



POWER - The 30 Day Challenge - Your Weekly Plan!

P	Prioritize Get clear on your 30 day goal - create or break ONE habit (be specific). Identify as many reasons as possible to build motivation (WHY?).	Goal - What do I want to achieve?		Reasons - Why is this important?				
O	Outline Create a plan. Decide on specific actions that you will take on a daily basis. Rituals you will do consistently every day to create / break the habit. Identify 2-3 specific behaviors.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
W	Without Decide what you have to do without. What do you have to avoid or not do to support your goal? Think of things, people, situations, activities and behaviors.							
E	Engage Success is a team sport. Decide on minimum one person that you will report to daily and how. Someone to hold you accountable and encourage you! But also a person who is not afraid to tell you the truth and kick your butt if needed.							
			Checked In Yes No	Checked In Yes No	Checked In Yes No	Checked In Yes No	Checked In Yes No	Checked In Yes No
R	Reinforce To reinforce your new habit, decide on timely rewards. Commit to severe consequences for missing a day. NOTE: If you miss a day, the 30 day challenge starts all over. No exceptions!	Positive Reinforcement How and when will I reward myself?			Consequences! What are the severe consequences for relapse?			