



GOAL ACHIEVERS
WITH JENNIFER DAWN
LIFE SIMPLIFIED

Productivity

BOOT CAMP 2022

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WHAT DOES PRODUCTIVITY MEAN TO ME?

3 KEYS TO ULTIMATE PRODUCTIVITY

1

2

3

3 AREAS TO DE-CLUTTER

1

2

3



DE-CLUTTER #1: MY MIND

LIMITING BELIEFS

A goal I want to achieve:

All I have to gain from achieving this goal:

My Current Limiting Beliefs	How I Will Flip Them:

**CLING TO THE BELIEF YOU WANT.
LET GO OF THE ONE YOU DON'T!**



DE-CLUTTER #1: MY MIND

THE VOICE I LISTEN TO

Starting TODAY I will listen to my _____ Voice

Start asking POWER questions...

- What will it take to make this happen?
- How can I make this happen?

DE-CLUTTER #1: MY MIND

LETTING GO

Areas where I need to LET GO

1

2

3

4

5

6



DE-CLUTTER #2: MY BODY

Foods I'm eating that are HARMING my productivity:

Foods I could eat instead to give me more ENERGY:

What's ONE food I could start eating daily that would give me more ENERGY and NUTRITION?

*Take care of your body
It is the only place you have to live Jim Rohn*



DE-CLUTTER #3: MY ENVIRONMENT

List the areas in your environment that need to be de-cluttered:

1

2

3

4

5

6

7

8

9

10

Productivity Tip

COMMIT TO 10 MINUTES DAILY OF DE-CLUTTER TIME



PART 2: DECIDE

What will you DECIDE to do this year:

Where are you ON THE FENCE?

You cannot make progress without making decisions
Jim Rohn



PART 3: DO

WHERE ARE YOU ATTACHING YOUR HAPPINESS TO YOUR GOALS?

When do you find yourself saying “Until this happens, I just can’t be happy” or “I’ll be happy when I get _____”

What would it take for you to be happy in this area FIRST, as you joyfully work towards achieving the goal?



SET GOALS FROM A PLACE OF ABUNDANCE

Make a list of the things you ALREADY have, and you WANT.

MONEY:

HEALTH/PHYSICAL FITNESS / ENERGY:

RELATIONSHIPS / PETS:

ENVIRONMENT:

SELF CARE / PERSONAL GROWTH:

TRAVEL / VACATIONS:

COMMUNITY / GIVE BACK:

BUSINESS / WORK:

OTHER:



How could you EXPAND what you already have?

MONEY:

HEALTH/PHYSICAL FITNESS / ENERGY:

RELATIONSHIPS / PETS:

ENVIRONMENT:

SELF CARE / PERSONAL GROWTH:

TRAVEL / VACATIONS:

COMMUNITY / GIVE BACK:

BUSINESS / WORK:

OTHER:



WHAT ARE YOUR DAILY TIME WASTERS?

What you're doing:	How much time does this waste?

What could you be doing with this time **INSTEAD** that would move you forward?

Time you enjoy wasting is not wasted time



YOUR DAILY THRIVE PLAN

Every day complete one action to take you closer to your vision. Pick from the list of action steps you created to make it easy and fun.

SELF CARE	
PERSONAL GROWTH	
A TASK #1	
A TASK #2	
A TASK #3	

SELF CARE	
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SELF CARE	
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A TASK #3	

Join us for the 5/15 Power Challenge

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