

Simple Steps to a Happier You

CALENDAR



Copyright Notice

Copyright © NMORNINGS, Inc. All rights reserved worldwide.

No part of this material may be used, reproduced, distributed or transmitted in any form and by any means whatsoever, including without limitation photocopying, recording or other electronic or mechanical methods or by any information storage and retrieval system, without the prior written permission from the author, except for brief excerpts in a review.

This material is intended to provide general information only. Neither the author nor publisher provide any legal or other professional advice. If you need professional advice, you should seek advice from the appropriate licensed professional. This material does not provide complete information on the subject matter covered. This material is not intended to address specific requirements, either for an individual or an organization.

This material is intended to be used only as a general guide, and not as a sole source of information on the subject matter. While the author has undertaken diligent efforts to ensure accuracy, there is no guarantee of accuracy or of no errors, omissions or typographical errors. Any slights of people or organizations are unintentional.

Any reference to any person or organization whether living or dead is purely coincidental. The author and publisher shall have no liability or responsibility to any person or entity and hereby disclaim all liability, including without limitation, liability for consequential damages regarding any claim, loss or damage that may be incurred, or alleged to have been incurred, directly or indirectly, arising out of the information provided in this material.

A PERSONAL INVITATION!

And a special 14 day \$1 trial to the best business training resource library available



1

Magnetize

Every business person must have the ability to persist until they prosper by training the right mindset...

2

Monetize

Making money is urgent and important for ALL businesses. It's the key to financing your growth...

3

Methodize

After mastering sales and marketing, creating your own products correctly adds zeroes to your business...

Click here to start today!

NAMS.ws/14trial



WHAT DO INSIDERS GET?

Weekly MASTERMIND Call - What's working

30-Day Challenges - 12 months essential topics

Insiders Facebook Group - active peer community

PLR Articles - articles, report and ecourse each month

Audio & Graphics Gallery

Micro Workshops - nearly 2 dozen training sessions

Tutorial Library - Tech tool & process tutorials

Custom Tutorials - 18 essential tools tutorials

Custom Marketing Suite Software including site builder, video management, tracking, quiz engine

And much more...



Table of Contents

CALENDAR.....	5
21 DAYS TO A HAPPIER YOU:	5
Week 1	5
MORNING	5
AFTERNOON	5
MORNING	7
AFTERNOON	7
MORNING	8
AFTERNOON	8
MORNING	9
EVENING	9
MORNING	10
AFTERNOON	10
Week 2	11
MORNING	11
AFTERNOON	11
MORNING	12
AFTERNOON	12
MORNING	13
AFTERNOON	13
MORNING	14
AFTERNOON	14
MORNING	15
AFTERNOON	15
Week 3	16
MORNING	16
AFTERNOON	16
MORNING	17
AFTERNOON	17
MORNING	18
AFTERNOON	18
MORNING	19

SIMPLE STEPS TO A HAPPIER YOU CALENDAR

AFTERNOON 19

MORNING 20

AFTERNOON 20

Week 4 22

MORNING 22

AFTERNOON 22

MORNING 24

AFTERNOON 24

MORNING 26

AFTERNOON 26

MORNING 27

AFTERNOON 27

MORNING 29

AFTERNOON 29

CALENDAR

21 DAYS TO A HAPPIER YOU:

Week 1

Week 1	
Monday	
MORNING <ol style="list-style-type: none">1. Begin your day by thinking of at least three things you are grateful for. (Examples can be people/gifts/things).2. Complete the exercises in the Workbook, if you have not done so already.3. Use your new breathing exercises and perform <i>at least five minutes</i> of meditation. After you finish your meditation, analyze the experience:<ul style="list-style-type: none">■ Was it helpful?■ Did it feel too short or too long?■ Do you need to adjust the time spent in meditation?4. If you haven't already done so,	AFTERNOON Coach clients

5. make your list of things you are grateful for. Use the Workbook alphabetical prompts or list items by category:

- ☐ Family
- ☐ Friends
- ☐ Money
- ☐ Health
- ☐ Career
- ☐ Home
- ☐ Your mission

MAKE A COMMITMENT TO DRINK MORE WATER.

Tuesday

MORNING

1. Begin your day by thinking of at least three things you are grateful for. (Examples can be people/gifts/things).
2. Complete the exercises in the Workbook, if you have not done so yet.
3. Drink a glass of water.
4. Play meditation music, a guided meditation or a meditation video.
5. Do your meditation routine, focus on mindfulness and breathing.
6. Select appropriate exercise or yoga clothing.
7. Order online or take a shopping trip to purchase your yoga clothing.
8. Throughout the day, recall the things you are grateful for.
9. Do another meditation for relaxation.

MAKE A COMMITMENT TO MEDITATE AT LEAST TWICE A DAY, MORNING AND EVENING.

AFTERNOON

Coach clients

Wednesday

MORNING

1. Begin your day by acknowledging at least three things you are grateful for. (Examples can be people/gifts/things).
2. Drink a glass of water.
3. Do your meditation routine, focus on mindfulness and breathing.
4. Focus today on mindfulness. Be mindful and have an awareness in everything you do.

NOTICE new things you are grateful for ... especially things you may have always taken for granted.

5. If you have not yet done so, decide on a form of exercise.
Either do it (if it's a form you are already familiar with) or take a trip to explore a selected yoga studio or gym.
Set up an introductory class or session; or book an assessment.
6. End your day by recalling the things you are grateful for. Add another meditation for relaxation.

MAKE A COMMITMENT TO PRACTICE CONSCIOUS MINDFULNESS EVERY DAY.

AFTERNOON

Coach clients

Thursday

MORNING

1. Begin your day by thinking of at least three things you are grateful for. (Examples can be people/gifts/things).
2. Drink a glass of water.
3. Do your meditation: focus on mindfulness and breathing.
4. Evaluate your nutrition plan. Be aware that you need to eat foods that energize you, including more fresh fruit and vegetables.
5. Consider consulting a certified dietician or certified nutritionist. Calculate your maximum protein-fat-carb intake or allow for health concerns. Always consult with your physician when making any modifications to your diet or health.
6. Contact your doctor's office for a recommendation of a nutritionist and book an appointment.
7. End your day by remembering the things you are grateful for. Do another meditation for relaxation.

MAKE A COMMITMENT TO EAT HEALTHILY AND HONOR YOUR BODY.

EVENING

Coach clients

Friday

MORNING

1. Begin your day by naming at least three things you are grateful for.
2. Drink a glass of water.
3. Do your morning meditation: focus on your mindfulness and breathing.
4. Exercise.

Affirm your exercise session with positive self-messages and grateful for what you CAN do.

5. RE-ASSESS YOUR WEEK.

- How did it go? What do you need to do more of? Less of? Tweak?
- What was difficult? What could you do to make it less difficult?
- What made you happy? What were you grateful for?

6. End your day by recalling the things you are grateful for. Do another meditation for relaxation.

MAKE A COMMITMENT TO MAKE NEXT WEEK EVEN MORE JOYFUL AND BRING IN MORE GRATITUDE.

AFTERNOON

Coach clients

Week 2

Monday

MORNING

1. Begin your day by naming at least three things you are grateful for.
2. Drink a glass of water.
3. Do your morning meditation: focus on mindfulness and breathing.
4. Exercise.
Be mindful while exercising. Acknowledge your exercise session with positive self-messages and gratitude for what you CAN do.
5. Purchase any equipment or extra clothing recommended by your yoga or fitness instructor—either online or locally.
6. End your day by recalling the things you are grateful for. Do another meditation for relaxation.

MAKE A COMMITMENT TO FORGIVE YOURSELF FOR ANYTHING YOU OMITTED OR SLIPPED UP ON AND MOVE FORWARD WITH GRATITUDE AND JOY THIS WEEK.

AFTERNOON

Coach clients

Tuesday

MORNING

1. Begin your day by naming at least three things you are grateful for.
2. Drink a glass of water.
3. Do your morning meditation: focus on mindfulness and breathing.
4. Exercise.
Be mindful while exercising. Acknowledge your exercise session with positive self-messages and gratitude for what you CAN do.
5. Incorporate exercising your brain into your routine.
 - Do things differently
 - Learn something new each day
 - Investigate signing up for a course—and do it, if you find one that inspires you
 - Be mindful of opportunities to push familiar limits in pursuit of learning
6. End your day by recalling the things you are grateful for. Do another meditation for relaxation.
7. **MAKE A COMMITMENT TO OPEN YOURSELF TO NEW OPPORTUNITIES FOR LEARNING AND EXPANDING YOUR SKILLS AND KNOWLEDGE.**

AFTERNOON**Coach clients**

SIMPLE STEPS TO A HAPPIER YOU CALENDAR

Wednesday

MORNING

1. Begin your day by naming at least three things you are grateful for.
2. Drink a glass of water
3. Do your morning meditation: focus on mindfulness and breathing.
4. Exercise your body.
Be mindful while exercising.
Reinforce your exercise session with positive self-messages and gratitude for what you CAN do.
5. Exercise your brain.
6. Be mindful of compassion.
Forgive anyone you need to forgive—including yourself.
7. End your day by recalling the things you are grateful for. Do another meditation for relaxation.

MAKE A COMMITMENT TO PRACTICE COMPASSION, EVERY MOMENT OF EACH DAY.

AFTERNOON

Coach clients

Thursday

MORNING

1. Begin your day by naming at least three things you are grateful for.
2. Drink a glass of water.
3. Do your morning meditation: focus on mindfulness and breathing.
4. Exercise your body.
5. Exercise your brain.
6. Discover ways to make a difference to the world around you. IDEA: would you like to donate money or your time to a global or local charity or cause.
7. Research your options to volunteer or donate and make a decision.
8. Act on your decision!
9. End your day by naming the things you are grateful for. Do another meditation for relaxation.

MAKE A COMMITMENT TO DONATE TO AND/OR VOLUNTEER AT A GLOBAL OR LOCAL CHARITY OR CAUSE.

AFTERNOON

Coach clients

Friday

MORNING

1. Begin your day by naming at least three things you are grateful for.
2. Drink a glass of water.
3. Do your morning meditation: focus on mindfulness and breathing.
4. Exercise your body.
5. Exercise your brain.
6. Do something for someone else.
7. RE-ASSESS YOUR WEEK.
 - How did it go? What do you need to do more of? Less of? Tweak?
 - What was difficult? What could you do to make it less difficult?
 - What made you happy? What were you grateful for?
8. End your day by naming the things you are grateful for. Do another meditation for relaxation.

MAKE A COMMITMENT TO LIVE WITH JOY AND PURPOSE, MAKING EACH DAY COUNT.

AFTERNOON

Coach clients

Week 3

Monday

MORNING

1. Begin your day by naming at least three things you are grateful for.
2. Drink a glass of water.
3. Do your morning meditation: focus on mindfulness and breathing.
4. Exercise your body.
5. Exercise your mind.
6. Do something for someone else.
7. Explore openness. Realize it is a CHOICE. Be honest. *Be courageous.*
Examine where you are placing conditions on your love and remove them.
TRUST people—your family, your friends and your team members. Allow them the responsibility of making their own choices.
8. End your day by recalling the things you are grateful for. Do another meditation for relaxation.

MAKE A COMMITMENT TO BE OPEN, LOVING AND HONEST ... AND LIVE WITH COURAGE AND TRUST.

AFTERNOON

Coach clients

Tuesday

MORNING

1. Begin your day by naming at least three things you are grateful for.
2. Drink a glass of water
3. Do your morning meditation: focus on mindfulness and breathing.
4. Exercise your body.
5. Exercise your mind.
6. Do something for others.
7. Allow others to do something *for you*.
8. Explore and embrace inspiration. Rediscover your creativity.
9. End your day by naming the things you are grateful for. Do another meditation for relaxation.

MAKE A TO DOING THINGS FOR OTHERS, AND ALLOWING THEM TO DO THINGS FOR YOU.

AFTERNOON

Coach clients

Wednesday

MORNING

1. Begin your day by naming at least three things you are grateful for.
2. Drink a glass of water.
3. Do your morning meditation: focus on mindfulness and breathing.
4. Exercise your body.
5. Exercise your mind.
6. Do something for others.
7. Allow others to do something for you.
8. Claim time for inspiration and recharge your creativity. Actively do something toward that end: things that inspire and recharge you.
9. Live with purpose and focus.
End your day by naming the things you are grateful for. Do another meditation for relaxation.

MAKE A COMMITMENT TO ALLOW TIME FOR INSPIRATION AND RELEASING CREATIVITY EVERY DAY.

AFTERNOON

Coach clients

Thursday

MORNING

1. Begin your day by naming at least three things you are grateful for.
 2. Drink a glass of water.
 3. Do your morning meditation: focus on mindfulness and breathing.
 4. Exercise your body.
 5. Exercise your mind.
 6. Do something for others.
 7. Allow others to do something for you.
 8. Allow time for inspiration and recharge your creativity.
 9. Be focused and live with purpose.
- Make time for family and friends.
- End your day recalling the things you are grateful for. Do another meditation for relaxation.

**MAKE A COMMITMENT TO
ALLOWING TIME FOR
FMORNINGLY AND FRIENDS.**

AFTERNOON

Coach clients

Friday

MORNING

1. Begin your day by naming at least three things you are grateful for.
2. Drink a glass of water.
3. Do your morning meditation: focus on mindfulness and breathing.
4. Exercise your body.
5. Exercise your mind.
6. Do something for others.
7. Allow others to do something for you.
8. Allow time for inspiration and creativity.
9. Have focus and live with purpose.
10. Make time for family & friends.
11. Re-assess your work week.
 - How did it go? What do you need to do more of? Less of? Tweak?
 - What was difficult? What could you do to make it less difficult?
 - What made you happy? What were you grateful for?
12. End your day by Recall the things you are grateful for. Do another meditation for relaxation.

AFTERNOON

**MAKE A COMMITMENT TO
EXPAND THE THINGS YOU ARE
GRATEFUL FOR AND CONTINUE
YOUR NEW PATH OF
MINDFULNESS.**

Week 4

Monday

MORNING

10. Begin your day by naming at least three things you are grateful for.
11. Drink a glass of water.
12. Do your morning meditation: focus on mindfulness and breathing.
13. Exercise your body.
14. Exercise your mind.
15. Do something for others.
16. Allow others to do something for you.
17. Allow time for inspiration and creativity.
18. Have focus and live with purpose.
10. Make time for family & friends.
11. Re-assess your work week.
 - How did it go? What do you need to do more of? Less of? Tweak?
 - What was difficult? What could you do to make it less difficult?
 - What made you happy? What were you grateful for?
12. End your day by Recall the things you are grateful

AFTERNOON

Coach clients

for. Do another meditation for relaxation.

MAKE A COMMITMENT TO EXPAND THE THINGS YOU ARE GRATEFUL FOR AND CONTINUE YOUR NEW PATH OF MINDFULNESS.

Tuesday

MORNING

1. Begin your day by thinking of at least three things you are grateful for.
(people/gifts/things)
2. Drink a glass of water.
3. Do your morning meditation: focus on mindfulness and breathing.
4. Exercise your body.
5. Exercise your mind.
6. Do something for others.
7. Allow others to do something for you.
8. Allow time for inspiration and recharge your creativity.
9. Be focused and live with purpose.
10. Make time for family and friends.
11. What did you do that was new today?
 - What gave you joy?
 - What did you overcome or do better?
 - What new things are you most grateful for?
12. End your day by recalling the things you are grateful for. Do another meditation for relaxation.

AFTERNOON**Coach clients**

**MAKE A COMMITMENT TO
REFRMORNINGE ALL NEGATIVES
TO POSITIVE STATEMENTS FROM
NOW ON.**

Wednesday

MORNING

- 1.Begin your day by thinking of at least three things you are grateful for.
- 2.Drink a glass of water.
- 3.Do your morning meditation: focus on mindfulness and breathing.
- 4.Exercise your body.
- 5.Exercise your mind.
- 6.Do something for others.
- 7.Allow others to do something for you.
- 8.Allow time for inspiration and recharge your creativity.
- 9.Be focused and live with purpose.
- 10.Make time for family and friends.
- 11.Consider your attitude towards others. RE-AFFIRM that you will have compassion and understanding for those who are not yet able to live with gratitude, and that you will not judge them.
- 12.End your day by recalling the things you are grateful for. Do another meditation for relaxation.

AFTERNOON

Coach clients

Thursday

MORNING

1. Begin your day by thinking of at least three things you are grateful for.
2. Drink a glass of water.
3. Do your morning meditation: focus on mindfulness and breathing.
4. Exercise your body.
5. Exercise your mind.
6. Do something for others.
7. Allow others to do something for you.
8. Allow time for inspiration and recharge your creativity.
9. Be focused and live with purpose.
10. Make time for family and friends.
11. Consider your attitude towards others. RE-AFFIRM that you will have compassion and understanding for those who are not yet able to live with gratitude, and that you will not judge them.
12. End your day by recalling the things you are grateful for. Do another meditation for relaxation.

AFTERNOON

Coach clients

SIMPLE STEPS TO A HAPPIER YOU CALENDAR

13. MAKE A COMMITMENT TO BE COMPASSIONATE, NOT JUDGMENTAL, TOWARD OTHERS WHO ARE NOT YET LIVING WITH MAXIMUM JOY.	
--	--

Friday

MORNING

1. Begin your day by thinking of at least three things you are grateful for. (How many more can think of.
2. Drink a glass of water.
3. Do your morning meditation: focus on mindfulness and breathing.
4. Exercise your body.
5. Exercise your mind.
6. Do something for others.
7. Allow others to do something for you.
8. Allow time for inspiration and re-charge your creativity.
9. Be focused and live with purpose.
10. Make time for family and friends.
11. Do something special for yourself: something that is a real treat or true reward. Enjoy it with gratitude!
12. RE-ASSESS YOUR MONTH.
 - Are you healthier in body and mind?
 - Has your joy increased?
 - Are you excited about life again?

AFTERNOON**Coach clients**

■ Are you making meaningful connections with others and the world around you?

■ Are you living in beauty?

13. End your day by Recall the things you are grateful for. Do another meditation for relaxation.

**MAKE A COMMITMENT TO
CONTINUE LIVING A
PURPOSEFUL, JOYFUL LIFE OF
GRATITUDE.**

FREE REPORT

MAKE BIG MONEY CREATING SIMPLE ONLINE COURSE WITHOUT ANY EXPERIENCE!

Download Our FREE Report
Now And Discover:

- 1 Secrets to making big money creating your own simple online courses!
- 2 How to make killer online courses, even if you aren't an expert in anything!
- 3 How to create video courses without a lot of technical knowledge!
- 4 How to choose the right topic and price your course for the most possible profit!

And much more - all within this special
FREE report!



Download now

Get YOUR FREE Copy here:

NAMS.ws/DCP01

