

AWAKEN YOUR INNER GAME

When are you going to fit in meditation into your day?

How long are you going to commit to doing it for (10 mins minimum)? Where are you going to meditate?

What type of meditation will you do? *eg. Focus on breathing, guided meditation on YouTube*

When are you going to fit writing your quality questions and gratitude into your day?

What are you going to write your quality questions and gratitude in?

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Achieving Your Goals

Ritual	What is the specific ritual	How often will do this? <i>Daily/Weekly/Monthly/ Six-Monthly</i>	When will you implement this? <ul style="list-style-type: none"> • A = already doing • N = now • F = In future
Reading/Learning			
Contemplate / review			
Focus			
Affirmations			
Marketing & Sales Rituals			
Focused to-do lists			

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Growing Your Finances

Ritual	What is the specific ritual	How often will do this? <i>Daily/Weekly/Monthly/ Six-Monthly</i>	When will you implement this? <ul style="list-style-type: none"> • A = already doing • N = now • F = In future
Rituals Around Finances			
Making Money			
Saving Money			
Keeping cash in your wallet			
Paying bills on time			
Investing			
Saving for holiday			

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EXERCISES FOR THIS WEEK:

1. Commit to and incorporate the foundation rituals in your life EVERY DAY
 - Reading Your Goals
 - Meditation (minimum 10 minutes)
 - Quality Questions & Gratitude (minimum 5 minutes)
2. Incorporate any other rituals that you want to start doing now as well into your days/weeks/months
3. Have FUN!!!