

Weekly Motivation Method—Part of the Clarity Compass System

Your New Productivity Accomplishment/date:



Choose one task you want to master this week. Then choose one of the four motivational options in the left gray boxes. Each day when you sit down to work, choose one corresponding motivational box in the row you chose and use it as your guiding light that day. At the end of the day, circle it— Accomplished! Done!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10 minutes on 6 days this week	Unlock Your Potential	Amaze Yourself	<i>Today is a New Day</i>	Embrace Today's Magic	Keep Going	<i>Believe in Yourself</i>	Anything is Possible
15 minutes on 4 days this week	Anything is Possible	<i>Believe in Yourself</i>	Embrace Today's Magic	Unlock Your Potential	<i>Today is a New Day</i>	Keep Going	Amaze Yourself
30 minutes on 2 days this week	<i>Believe in Yourself</i>	Embrace Today's Magic	Unlock Your Potential	<i>Today is a New Day</i>	Anything is Possible	Amaze Yourself	Keep Going
60 minutes on 1 day this week	Amaze Yourself	Anything is Possible	<i>Today is a New Day</i>	Keep Going	<i>Believe in Yourself</i>	Unlock Your Potential	Embrace Today's Magic