

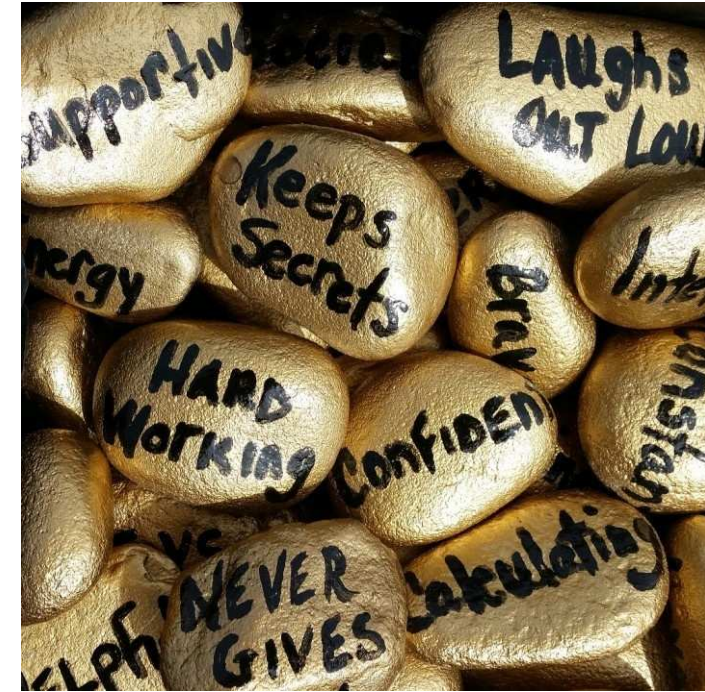


**ROCK ON**  
*Success*

**90-Day Fast Action Planner**

**Focus & Freedom to Live Your Best Life  
Without Selling Your Soul or Losing Your Mind**

**By Pat Nunno Roque**



**ROCK ON SUCCESS  
90-DAY FAST ACTION PLANNER:**

**Focus & Freedom to Live Your Best Life  
Without Selling Your Soul  
Or Losing Your Mind**

**By PAT NUNNO ROQUE**

Motivational Speaker ★ Success Coach ★ Author

## DEDICATION

To Alex, Lindsey and Steven:  
You ROCK my world!

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## WELCOME,

Do you dream of having it all: a successful career and family life without selling your soul or losing your mind? Instead of feeling overwhelmed, would you love a simple way to get organized and live your best life?

They say focus and structure bring you freedom. Let me help you set priorities, clear the clutter and establish daily habits to attain SMART goals. With the right support, accountability and faith in yourself, you *can* do it.

This exclusive, 90-Day Fast Action Planner is key to a Success System infusing fitness, business and personal routines along with tips for setting goals and managing time. Busy folks like you and me remain positive and inspired so we can do the work we came here to do. Following your personal and career growth plan will help you manifest real, lifelong transformation in these 5 facets of a brilliant life:

- ★ Family
- ★ Financial
- ★ Fitness
- ★ Fun
- ★ Fabulous career

You work hard and deserve a *5-star, rock-solid life!* Embrace this process and commit to the system. Get out of overwhelm and ensure accountability to drive massive action. Join our “[Rock On Success](#)” Facebook group where we’ll share inspiration, motivation, ideas and so much more. Have fun doing what you love and create a better you!

It's time to feel more calm, more focused and confident that you *can* have it all! Get ready to rock your business *and* your life.

Rock the plan, my friend.



**PS: As a special bonus, I'm happy to offer you a private, 30-minute Rock Your Success Breakthrough Discovery Session. Let's brainstorm your biggest pain or potential. To see if we are a great fit to skyrocket your success together, apply for this special session (a \$397 value) at [www.rockonsuccess.com/discover](http://www.rockonsuccess.com/discover)**

## TOP 10 REASONS TO ROCK YOUR 90-DAY GAME PLAN

- ★ Leverage this quarterly system to rock your YEAR
- ★ Create shared goals
- ★ Honor written commitments
- ★ Align personal and professional priorities
- ★ Break down the process into smaller, doable tasks
- ★ Ensure accountability
- ★ Allocate dedicated blocks of time
- ★ Make it fun
- ★ Track measurable results
- ★ Adapt as needed...change is part of the plan

*"Don't worry so much about status or titles. Follow your heart, pursue your passion, do your best and the money will come."* Tricia Vohden

## 6 SIMPLE TIPS

**Build your rock-solid foundation:** Please dedicate quiet time to reflect and review this program. Set your intentions and write them on the "Rock My 90 Days" page. Brainstorm and list ALL of your goals, then narrow down the list to the top 1-5 things to accomplish as part of your great year (that's enough for now). Don't try to accomplish too much, it will add to your overwhelm.

**Write down shorter, attainable goals:** Break down your big dreams into bite-sized, **SMART** goals. These are **S**pecific, **M**easurable, **A**ttainable, **R**elevant and **T**ime-based. You should feel challenged and hopeful, not more stressed!

**Block your time:** Commit 15-minute blocks to daily reflection and journaling. Work in 50-minute sprints, then take 10-minute breaks to stretch, breathe, bathroom, etc. Set your alarm and schedule time.

**Color code:** Visual color blocks make it easy to see when one facet overwhelms you, or if you've neglected one area for too long. Use highlighters in your favorite colors. Daily "me time" helps prevent burnout.

**Practice makes perfect:** Invest in a coach or accountability partner who can guide you with great direction. Then invest time in learning the skills you need to succeed. Pre-game preparation ensures that you're relaxed and confident when performance really counts!

**Stay flexible:** We want you flexible in body, mind and spirit. It's OK to change, so revisit your big goals every month. Update as needed to reflect the realities of your situation. No penalties: adapting is part of the plan.

*"Setting goals is the first step in turning the invisible into the visible."*

Tony Robbins

## REFLECTIONS

**ROCK IT:** Always smile when looking in the mirror to stay positive throughout the day. Reflecting on what worked (or didn't) makes you stronger and clearer moving forward. The best way to maximize your present and your future is to be kind to yourself when looking at the past. Don't carry frustration or anger for what didn't work out as planned: it happens! You wouldn't be who you are now without those unplanned experiences. These life lessons are gifts in disguise. This moment is about gratitude for the little and big wins in your life, reflections and letting go.

- ★ What do you hope to do better moving forward?
  
- ★ List 5 victories (big or small) that you're grateful for:
  
- ★ What's working well?
  
- ★ What needs improvement?
  
- ★ What new learning or retreat could re-energize your batteries?
  
- ★ Who can you turn to for support during the next 90 days?

*"You can't connect the dots looking forward; you can only connect them looking backwards. So you have to trust that the dots will somehow connect in your future. You have to trust in something—your gut, destiny, life, karma, whatever. This approach has never let me down, and it has made all the difference in my life." Steve Jobs*

## ABUNDANCE & GRATITUDE MEDITATION

**NOTE:** Start and end each day with my meditation, or create your own. When you pray for something, pray in appreciation as if it has already happened.

*"Thank God for all the challenges in my path, knowing they are all the right challenges at all the right times to help me grow and to become MORE. Thank you God for pushing me outside of my comfort zone and making me stronger. Give me all that I can handle, knowing that I am strong, I am worthy. With my loving family, friends and support team, I can overcome and learn from every obstacle. No challenge is too great or insurmountable.*

*I am worthy. I deserve unbridled happiness and abundance and am thankful for each little moment. I am strong. I am beautiful inside and out. I attract heart-centered go-givers into my world because I AM serving with spirit while doing YOUR will. I will grow smarter, faster and learn to trust the special friends you've placed in my path for guidance and accelerated learning. In your name I will continue giving my time and talents and treasure from the heart to help transform the lives of others by using my special gifts. The world needs what I have to share; help me continue to attract those who are open to receiving my gifts. Keep me humble and open to learning. In your name, I will continue to be a generous giver and an excellent receiver so that others may experience the joy of helping me, too.*

*Thank you God for this day, and every moment I breathe. May I continue to wash away the limiting beliefs, fears and doubts from my past and know that the answers are indeed deep within me. I have the power to manifest my highest desires without greed, without fear, without desperation or living in a scarcity mindset. THANK YOU for all that I have and all that I promise to work on in my mission to help make the world, MY world, a better place today and for future generations. AMEN.*



## YOUR GIFTS TO THE WORLD

**ROCK IT:** Think about the kind words that others use to describe why you rock. It's time to celebrate you and to recognize the special gifts that you bring to the world.

- ★ What makes you unique in the hearts of friends, family, colleagues and clients?
- ★ What exact words and phrases do your happy clients and colleagues use to brag about you to others? Find excerpts from thank you notes, letters, testimonials and jot them down here.

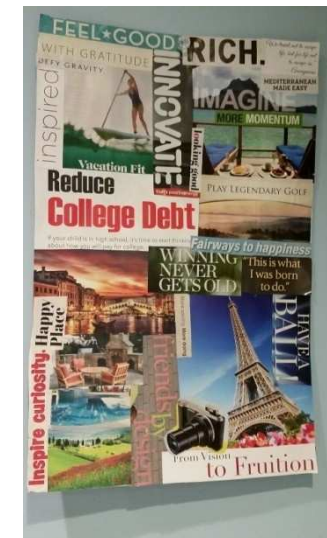
*"Everyone else thinks so highly of you, why not own that yourself?"*

Mandeep Trivedi

## DREAM BIG: VISION BOARD

**ROCK IT:** What's on your bucket list of dreams to accomplish, places to see? Vision boards are amazing tools to keep you focused on what's important and keep you on track. Try saving your favorite magazines for a month. Gather clippings from the web of meaningful quotes, phrases, words and pictures. Mount them on a poster board that you can frame or hang in your room or office. The secret to an effective vision board is making positive affirmations as you look at it each day.

- ★ What words motivate and inspire you?
- ★ What destinations or activities are at the top of your bucket list?



*"As women when we focus in on what we do best and we create community around us, we all become rich; mentally, emotionally, financially, and spiritually."* Stephanie Nickolich

## YOUR TRANSFORMATION

**ROCK IT:** Think about how you serve others and affect their lives

- ★ What sort of transformation do you provide?
- ★ What is so special about your products and/or services?
- ★ How do clients feel when they work with you?
- ★ Where/how were they stuck?
- ★ What have you helped them overcome?
- ★ What exactly changed because of working with you?
- ★ What do they say when they tell their friends about you?

*"When I'm giving back to or helping someone, I truly believe I get more out of it than they do." Sally Glick*

## PRACTICE YOUR POSITIONING

**ROCK IT:** Practice your introduction to gain credibility, build empathy, show authority and easily tell folks how to recommend you to others. Here is how to start with 30- and 90-second versions. Remember, **NO VERBAL VOMIT!**

"Hi, my name is \_\_\_\_\_ and I've been helping \_\_\_\_\_ (type of person) in the field of \_\_\_\_\_ since (or for \_\_\_ years). My gift is \_\_\_\_\_ (position the top-line transformation you provide, NOT the minutia). When I serve them, folks FEEL \_\_\_\_\_ and \_\_\_\_\_. I achieve this by \_\_\_\_\_ (VERY high-level, NOT the details). My ideal referral is \_\_\_\_\_ who needs \_\_\_\_\_. Who (or what company or organization's decision-maker: be specific here) do you know that might welcome this type of \_\_\_\_\_?"

**NOTE:** Do **NOT** focus on the delivery details, show folks how they will FEEL.

*"Practice does not make perfect. Only perfect practice makes perfect."*  
Vince Lombardi



## MILESTONES

**ROCK IT:** Note the important dates and major goals for the next 90 days. Include work and school vacations, birthdays, events, conferences or huge project deadlines.

## STEPPING STONES

**ROCK IT:** Give yourself credit for the progress made along the way. Don't forget to celebrate your little wins, the building blocks that add up toward achieving your bigger milestones. Pat yourself on the back when you've achieved a mini-goal, something notable that sparks momentum. Way to go!

*"Boundaries are the ultimate step in true self-care. They're limits you set to keep you safe, sane and sacred."* Theresa Byrne

## GEMS

**ROCK IT:** They say you are a reflection of the 5 people you are with the most. Set an intention to widen your circle of people who lift you up and inspire you to be your very best. Let's identify your ideal partners. Attract more of them by cloning your favorites.

- ★ Who is your idol, your hero?
  
- ★ What traits do you admire most?
  
- ★ Who is your ideal partner or client? (Describe everything you know about him or her in detail)
  
  
  
  
  
  
  
- ★ Why do others rely on you so much?
  
- ★ What pain would they suffer without your help?
  
  
  
  
  
  
  
- ★ List their biggest needs. Star the ones that you are in the best position to solve.

*"I believe you can be, do and have it all without doing it all."*  
Stephanie Nickolich



## ROCK YOUR LINKEDIN® PROFILE

Forget traditional websites and resumes. Buyers and hiring managers flock to LinkedIn first when considering you as a future collaborator. Are you rocking your personal branding? Have you leveraged a strategy and content plan? If not, Get CLEAR on your FOCUS and GOALS. FIX and move FORWARD!

### REFLECT YOUR PERSONAL BRAND THROUGHOUT YOUR PROFILE

- ★ Test impactful, 4-word headlines
- ★ Customize your URL, contact info (and update it on your other social links)
- ★ Shine in a professional photo
- ★ Customize the background image
- ★ Summary: use succinct story telling with a strong Call to Action (CTA)
- ★ Showcase multimedia projects
- ★ Promote key words in your work experience, skills and expertise
- ★ Note education and certifications
- ★ Highlight volunteer efforts, awards and publications
- ★ Ask for (and give) thoughtful recommendations (social proof)

**Need help with your LinkedIn Profile Makeover Magic? GET YOUR FREE 10-POINT TUNEUP CHECKLIST AT: [www.rockonsuccess.com/LinkedIn](http://www.rockonsuccess.com/LinkedIn)**

**BONUS POINTS: If you enjoy this program and workbook, kindly post a glowing recommendation on Amazon.com and LinkedIn!**

## ROCK YOUR EVENT CONNECTIONS WITH LINKEDIN®

**ROCK IT:** You deserve to attract and nurture lifelong clients and colleagues. The folks you meet today may skyrocket your sales or become your very best referral source, so choose wisely. The true is thoughtful planning before, during and AFTER live events help you achieve rock-solid results! This handy checklist ensures that you don't miss a great opportunity to foster lifelong relationships.

### PRE-EVENT

- ★ Update LinkedIn profile
- ★ Ensure business cards, collateral reflects your story
- ★ Research organizers, attendees, speakers
- ★ Tag prospects (from desktop), add notes
- ★ @mention them in your updates or blog
- ★ Join groups associated with the event
- ★ Build top-of-mind awareness with organizers and fellow attendees, comment on and share their posts.
- ★ Schedule time to meet (use pre-event questionnaire)
- ★ Download LinkedIn App
- ★ Check for Wi-Fi/mobile access at event location (or bring a hot spot)
- ★ Set alerts to not miss important sessions

### DURING EVENT

- ★ Ask to Link in while there, or mark a note on their cards for input later
- ★ Take/upload photos (share images as updates)
- ★ Create Facebook Live, interview folks (with their permission) saying why event is great.
- ★ Create update for LinkedIn Publisher

### POST-EVENT

- ★ Invite to connect
- ★ Book call or meeting with hottest prospects
- ★ Share testimonials and video back with organizers, folks you met or interviewed
- ★ Write blog article (tag, @mention, and notify folks mentioned in the post, especially influencers. Invite them to share your content, too). Leverage it across social media.
- ★ Export LinkedIn List to update CRM/email system
- ★ FOLLOW UP, keep in touch (NEVER with a group message!)

## GET ORGANIZED

**ROCK IT:** Make room for more abundance by clearing out what no longer serves you. Be honest, have you used this item within the last year? Make a “toss” pile, store what you must save and note any important “to-do” items here. Use green best practices when you un-clutter to help protect the environment. Share, recycle and donate whenever possible. Use this space to track your business and personal chores. Start with these...

- ★ Scan/file receipts
- ★ Delete old messages, emails
- ★ Unsubscribe to junk email/mail
- ★ Plan trade shows/inventory
- ★ Shred papers
- ★ Set up online banking
- ★ Balance checkbook
- ★ Update expense report
- ★ Client appreciation events
- ★ Check food expiration dates
- ★ Put deliveries on auto ship
- ★ Buy/write out special cards
- ★ Create master grocery list
- ★ Schedule health exams, dentist
- ★ Plan vacation
- ★ Clean garage
- ★ Donate clothing, etc. to charity
- ★ Haircut appointment

*“What you do today can improve all your tomorrows.”* Ralph Marston

## ROCK YOUR HEALTH

**ROCK IT:** Better health measures more than pounds and inches, it's also about how you feel. Use a free app like <http://www.myfitnesspal.com> to track daily calorie intake. Use a pedometer or digital tracker for your daily steps. Keep track of your monthly progress in pounds and inches here.

My Measurements	_____ Date	_____ Date	_____ Date
Weight	_____ lbs.	_____ lbs.	_____ lbs.
Body Fat %	_____ %	_____ %	_____ %
Neck	_____ in.	_____ in.	_____ in.
Chest/Bust	_____ in.	_____ in.	_____ in.
Waist	_____ in.	_____ in.	_____ in.
Abdomen	_____ in.	_____ in.	_____ in.
Hips	_____ in.	_____ in.	_____ in.
Right Bicep	_____ in.	_____ in.	_____ in.
Left Bicep	_____ in.	_____ in.	_____ in.
Right Thigh	_____ in.	_____ in.	_____ in.
Left Thigh	_____ in.	_____ in.	_____ in.
Right Calf	_____ in.	_____ in.	_____ in.
Left Calf	_____ in.	_____ in.	_____ in.
Total Inches	_____ in.	_____ in.	_____ in.

- ★ What are my health and fitness priorities, and why?
  
- ★ Starting on my health journey, I feel:
  
- ★ My favorite workout routines include:
  
- ★ Thoughts on my progress:

*"Cleanse and heal your body naturally: eat juicy!"* Petra Haluska











## ROCK MY YEAR (EXAMPLE)

For each of the five areas you will craft a specific, targeted and measurable goal. Be as focused as you can! Then write exactly how you will FEEL when you accomplish this important achievement. Remember, the physical feeling of success can give you some added momentum on those days when the going gets tough.

**Family:** This year my specific family goal is to create a family reunion to reconnect with my cousins as we used to every year.

This is important because I will FEEL connected to the people I love and miss seeing on happy occasions. Life is short and we miss the quality time.

**Financial:** Think BIG, but remember to keep goals measurable, too. Don't just say, "get my finances in order," say This year my specific financial goal is to save an additional \$200 per week toward a down payment on a golf-course condo.

This is important because I will FEEL happy having a getaway second home for the winters where I can enjoy fresh air, sunshine and more golf. (Write how you will actually FEEL when you're living in your new home).

**Fitness (body, mind and spirit):** This year my specific fitness goal is to meditate for 10 minutes every day.

This is important because I will FEEL stress-free and ready to tackle my day with greater calm and focus.

**Fun:** This year my specific fun goal is to play golf in Bermuda.

This is important because I will FEEL happy to celebrate my husband's birthday in an island known for pink sand, fun, laughter and terrific golf courses.

**Fabulous Career:** This year my specific fabulous career goal is to launch my VIP weekend retreat.

This is important because I will FEEL accomplished and respected in my industry. It will also enable me to serve more clients with deeper, more meaningful transformations.

## ROCK MY 90 DAYS (EXAMPLE)

**ROCK IT:** Let's identify 2 of the most important annual goals that you can either complete, or at least focus effort to make major progress.

- ★ What top 2 goals would you most like to accomplish this quarter?

*Hire a virtual assistant to complete my sales funnels and free up my time.*

*Generate \$10K per month in passive income.*

- ★ Why did you select these 2 priorities?

*They set me up for success through the end of this year and into my virtual business so we can travel more next year.*

- ★ What areas have slowed you down in that past that you must now focus on to make better progress?

*Stop doing as much of the minutia that slows me down. Get past the money block and hire more help: it's faster and easier with better results and well worth the investment in the long run.*

- ★ Imagine yourself 90 days from now, having successfully accomplished these 2 big goals. How will you FEEL? WHY?

*Excited because I'll start looking for my second home, knowing I'm not tied down to just one geographic area all year-round. FREEDOM! And no more freezing cold winters! YES!!*

## ROCK MY MONTH (EXAMPLE)

**ROCK IT:** Set your focus and intention for the month ahead, including any big income or progress goals you want to make happen.

**5 important action steps to help rock my goals:      Success Date:**

- ★ *Get 5 new private coaching clients*      *March 29*
- ★ *Get my 2 projects into final production*      *Feb 2*
- ★ *Finalize BC, HD and MM contracts*      *Jan 15*
- ★ *Produce new website*      *March 15*
- ★ *Hire Intern*      *Jan 10*

**This month I promise NOT to get in my own way by...**

- ★ *Taking too long to make decisions.*

**It's time I get rid of these toxins in my life...**

- ★ *Lose 10 pounds.*
- ★ *Stop drinking coffee*

**This month I deserve more...**

- ★ *Retainer clients. Automation for my biz. Sleep.*

## ROCK MY WEEK (EXAMPLE)

**ROCK IT:** Plan around not only your hot priorities, but use this space to keep you on track for less sexy tasks (even when you don't feel like it).

**5 important action steps to help rock my goals:      Success Date:**

- ★ *Report weight, measurement, exercise goals to Janet*      *Sunday*
- ★ *Finish copy draft so G can edit*      *Tuesday*
- ★ *Confirm contracts with BC, KM*      *Thursday*
- ★ *Mastermind with Sharon, Rick and Petra*      *Weds.*

**Other things I should get done:**

**Success Date:**

- ★ *Schedule fitness evaluation & coaching sessions*      *Monday*
- ★ *Confirm hotel for EN wedding*      *Saturday*
- ★ *Post group intentions and personal weekly plan*      *Sunday*

**Notable events/classes this week:**

- Board Meeting - bring mobile app info*      *Tues. 5:30pm*
- Open House - promotion table and raffle prize*      *Thurs. 5pm*

**My ME time:**

- Massage*      *Sat. 9am*
- Fitness evaluation - Jim*      *Friday 10am*

**One mess I will organize:**

- Change wardrobe over, donate to charity*      *Sunday*

**Meals/groceries for the week:**

- 2 chicken roasters, (salad, stir fry, soup) beets for salad, turkey meatloaf, stock up on beans, yogurts. Check freezer inventory*

## ROCK MY DAY (EXAMPLE)

**ROCK IT:** Set aside time every day to accomplish 3 top goals. Do the harder tasks on your "chicken list" (those things you feel hesitant or scared to do) first. The fear may not go away but you will improve with daily practice.

Day/Date:

**My intention for the day:** *Get back on track with my nutrition*

6am	<i>500 calories on bike at gym, 15 minutes on weights</i>
7am	<i>shower, meditate</i>
8am	<i>review calendar for the day, speak with CJ about social posts</i>
9am	<i>interview Toni M. and Sally B, intern request to Debbie</i>
10am	<i>copy writing for planner</i>
11am	<i>postcard copy for promotion on Thursday</i>
Noon	<i>lunch, review print specs with Christina</i>
1pm	<i>Art direction Skype with CM</i>
2pm	<i>Call HD regarding proposal, budget</i>
3pm	<i>Proposal for BC</i>
4pm	<i>Prep dinner</i>
5pm	<i>Drive to golf clinic, there till 7</i>
6pm	<i>golf</i>
Evening	<i>golf</i>

**My top priorities:**

- ★ *Execute BC contract*
- ★ *Confirm production and print partners*

**My ME time:**

- ★ *Gym, meditate*
- ★ *Schedule golf with Sharon*

**Don't forget to:**

- ★ *Pull expense reports for taxes*
- ★ *Schedule hair cut & color*

Fueling my body	
Water _____ Oz.	Sleep <u>7</u> hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise <u>2</u> people	Exercise <u>60</u> minutes

## REFLECTION ON MY WEEK (EXAMPLE)

**ROCK IT:** Take a few moments to look back on your week so that you can learn from your experiences and create the best mindset moving forward.

★ **What big or small priorities did you tackle with ease?**

*Work – finished my online product and sold my first paid program, yippee!  
Home - Finally cleared out my master closet and scheduled the charity donation pickup*

★ **What was the most fun?**

*Visiting my daughter at college with the whole family*

★ **What was your biggest challenge and how did you handle it?**

*Discovering that my email system isn't robust enough to handle my new automated sales funnel. I posted in my group, had a ZOOM call with a new colleague and discovered we share similar challenges. Together we're sharing solutions so I'm not in this alone.*

★ **What makes you most grateful?**

*Humbled beyond words. Look what message showed up in my inbox this morning from one of my coaching clients.*

*"Pat, Yom Kippur is a day of atonement, introspection, self-assessment and renewal. I'm very happy to have you in my life."*

★ **What valuable lesson did you learn last week?**

*Flow charts really do make your business FLOW...all roads lead to massive success.*

★ **What will you do better (or differently) this week?**

*Send out estimate requests to hire a virtual assistant. Delegate more!*

★ **How will you celebrate your success?**

*Tailgate with my family at college football weekend. Yippee!*

## ROCK MY YEAR

Let's craft specific, targeted and measurable goals. Be as focused as you can! Then write exactly how you will FEEL when you accomplish these important achievements. Remember, the physical feeling of success gives you added momentum on those days when the going gets tough.

**Family (friends & colleagues):** *This year my specific family goal is*

*This is important because I will FEEL*

**Financial:** *This year my specific financial goal is*

*This is important because I will FEEL*

**Fitness (body, mind and spirit):** *This year my specific fitness goal is*

*This is important because I will FEEL*

**Fun:** *This year my specific fun goal is*

*This is important because I will FEEL*

**Fabulous Career:** *This year my specific fabulous career goal is*

*This is important because I will FEEL*

## ROCK MY 90 DAYS

★ What top 2 goals would you most like to accomplish this quarter?

★ Why did you select these 2 priorities?

★ What areas have slowed you down in that past that you must now focus on to make better progress?

★ Imagine yourself 90 days from now, having successfully accomplished these 2 big goals. How will you FEEL? WHY?

*"Work hand in hand with your calendar and gain the confidence that everything will get done: Become the CEO of your own life."* Phyllis Khare

## ROCK MY MONTH (1)

**ROCK IT:** Set your focus and intention for the month ahead, including any big income or progress goals you want to make happen.

5 important action steps to help rock my goals:      Success Date:

- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_

This month I promise NOT to get in my own way by...

It's time I get rid of these toxins in my life...

This month I deserve more...

## ROCK MY WEEK (1)

**ROCK IT:** Plan around not only your hot priorities, but use this space to keep you on track for less sexy tasks (even when you don't feel like it).

5 important action steps to help rock my goals:      Success Date:

- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_

Other things I should get done:      Success Date:

- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_

Notable events/classes this week:

My ME time:

One mess I will organize:

Meals/groceries for the week:

## ROCK MY DAY (1)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am _____ pm _____
Meditate, breathe am _____ pm _____	Walk _____ steps
Show gratitude/praise _____ people	Exercise _____ minutes

## ROCK MY DAY (2)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am _____ pm _____
Meditate, breathe am _____ pm _____	Walk _____ steps
Show gratitude/praise _____ people	Exercise _____ minutes

## ROCK MY DAY (3)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (4)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (5)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (6)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes



## ROCK MY DAY (7)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## REFLECTION ON MY WEEK (1)

**ROCK IT:** Take a few moments to look back on your week so that you can learn from your experiences and create the best mindset moving forward.

- ★ What big or small priorities did you tackle with ease?
  
- ★ What was the most fun?
  
- ★ What was your biggest challenge and how did you handle it?
  
- ★ What makes you most grateful?
  
- ★ What valuable lesson did you learn last week?
  
- ★ What will you do better (or differently) this week?
  
- ★ How will you celebrate your success?

*"Success is not a stop sign."* Robert Kiyosaki

## ROCK MY WEEK (2)

**ROCK IT:** Plan around not only your hot priorities, but use this space to keep you on track for less sexy tasks (even when you don't feel like it).

5 important action steps to help rock my goals:      Success Date:

★ \_\_\_\_\_

★ \_\_\_\_\_

★ \_\_\_\_\_

★ \_\_\_\_\_

★ \_\_\_\_\_

Other things I should get done:      Success Date:

★ \_\_\_\_\_

★ \_\_\_\_\_

★ \_\_\_\_\_

Notable events/classes this week:

My ME time:

One mess I will organize:

Meals/groceries for the week:

## ROCK MY DAY (8)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (9)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (10)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (11)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (12)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (13)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (14)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## REFLECTION ON MY WEEK (2)

**ROCK IT:** Take a few moments to look back on your week so that you can learn from your experiences and create the best mindset moving forward.

- ★ What big or small priorities did you tackle with ease?
  
- ★ What was the most fun?
  
- ★ What was your biggest challenge and how did you handle it?
  
- ★ What were you most grateful for?
  
- ★ What valuable lesson did you learn last week?
  
- ★ What will you do better (or differently) this week?
  
- ★ How will you celebrate your success?

*"Discipline and concentration are a matter of being interested."* Tom Kite

## ROCK MY WEEK (3)

**ROCK IT:** Plan around not only your hot priorities, but use this space to keep you on track for less sexy tasks (even when you don't feel like it).

5 important action steps to help rock my goals:      Success Date:

- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_

Other things I should get done:      Success Date:

- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_

Notable events/classes this week:

My ME time:

One mess I will organize:

Meals/groceries for the week:

## ROCK MY DAY (15)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (16)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (17)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (18)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes



## ROCK MY DAY (19)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (20)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (21)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## REFLECTION ON MY WEEK (3)

**ROCK IT:** Take a few moments to look back on your week so that you can learn from your experiences and create the best mindset moving forward.

★ What big or small priorities did you tackle with ease?

★ What was the most fun?

★ What was your biggest challenge and how did you handle it?

★ What were you most grateful for?

★ What valuable lesson did you learn last week?

★ What will you do better (or differently) this week?

★ How will you celebrate your success?

*"You don't have the game you played last year or last week. You only have today's game...make the best of it." Walter Hagen*

## ROCK MY WEEK (4)

Plan around not only your hot priorities, but use this space to keep you on track for less sexy tasks (even when you don't feel like it).

<b>5 important action steps to help rock my goals:</b>	<b>Success Date:</b>
★ _____	_____
★ _____	_____
★ _____	_____
★ _____	_____
★ _____	_____

<b>Other things I should get done:</b>	<b>Success Date:</b>
★ _____	_____
★ _____	_____
★ _____	_____

**Notable events/classes this week:**

**My ME time:**

**One mess I will organize:**

**Meals/groceries for the week:**

## ROCK MY DAY (22)

**Day/Date:**

**My intention for the day:**

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

**My top priorities:**

- ★
- ★

**Don't forget to:**

- ★
- ★

**My ME time:**

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (23)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (24)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (25)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (26)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (27)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (28)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## REFLECTION ON MY WEEK (4)

**ROCK IT:** Take a few moments to look back on your week so that you can learn from your experiences and create the best mindset moving forward.

- ★ What big or small priorities did you tackle with ease?
  
- ★ What was the most fun?
  
- ★ What was your biggest challenge and how did you handle it?
  
- ★ What were you most grateful for?
  
- ★ What valuable lesson did you learn last week?
  
- ★ What will you do better (or differently) this week?
  
- ★ How will you celebrate your success?

*"Nothing is really work unless you would rather be doing something else."*  
James Barrie

## ROCK MY MONTH (2)

Set your focus and intention for the month ahead, including any big income or progress goals you want to make happen.

5 important action steps to help rock my goals:      Success Date:

- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_

This month I promise NOT to get in my own way by...

It's time I get rid of these toxins in my life...

This month I deserve more...

*"What lies behind us and what lies before us are tiny matters compared to what lies within us."* Ralph Waldo Emerson

## ROCK MY WEEK (5)

Plan around not only your hot priorities, but use this space to keep you on track for less sexy tasks (even when you don't feel like it).

<b>5 important action steps to help rock my goals:</b>	<b>Success Date:</b>
★ _____	_____
★ _____	_____
★ _____	_____
★ _____	_____
★ _____	_____

<b>Other things I should get done:</b>	<b>Success Date:</b>
★ _____	_____
★ _____	_____
★ _____	_____

**Notable events/classes this week:**

**My ME time:**

**One mess I will organize:**

**Meals/groceries for the week:**

## ROCK MY DAY (29)

**Day/Date:**

**My intention for the day:**

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

**My top priorities:**

- ★
- ★

**Don't forget to:**

- ★
- ★

**My ME time:**

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes



## ROCK MY DAY (30)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (31)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (32)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (33)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (34)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (35)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## REFLECTION ON MY WEEK (5)

**ROCK IT:** Take a few moments to look back on your week so that you can learn from your experiences and create the best mindset moving forward.

- ★ What big or small priorities did you tackle with ease?
  
- ★ What was the most fun?
  
- ★ What was your biggest challenge and how did you handle it?
  
- ★ What were you most grateful for?
  
- ★ What valuable lesson did you learn last week?
  
- ★ What will you do better (or differently) this week?
  
- ★ How will you celebrate your success?

*“Stay true to yourself and listen to your inner voice. It will lead you to your dream.” James Rossi*

## ROCK MY WEEK (6)

Plan around not only your hot priorities, but use this space to keep you on track for less sexy tasks (even when you don't feel like it).

5 important action steps to help rock my goals:      Success Date:

- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_

Other things I should get done:      Success Date:

- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_

Notable events/classes this week:

My ME time:

One mess I will organize:

Meals/groceries for the week:

## ROCK MY DAY (36)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (37)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (38)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (39)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (40)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (41)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (42)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

★

★

Don't forget to:

★

★

My ME time:

★

★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## REFLECTION ON MY WEEK (6)

**ROCK IT:** Take a few moments to look back on your week so that you can learn from your experiences and create the best mindset moving forward.

★ What big or small priorities did you tackle with ease?

★ What was the most fun?

★ What was your biggest challenge and how did you handle it?

★ What were you most grateful for?

★ What valuable lesson did you learn last week?

★ What will you do better (or differently) this week?

★ How will you celebrate your success?

*"How did it get so late so soon?"* Dr. Seuss



## ROCK MY WEEK (7)

Plan around not only your hot priorities, but use this space to keep you on track for less sexy tasks (even when you don't feel like it).

<b>5 important action steps to help rock my goals:</b>	<b>Success Date:</b>
★ _____	_____
★ _____	_____
★ _____	_____
★ _____	_____
★ _____	_____

<b>Other things I should get done:</b>	<b>Success Date:</b>
★ _____	_____
★ _____	_____
★ _____	_____

**Notable events/classes this week:**

**My ME time:**

**One mess I will organize:**

**Meals/groceries for the week:**

## ROCK MY DAY (43)

**Day/Date:**

**My intention for the day:**

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

**My top priorities:**

- ★
- ★

**Don't forget to:**

- ★
- ★

**My ME time:**

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (44)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (45)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (46)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (47)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (48)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (49)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## REFLECTION ON MY WEEK (7)

**ROCK IT:** Take a few moments to look back on your week so that you can learn from your experiences and create the best mindset moving forward.

- ★ What big or small priorities did you tackle with ease?
  
- ★ What was the most fun?
  
- ★ What was your biggest challenge and how did you handle it?
  
- ★ What were you most grateful for?
  
- ★ What valuable lesson did you learn last week?
  
- ★ What will you do better (or differently) this week?
  
- ★ How will you celebrate your success?

*"The way you tell your story matters, even if you are only telling it to yourself."*  
Patty Farmer

## ROCK MY WEEK (8)

Plan around not only your hot priorities, but use this space to keep you on track for less sexy tasks (even when you don't feel like it).

5 important action steps to help rock my goals:      Success Date:

- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_

Other things I should get done:      Success Date:

- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_

Notable events/classes this week:

My ME time:

One mess I will organize:

Meals/groceries for the week:

## ROCK MY DAY (50)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (51)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (52)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (53)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (54)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (55)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes



## ROCK MY DAY (56)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

★

★

Don't forget to:

★

★

My ME time:

★

★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## REFLECTION ON MY WEEK (8)

**ROCK IT:** Take a few moments to look back on your week so that you can learn from your experiences and create the best mindset moving forward.

★ What big or small priorities did you tackle with ease?

★ What was the most fun?

★ What was your biggest challenge and how did you handle it?

★ What were you most grateful for?

★ What valuable lesson did you learn last week?

★ What will you do better (or differently) this week?

★ How will you celebrate your success?

*"Stay committed to your decisions, but stay flexible in your approach."*

Tony Robbins

## ROCK MY MONTH (3)

Set your focus and intention for the month ahead, including any big income or progress goals you want to make happen.

5 important action steps to help rock my goals:      Success Date:

- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_

This month I promise NOT to get in my own way by...

It's time I get rid of these toxins in my life...

This month I deserve more...

*"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time."* Thomas A. Edison

## ROCK MY WEEK (9)

Plan around not only your hot priorities, but use this space to keep you on track for less sexy tasks (even when you don't feel like it).

5 important action steps to help rock my goals:      Success Date:

- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_

Other things I should get done:      Success Date:

- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_

Notable events/classes this week:

My ME time:

One mess I will organize:

Meals/groceries for the week:

## ROCK MY DAY (57)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (58)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (59)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (60)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (61)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (62)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (63)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## REFLECTION ON MY WEEK (9)

**ROCK IT:** Take a few moments to look back on your week so that you can learn from your experiences and create the best mindset moving forward.

- ★ What big or small priorities did you tackle with ease?
  
- ★ What was the most fun?
  
- ★ What was your biggest challenge and how did you handle it?
  
- ★ What were you most grateful for?
  
- ★ What valuable lesson did you learn last week?
  
- ★ What will you do better (or differently) this week?
  
- ★ How will you celebrate your success?

*"If you want to achieve greatness, stop asking for permission." Unknown*

## ROCK MY WEEK (10)

Plan around not only your hot priorities, but use this space to keep you on track for less sexy tasks (even when you don't feel like it).

<b>5 important action steps to help rock my goals:</b>	<b>Success Date:</b>
★ _____	_____
★ _____	_____
★ _____	_____
★ _____	_____
★ _____	_____

<b>Other things I should get done:</b>	<b>Success Date:</b>
★ _____	_____
★ _____	_____
★ _____	_____

**Notable events/classes this week:**

**My ME time:**

**One mess I will organize:**

**Meals/groceries for the week:**

## ROCK MY DAY (64)

**Day/Date:**

**My intention for the day:**

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

**My top priorities:**

- ★
- ★

**Don't forget to:**

- ★
- ★

**My ME time:**

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (65)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

★

★

Don't forget to:

★

★

My ME time:

★

★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am _____ pm _____
Meditate, breathe am _____ pm _____	Walk _____ steps
Show gratitude/praise _____ people	Exercise _____ minutes

## ROCK MY DAY (66)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

★

★

Don't forget to:

★

★

My ME time:

★

★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am _____ pm _____
Meditate, breathe am _____ pm _____	Walk _____ steps
Show gratitude/praise _____ people	Exercise _____ minutes



## ROCK MY DAY (67)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (68)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (69)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (70)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## REFLECTION ON MY WEEK (10)

**ROCK IT:** Take a few moments to look back on your week so that you can learn from your experiences and create the best mindset moving forward.

- ★ What big or small priorities did you tackle with ease?
  
- ★ What was the most fun?
  
- ★ What was your biggest challenge and how did you handle it?
  
- ★ What were you most grateful for?
  
- ★ What valuable lesson did you learn last week?
  
- ★ What will you do better (or differently) this week?
  
- ★ How will you celebrate your success?

*"Don't wait for opportunities to happen. Go and create them."* Carolin Soldo

## ROCK MY WEEK (11)

Plan around not only your hot priorities, but use this space to keep you on track for less sexy tasks (even when you don't feel like it).

5 important action steps to help rock my goals:      Success Date:

- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_

Other things I should get done:      Success Date:

- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_

Notable events/classes this week:

My ME time:

One mess I will organize:

Meals/groceries for the week:

## ROCK MY DAY (71)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (72)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (73)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (74)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (75)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (76)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (77)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## REFLECTION ON MY WEEK (11)

**ROCK IT:** Take a few moments to look back on your week so that you can learn from your experiences and create the best mindset moving forward.

- ★ What big or small priorities did you tackle with ease?
  
- ★ What was the most fun?
  
- ★ What was your biggest challenge and how did you handle it?
  
- ★ What were you most grateful for?
  
- ★ What valuable lesson did you learn last week?
  
- ★ What will you do better (or differently) this week?
  
- ★ How will you celebrate your success?

*"You are not born a winner, you are not born a loser, you are born a chooser.  
Choose wisely." Unknown*

## ROCK MY WEEK (12)

Plan around not only your hot priorities, but use this space to keep you on track for less sexy tasks (even when you don't feel like it).

<b>5 important action steps to help rock my goals:</b>	<b>Success Date:</b>
★ _____	_____
★ _____	_____
★ _____	_____
★ _____	_____
★ _____	_____

<b>Other things I should get done:</b>	<b>Success Date:</b>
★ _____	_____
★ _____	_____
★ _____	_____

**Notable events/classes this week:**

**My ME time:**

**One mess I will organize:**

**Meals/groceries for the week:**

## ROCK MY DAY (78)

**Day/Date:**

**My intention for the day:**

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

**My top priorities:**

- ★
- ★

**Don't forget to:**

- ★
- ★

**My ME time:**

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes



## ROCK MY DAY (79)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (80)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (81)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (82)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (83)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (84)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## REFLECTION ON MY WEEK (12)

**ROCK IT:** Take a few moments to look back on your week so that you can learn from your experiences and create the best mindset moving forward.

- ★ What big or small priorities did you tackle with ease?
  
- ★ What was the most fun?
  
- ★ What was your biggest challenge and how did you handle it?
  
- ★ What were you most grateful for?
  
- ★ What valuable lesson did you learn last week?
  
- ★ What will you do better (or differently) this week?
  
- ★ How will you celebrate your success?

*"The man on top of the mountain didn't fail there." Vince Lombardi*

## ROCK MY WEEK (13)

Plan around not only your hot priorities, but use this space to keep you on track for less sexy tasks (even when you don't feel like it).

5 important action steps to help rock my goals:      Success Date:

- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_

Other things I should get done:      Success Date:

- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_

Notable events/classes this week:

My ME time:

One mess I will organize:

Meals/groceries for the week:

## ROCK MY DAY (85)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (86)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (87)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (88)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (89)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## ROCK MY DAY (90)

Day/Date:

My intention for the day:

6am	
7am	
8am	
9am	
10am	
11am	
Noon	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
Evening	

My top priorities:

- ★
- ★

Don't forget to:

- ★
- ★

My ME time:

- ★
- ★

Fueling my body	
Water _____ Oz.	Sleep _____ hours
Fruits/Veggies _____ servings	Supplements am ____ pm ____
Meditate, breathe am ____ pm ____	Walk _____ steps
Show gratitude/praise ____ people	Exercise _____ minutes

## REFLECTION ON MY WEEK (13)

**ROCK IT:** Take a few moments to look back on your week so that you can learn from your experiences and create the best mindset moving forward.

- ★ What big or small priorities did you tackle with ease?
  
- ★ What was the most fun?
  
- ★ What was your biggest challenge and how did you handle it?
  
- ★ What were you most grateful for?
  
- ★ What valuable lesson did you learn last week?
  
- ★ What will you do better (or differently) this week?
  
- ★ How will you celebrate your success?

*"Don't let someone dim your light simply because it's shining in their eyes."*

Unknown

## CONGRATULATIONS, YOU ROCKED IT!

Thank you for sharing your life and your dreams with us. I hope that this 90-day journey has served you well and you have found better balance in the areas that matter most. I can't wait to hear all about the fabulous, renewed version of YOU! Remember this is the first step along the year-long journey, building better habits and results that set you up for abundance throughout your life!

If you haven't already, please join our "[Rock On Success](#)" [Facebook group](#) and chime in about the program, your struggles and successes along the road to a rocking new you.

Kindly comment and make a recommendation on my LinkedIn profile so that others will appreciate how we can help them, too: [www.linkedin.com/in/patroque](http://www.linkedin.com/in/patroque).

We welcome your honest (and hopefully awesome) review on Amazon.com. If you would like to see more in our next edition, we are very open to your constructive suggestions via email at [support@rockonsuccess.com](mailto:support@rockonsuccess.com). Thanks again.

## WAY TO GO, YOU ROCK!

*Pat*

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Thanks to all who will take a moment to share your heartfelt reviews of this program on Amazon and LinkedIn so the momentum continues to grow. Don’t forget: join our [Rock On Success Facebook Group](#) and sign up for our newsletters with sneak previews of our awesome tools, videos, tips and more. I am forever humbled and grateful. XOXOXO

[To Schedule your Breakthrough Discovery Session with Pat, or to discuss having Pat speak for your group, please click here: www.rockonsuccess.com/discover](http://www.rockonsuccess.com/discover)

[Thanks, you ROCK!](#)