

Template for Weekly Check-ins

In my business development group I came across an accountability checklist for entrepreneurs. Each week our leader would ask us to “check-in” and “check-out”.

Since we are full on heading into the Holiday season I thought this might help you and I incorporated goals, fitness, and wellness into the mix. I hope this serves as inspiration to you to stay on track during the holidays and keep your goals in check. I know I fully intend to start this again for myself as well.

This is the check-in we did on Sundays.

I copied mine into my journal, google keep and google docs for easy access.

My Word For This Week is:

[this can be anything that empowers you and motivates you: strong, focused, motivated, happy, etc...]

By Friday I want to feel:

[by the end of the week, what do you want to feel?]

My Top 3 Goal Building Priorities Are:

[these are ACTION priorities]

- 1.
- 2.
- 3.

My Top 3 “Eat That Frog” Priorities Are:

[These are the things that get in our way and just need to get done to move forward] BTW

- If you don't know Eat That Frog you can find it on Amazon.com -> [HERE](#).

- 1.
- 2.
- 3.

If I start to feel stuck or overwhelmed I will:

[What will you do to move through a sticking point. This is an action. "I will reach out to my VA for help". "I'll take a break and go for a walk"....]

1 Thing I Will Do For Myself This Week (non-goal oriented).

[You need to enjoy life and make fun a priority too]

1 Person I will show love/gratitude/appreciation for:

[saying "thank you" or "I love you" benefits everyone!]

I will let them know by doing:

["I will send a card".... "I will stop by and have lunch"....]

The 1 Thing I am MOST Excited About in my life/goals right now:

[celebrate your wins]

This is exciting because:

[this may seem obvious but it's good for you mental motivation to say it and own it]

The 1 Thing I am MOST worried About in life/goals:

[you can't tackle a challenge unless you face it]

What can you do to ease some of the worry?

[This puts you in control and into action]

What is your mantra for this week. Put it on a sticky note where you can see it everyday.

[feel free to use mine]

I commit to myself and my clients and my wellness routine this week. I will show up everyday and do the work. I will build a business that will change lives and by doing so, I will change my own. I will reach out when I feel stuck and I will push forward when fear shows up. I can do this.

Have an amazing week! Go out and be awesome!