CRACK THE PRODUCTIVITY CODE AND SET YOURSELF UP FOR SUCCESS

CALENDAR

NAMS
Novice to Advanced Marketing System

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Introduction

Copy and paste these tasks to your calendar to keep you on track. These six things are what successful people execute every day. And they do them in the first two hours in the morning before checking email or social media. Begin today and reap the rewards of being super productive.

Week 1

Monday

In your workbook, analyze your current morning routine, paying attention to:

- What works for you
- What doesn't

Brainstorm what you need to add to your morning routine to:

Cut down on distraction opportunities

Help energize and motivate you

Decrease anxiety and stress

Plan your day tomorrow at the end of your workday, isolating your three TOP PRIORITIES.

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What you need ready for your new morning routine?

- Go to bed earlier
- Set your alarm earlier
- Lay out your clothes for tomorrow
- Open your curtains, at least partially

Tuesday

Begin your day with a glass of water.

What action steps you need to take before you can implement any new routine?

Take those steps.

Plan your day tomorrow at the end of your workday, isolating your three top PRIORITIES. Ensure you have your calendar tasks in place.

- Go to bed earlier
- Set your alarm earlier
- Lay out your clothes for tomorrow
- Open your curtains, at least partially

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Wednesday

Begin your day with a glass of water.

Use your new morning routine.

Journal:

- What you like about it
- What you don't like
- What didn't work the way you thought it would
- What was difficult for you

Eliminate only what you absolutely don't like and know will not work for you.

Journal this and write down your reason for abandoning that element of your new morning routine.

- Go to bed earlier
- Set your alarm earlier
- Lay out your clothes for tomorrow
- Open your curtains, at least partially

Thursday

Begin your day with a glass of water.

Use your new morning routine.

Journal:

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- What you like about it
- What you don't like
- What didn't work the way you thought it would
- What was difficult for you

Eliminate only what you absolutely don't like and know will not work for you.

Journal this and write down your reason for abandoning that element of your new morning routine.

- Go to bed earlier
- Set your alarm earlier
- Lay out your clothes for tomorrow
- Open your curtains, at least partially

Friday

Begin your day with a glass of water.

Use your new morning routine.

Journal:

- What you like about it
- What you don't like
- What didn't work the way you thought it would
- What was difficult for you

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Eliminate only what you absolutely don't like and know will not work for you.

Journal this and write down your reason for abandoning that element of your new morning routine.

- Go to bed earlier
- Set your alarm earlier
- Lay out your clothes for tomorrow
- Open your curtains, at least partially

Week 2

Monday

Begin your day with a glass of water.

Read your journal. Look back on your new morning routine. See if your journal gives you any insight to:

- Why something is worth sticking with
- How you can make what works even better
- What needs to be replaced.

Adjust your routine. Journal your adjustments and reason why.

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Tuesday

Begin your day with a glass of water.

Use your new, adjusted morning routine.

Journal:

- What you like about it
- What you don't like
- What didn't work the way you thought it would

Wednesday

Begin your day with a glass of water.

Use your new, adjusted morning routine.

Journal:

- What you like about it
- What you don't like
- What didn't work the way you thought it would
- What was difficult for you

Thursday

Begin your day with a glass of water.

Use your new, adjusted morning routine.

Journal:

- What you like about it
- What you don't like
- What didn't work the way you thought it would
- What was difficult for you

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Friday

Review your journal.

Determine:

How you can step up each section of your new routine. For example, increase exercise time, add in meditation as well as prayer, etc.

- Do you want to add in something new?
- What you need to ditch?
- Does the timing on anything need adjusting?

Try your new, adjusted routine. Journal your changes and what you thought of them.

Week 3

Monday

Begin your day with a glass of water.

Use your new, adjusted morning routine.

Journal:

- What you like about it
- What you don't like
- What didn't work the way you thought it would
- What was difficult for you

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Tuesday

Begin your day with a glass of water.

Use your new, adjusted morning routine.

Journal:

- What you like about it
- What you don't like
- What didn't work the way you thought it would
- What was difficult for you

Wednesday

Begin your day with a glass of water.

Use your new, adjusted morning routine.

Journal:

- What you like about it
- What you don't like
- What didn't work the way you thought it would
- What was difficult for you

Thursday

Begin your day with a glass of water.

Use your new, adjusted morning routine.

Journal:

- What you like about it
- What you don't like
- What didn't work the way you thought it would
- What was difficult for you

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Friday

Begin your day with a glass of water.

Use your new, adjusted morning routine.

Journal:

- What is feeling better and really working for you
- How much your energy level has improved
- Whether or not your stress level has changed - for better or worse

Week 4

Monday

Begin your day with a glass of water.

Add in other morning routine activities that you have not yet tried

Drink morning smoothies for this final week.

Add other morning routine activities that you want to try.

- Different exercise options
- Different soul-feeding options

Tuesday

Begin your day with a glass of water.

Use your new, adjusted morning routine.

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Journal:

- What you really like about this routine
- Why it is working better
- What you are going to keep
- What you are going to omit

Wednesday

Begin your day with a glass of water.

Use your new, adjusted morning routine.

Note how you feel about the new routine.

Thursday

Begin your day with a glass of water.

Use your new, adjusted morning routine.

Friday

Begin your day with a glass of water.

How is your new routine?

Determine if you need to make tweaks to the routine and do them.

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