

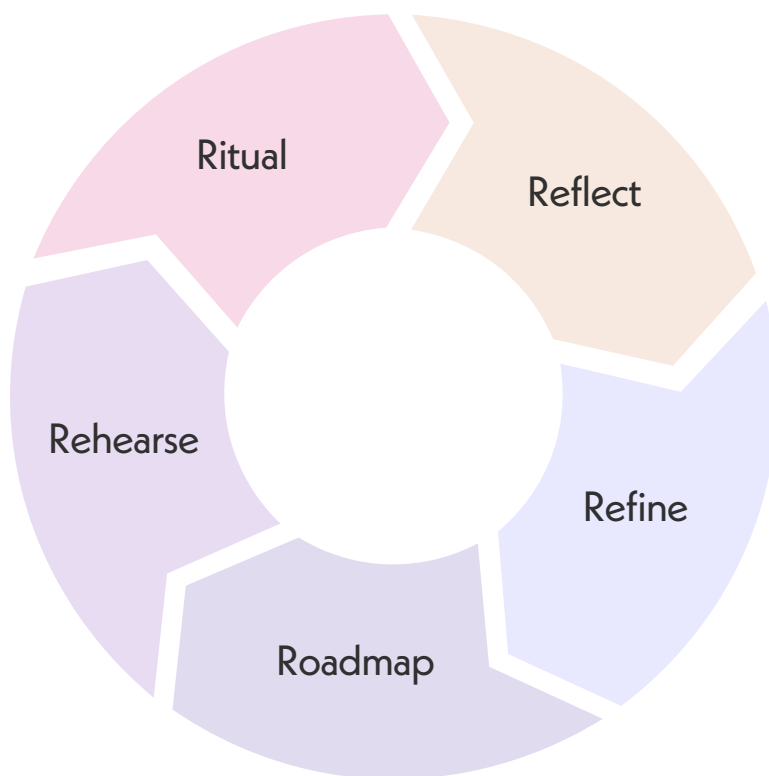


Weekly Success Sync

RITUAL WORKBOOK

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The Weekly Success Sync Ritual



Set Your Ritual

1. What specific day and time each week will I dedicate for my Success Sync?
(Friday afternoon or a Sunday evening can be ideal. This sets you up for a focused week ahead) - Pop it in your c

Reflect on the Past Week

1. What were my top three achievements this week?

This could be business or life, big or small - reflect on where you're most proud of yourself right now.

01.

02.

03.

2. Did I achieve everything I set out to do?

Thinking back on what goals you set at the beginning of the week - did you achieve everything you planned? If not, why not?

3. Were there any missed opportunities?

You can't be expected to hit every goal, we're human! But were there any opportunities you didn't grab?

4. Where I made progress, what factors positively contributed to that?

There's always things you're doing well, even if you haven't hit your goals - that's where your energy needs to go.

Refine Your Approach

5. What strategies or habits need adjustment based on the past week's progress?

Reflecting on your action in the past week, what needs to change so you can make more progress? Sometimes the answer is "more of the same!" but be honest with yourself here on how you can grow.

6. If I didn't hit my goals what needs to change next week to ensure success?

Successful people aren't amazing at everything, but they are great at refining their approach as they go.

7. Are there any resources or support I need to make more progress?

It might not be possible to access these resources or support right now - but its important to reflect on what you do need now / and in the future so it stays top of mind.

8. Am I giving myself too much / too little to do? If so, how can I adjust for next week?

Adjusting how much you assign yourself to do is the key to pushing yourself to success AND feeling accomplished / fulfilled / well-balanced.

Roadmap for the Upcoming Week

9. What are my top three goals for the coming week?

Think about your biggest goals you're working on right now - list what needs to happen to this week perhaps they're projects / mini goals that will move the needle on the bigger picture. Don't worry about small tasks yet!

01.

02.

03.

10. How will these goals bring me closer to what I really want?

Check in with yourself here - are you working on the right things?

Roadmap for the Upcoming Week

11. What 3 specific steps for each goal will I take to ensure progress on these priorities?

Think about the first three micro-steps you need to take to achieve each goal it could simply be to create a title for a blog if its a goal you're struggling with or procrastinating on! We call this "greasing the wheels".

GOAL 01

GOAL 02

GOAL 03

12. How will you reward yourself at the end of next week for being productive and taking aligned action?

Make it something you love to do - maybe an hour reading your favourite book, or a cheeky coffee out!

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Success Visualisation

- 01.** Set aside a quiet moment to close your eyes and imagine achieving your weekly actions which move you closer to your end goal.
- 02.** Visualise the steps you'll take and the feelings of accomplishment and pride.
- 03.** Visualise where you're stepping up with more bold and brave action and the person you're becoming.
- 04.** Visualise how you feel at the end of your week having accomplished your biggest goals and enjoying your reward.