



ashleyempowers.com

“Getting My Life Challenge”

28 Day Success Planner

By: Ashley “Empowers” Brown

Guide Details

I truly believe that you are in the right place, at the right time. This moment is an opportunity for a *second chance* and you are one decision away from becoming your best self. If you feel undisciplined, unmotivated or off track in any area of your life, use this guide to help you get clarity on your goals, establish a plan, and take **action**! This tracker is designed to help you track your progress spiritually, physically and financially.

Instructions:

- Print off this guide, sit quietly, and give yourself some time to answer the upcoming questions openly and honestly.

“The secret to success are in the little choices we make everyday”

Personal Questions

- What books are you currently reading?
- How often do you exercise?
- How would you describe the 5 people you associate with the most? (Ambitious, God fearing, inspiring etc.?)
- What does your morning routine look like?
- What does your diet consist of?
- How is your relationship with God? How much time are you spending with him?
- On the scale of A to F, what you rate your relationship with God?
- Do you have any mentors?
- What makes you happy?
- What do you do for yourself that you enjoy?
- How do you present yourself to the world? (Dress up? Look your best?)
- How would you rate your level of confidence?
- Do you drink alcohol? Smoke? Emotional Eat?
- Do you love yourself?
- Do you truly believe you are walking in your purpose?

Financial Questions

- Are you saving 10% of your income?
- Are you tithing 10% of your earnings?
- Are you living below your means?
- How many different sources of income do you currently have?
- Do you have a written budget?

To-Do List

- Create 3-5 Smart Goals (12 month deadline)
- Create a Book List w/at least 12 books (Ex: Christian Development, Self Development etc.)
- Create (21) Day Success Routine- Rule of 5 (5 Daily Disciplines you do everyday)
- Create a Vision Board
- Spend time with God daily. (Ex: Prayer, Journal, Worship, Read the Bible)
- Listen to a Faith Building message everyday
- Do this challenge with a friend!
- Update Debt-Tracker Spreadsheet
- Positive Affirmations
- 10-15 minutes of daily alone time
- Exercise 3-5x a week (Ex: Walk, Bike, Fitness classes)
- Get a personal 2016-2017 planner/agenda and prioritize your priorities.
- Date Night or Personal “Me” Time



GOAL SETTING

Goals

S	Specific: State exactly what you want to accomplish (Who, What, Where, When, Why)
M	Measurable: How will you evaluate and know that you have reached your goal or how much progress you have made.
A	Achievable: Your goal should be challenging, but within your ability to reach. Be realistic, but be willing to push out of your comfort zone.
R	Relevant: Double check your plan ties into your big picture goals. Is the “why” you are doing this fit into your objectives.
T	Timely: Set some “by when” dates that you can target for completion or to measure your progress.

- What your goals for the next 12 months?

(List 3-5 **SMART** Goals)

1. _____
2. _____
3. _____
4. _____
5. _____

Daily
Disciplines

Daily Success Routine

- 1.
 - 2.
 - 3.
 - 4.
 - 5.
-
- **What time will you wake up in the morning?**

Book
Reading
List

Book

Date Completed

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

***Note:** Audio books are a great resource as well.*

Affirmations

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

Speak Life.

"The tongue has the power of life and death"

Proverbs 18:21

Debt Goal Tracker

Measuring our progress

our goal: _____

our reward: _____

a Peek at the Week!

week of: _____



Day 1.	Day 2.	Day 3.	Day 4.
Day 5.	Day 6.	Day 7.	Week 1 Complete. ✓

Daily Disciplines:

-
-
-
-
-
-

	Spiritual	Physical	Daily Reading	Faith Building Message
S	_____	_____	_____	_____
M	_____	_____	_____	_____
T	_____	_____	_____	_____
W	_____	_____	_____	_____
T	_____	_____	_____	_____
F	_____	_____	_____	_____
S	_____	_____	_____	_____

thoughts



a Peek at the Week!

week of: _____



Day 8.	Day 9.	Day 10.	Day 11.
Day 12.	Day 13.	Day 14.	Week 2 Complete. ✓

Daily Disciplines:

-
-
-
-
-
-

	Spiritual	Physical	Daily Reading	Faith Building Message
S	_____	_____	_____	_____
M	_____	_____	_____	_____
I	_____	_____	_____	_____
W	_____	_____	_____	_____
T	_____	_____	_____	_____
F	_____	_____	_____	_____
S	_____	_____	_____	_____

thoughts



a Peek at the Week!

week of: _____



Day 15.	Day 16.	Day 17.	Day 18.
Day 19.	Day 20.	Day 21.	Week 3 Complete. ✓

Daily Disciplines:

-
-
-
-
-
-

	Spiritual	Physical	Daily Reading	Faith Building Message
S	_____	_____	_____	_____
M	_____	_____	_____	_____
T	_____	_____	_____	_____
W	_____	_____	_____	_____
T	_____	_____	_____	_____
F	_____	_____	_____	_____
S	_____	_____	_____	_____

thoughts



a Peek at the Week!

week of: _____



Day 22.	Day 23.	Day 24.	Day 25.
Day 26.	Day 27.	Day 28.	Program Complete. ✓

Daily Disciplines:

-
-
-
-
-
-

	Spiritual	Physical	Daily Reading	Faith Building Message
S	_____	_____	_____	_____
M	_____	_____	_____	_____
T	_____	_____	_____	_____
W	_____	_____	_____	_____
T	_____	_____	_____	_____
F	_____	_____	_____	_____
S	_____	_____	_____	_____

thoughts



Would you like to speak to me personally?

If you need an accountability partner, don't hesitate to reach out to me for an "Empower Hour" session. My sessions are practical, applicable & empowering and designed to help you establish a clear road map to get you on track with your goals. Either way, let me know how this guide helped you. I look forward to hearing from you!

My Direct Contact:
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With Love,

Ashley

