of walking, Monday through Friday, five days a week, then you need to plug yourself into your calendar. You can do this in a variety of ways.





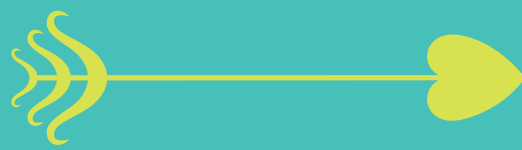
## **SET SMART GOALS**

Of course, there is the old-fashioned paper calendar or you can plug time for yourself into your mobile calendar or Google Calendar on your computer and set time aside to work towards your goals. You can set a reminder on your phone, along with a positive affirmation. Get a friend or family member to also help keep you accountable.

You are a priority and your goals are important to help you live the life that you truly want to live, so that you can be the best version of yourself for those who you love. Remember that self-care is never selfish!







## CREATING ROUTINES AND RITUALS

I truly believe that in order to practice all that you have been learning and to really make these tools into healthy habits you enjoy and do every day, it is necessary to establish routines.

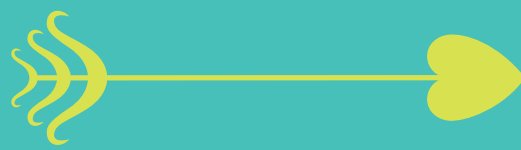
For many of us (certainly for me!) the idea of routine is mundane and boring. If this is the case for you, rather than establishing routines, start creating rituals.

Establishing every day rituals makes working towards your big goals- and performing the small every day tasks that bring you closer to these big goals- enjoyable and fun. When you are getting pleasure from the things you do, it is so much easier to stick to them. If something is a chore we definitely won't want to do it.

I want you to start creating a morning ritual for when you first wake up in the morning and begin your day and to also create a nightly routine for before bed at night. Think enjoyable, pleasurable, fun and nourishing. Your rituals also need to be do-able in the time frames and state of mind you have in each time of day.

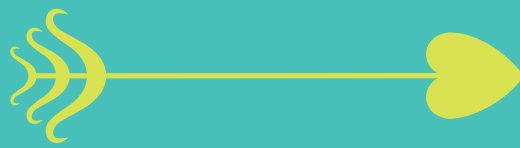
My morning ritual is much shorter and less involved than my nightly one. I always start my day doing 4-7-8 breathe upon waking, I take my temperature for my fertility chart, get up and shower and while showering do a shower meditation/body brush. While getting ready I will say an affirmation or repeat a quote I have selected the night before. Then I make and drink my breakfast smoothie on my front porch. I make sure not to check my phone until after I have eaten breakfast. None of these things take a long time to do but the whole routine helps to set the tone and rhythm of the day and get me into a positive mindset about the day ahead.

Your morning rituals will probably look completely different to mine- you have to make a routine that will work for YOU. You could also add in journalling, morning pages, yoga or stretching, meditation for example, if you have time to do these things. Start by adding in something new every day for a couple of weeks until you get into the habit. The key is to make doing them a habit that you don't think twice about doing.



## MY MORNING ROUTINE AND RITUAL GOALS

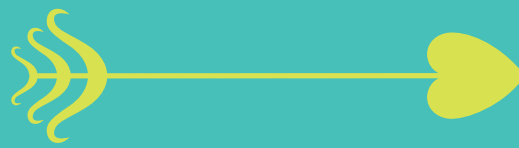




## **MY EVENING ROUTINE AND RITUAL GOALS**







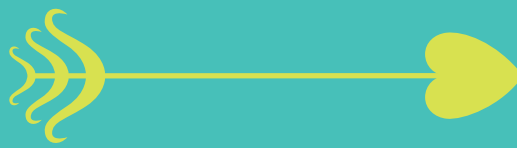
## MAKE IT HAPPEN

I promise you – you can achieve your goals – if you set yourself as a priority and keep that list of goals where you can see it every day. Remember, goal setting and working towards achieving goals isn't just saying that you want something to happen. It's putting in the action and doing the hard work to make it happen. Complete the 4-week plan on the following pages to set yourself up for success. Set an intention to really focus on each daily action step that will move you closer to your big goal. You may want to visualise or meditate on the step each day, or even use oracle or tarot cards to guide you through this process if that is something you are into.

Of course life sometimes gets busy and unexpected things can occur that can prevent our plans from happening. However, often this is reactivity and this is a significant distraction. If this happens make sure that first of all you're not just making excuses and come back to your Big Why. Most of the tasks should not be majorly time consuming, difficult or impossible- it can be worth asking yourself what will you do with this 10-15 minutes in the day if you don't do the task you have prioritised for yourself?

It's easy to not uphold our promises because we make excuses and because we don't perceive what we promise to do as fun. Yes, it does take self-discipline to make yourself go for a walk every day, even when it's raining. You have to chomp that bullet and make a serious commitment to yourself that you will go for a walk every day for sixty days straight no matter what.

Find hacks to make exercise easier. For example, if you get bored walking on your own, find a couple of friends to make that commitment with you and be your walking buddies. This particular hack has terrific benefits all of its own. Walking with a buddy or two provides you with social time at the same time as you're exercising, reduces boredom and stress, provides inspiration and encouragement, and provides a vital support system and reinforces a sense of achievement.

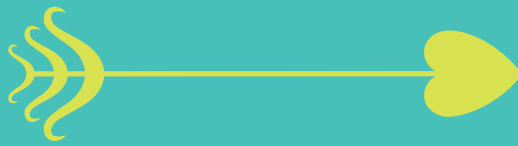


## **MAKE IT HAPPEN**

Your hack might be not to go outside at all, but to have a treadmill at home and exercise on it for 20 minutes at 11 a.m. every morning. If you do that, make sure you're using your exercise machine in an inspirational space. Play MP3s of beautiful nature trails or beaches and imagine you're there while you are walking, cycling or running on your treadmill. Listen to audiobooks or podcasts you enjoy. Play energising or relaxing music (whichever one works best for you!). Use essential oils as a mood enhancer – it's much easier to imagine you're running through a tropical forest if you are smelling subtle scents of tropical spices and flowers.

The point is, do what you need to do to make it happen. Commit and follow through and it's amazing what you can achieve.



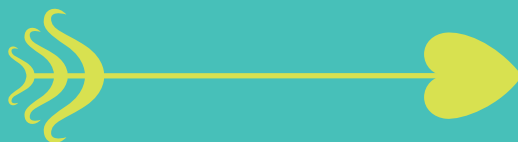


# PLAN YOUR WEEK: WEEK 1

DATE:

	BIG GOAL	DAILY ACTION STEPS	DONE Y/N?
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

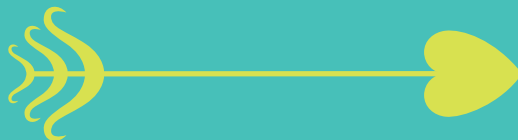




## PLAN YOUR WEEK: WEEK 2

DATE:

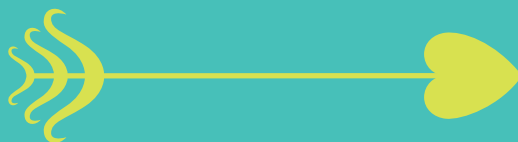
	BIG GOAL	DAILY ACTION STEPS	DONE Y/N?
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			



## PLAN YOUR WEEK: WEEK 3

DATE:

	BIG GOAL	DAILY ACTION STEPS	DONE Y/N?
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

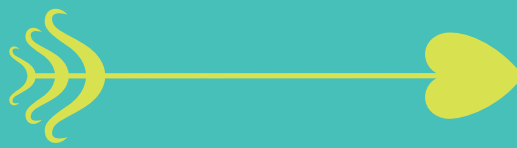


# PLAN YOUR WEEK: WEEK 4

DATE:

	BIG GOAL	DAILY ACTION STEPS	DONE Y/N?
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			





## VISIONING

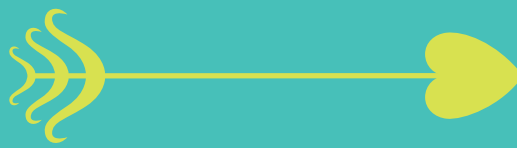
There is one more step to setting goals that really stick and that is visioning. When we start any project, we use the process of visioning—figuring out what we want success to look like—to get it going. Without visioning, it's easy to be dragged down by pressures and problems, but with it we are lifted to a more positive energy level.

An effective vision needs to be:

- o Inspiring. To you as well as for anyone else who will be involved in implementing it.
- o Strategically sound. That is, we actually have a decent shot at making it happen (which you should if you are making SMART goals!)
- o Documented. You really need to write your vision down to make it work.
- o Communicated. Not only do you have to document your vision but if you want it to be effective, you actually have to tell people about it too. It's important that your vision includes personal passions and desires, even if your goals are career or business ones.

In writing down your vision, create a future in which you will feel fulfilled and rewarded. A big benefit of visioning is that it helps us stay the course. Having a written vision helps overcome any sense of failure we might feel as we go through working on our goals. It's easier to keep going when we've already committed that we're going to get a successful conclusion, and when we all know what that conclusion (or vision) is.

Complete the Visioning worksheet to get going on your personal vision and share it with us all.



## NEW BEGINNINGS

Let's take a pause to celebrate. You are not the same woman now who started this program 6 weeks ago. Look how far you have come! Look at how much you have learned!

On the path of moving forward and creating change, you may feel overwhelmed by all of the changes you want to create in your life and who you want to become. Without realising, you may be putting all of your focus on the gap between where we are and where we want to be and we may have no idea how to bridge that gap. So the most powerful thing you can do is take life one day at a time and take inspired action steps every day that move you closer to who you want to be and what you want to create.

The actions that you take each day may seem small and insignificant on their own but they will add up over time to make significant changes. Practise gratitude and appreciation for where you are and what you have. Continue to love the journey and appreciate the process. Don't forget to always look for the positive aspects and express gratitude for where you are and what you have.

- o Reflect on your own journey in this program. What are you most proud of yourself for? What were your biggest learnings or realisations? How are you different to who you were 6 weeks ago? What inner shifts have you created? How are you now acting or showing up differently?

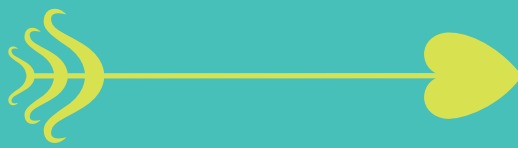
- o Reflect on what you have learnt through your journey in this course. Review the modules and the content and allow yourself time to integrate and process your learnings.

- o Re-visit any areas of the work that either felt deeply significant and impactful, or which you didn't get to complete e.g. the workbook exercises.

- o Review your pre-work and reflect on how you have shifted and changed since you completed the pre-work.

- o What is different about you?

And then let's celebrate your new life and your new beginnings!



## CONGRATULATIONS!

You did it! You now have all the tools at your disposal to become Unstoppable in your business and life! Don't worry if you haven't done everything- this work is always ongoing and you can come back to any of these lessons at any time to do when you know you are ready.

I am so proud of you for completing the program and for getting some solid goals and routines in place to make your life amazing. It has been an honour to support you on this journey through doing your inner work and changing your external world in many positive ways.

If you'd like further help in achieving your goals please contact me to discuss how we can work together 1:1.

I'd love for you to complete this end of program survey so that I can make this course even better for the future. I will give all participants who complete this survey a free 30-minute follow up session to work on your goals together! Click the button below to go to the survey.

**TAKE THE SURVEY**



I hope you have enjoyed  
being in this program  
as much as I have loved  
delivering it!



