

21 TGIM

DAY CHALLENGE

WORKBOOK

I'm challenging
you to give
120%



You
deserve
better!

CAST YOUR VISION

You deserve better!

Describe **one thing** that you would like to improve or accomplish in the next 21 days.

What do you want to see happen in 21 days? Describe it below

*You deserve to see
what would happen if
you gave 120%!*

DO IT RIGHT

or don't do it at all!

What do you need to achieve each day to get to your goal. Work your way backwards.

Divide your main goal into mini goals and list them below.

Day 21

Day 20

Day 19

Day 18

Day 17

Day 16

Day 15

Day 14

Day 13

Day 12

Day 11

Day 10

Day 9

Day 8

Day 7

Day 6

Day 5

Day 4

Day 3

Day 2

Day 1

*Have a
game plan!*

DAY 1

What's your goal today?

Write your goal of the day in the box above.

Below, list the tasks that you need to complete today to achieve your goal. Check them as you complete them.

How much did you accomplish today?

- 120 % (5 out of 5 tasks) + extras
- 100 % (5 out of 5 tasks)
- 80 % (4 out of 5 tasks)
- 60 % (3 out of 5 tasks)
- 40 % (2 out of 5 tasks)
- 20 % (1 out of 5 tasks)
- 0% nothing done

If you did not achieve your goal today, what do you need to adjust?

*No excuses!
Only
adjustment!*

DAY 2

What's your goal today?

Write your goal of the day in the box above.

Below, list the tasks that you need to complete today to achieve your goal. Check them as you complete them.

How much did you accomplish today?

- 120 % (5 out of 5 tasks) + extras
- 100 % (5 out of 5 tasks)
- 80 % (4 out of 5 tasks)
- 60 % (3 out of 5 tasks)
- 40 % (2 out of 5 tasks)
- 20 % (1 out of 5 tasks)
- 0% nothing done

If you did not achieve your goal today, what do you need to adjust?

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Only
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DAY 3

What's your goal today?

Write your goal of the day in the box above.

Below, list the tasks that you need to complete today to achieve your goal. Check them as you complete them.

How much did you accomplish today?

- 120 % (5 out of 5 tasks) + extras
- 100 % (5 out of 5 tasks)
- 80 % (4 out of 5 tasks)
- 60 % (3 out of 5 tasks)
- 40 % (2 out of 5 tasks)
- 20 % (1 out of 5 tasks)
- 0% nothing done

If you did not achieve your goal today, what do you need to adjust?

*No excuses!
Only
adjustment!*

DAY 4

What's your goal today?

Write your goal of the day in the box above.

Below, list the tasks that you need to complete today to achieve your goal. Check them as you complete them.

How much did you accomplish today?

- 120 % (5 out of 5 tasks) + extras
- 100 % (5 out of 5 tasks)
- 80 % (4 out of 5 tasks)
- 60 % (3 out of 5 tasks)
- 40 % (2 out of 5 tasks)
- 20 % (1 out of 5 tasks)
- 0% nothing done

If you did not achieve your goal today, what do you need to adjust?

No excuses!
Only
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DAY 5

What's your goal today?

Write your goal of the day in the box above.

Below, list the tasks that you need to complete today to achieve your goal. Check them as you complete them.

How much did you accomplish today?

- 120 % (5 out of 5 tasks) + extras
- 100 % (5 out of 5 tasks)
- 80 % (4 out of 5 tasks)
- 60 % (3 out of 5 tasks)
- 40 % (2 out of 5 tasks)
- 20 % (1 out of 5 tasks)
- 0% nothing done

If you did not achieve your goal today, what do you need to adjust?

*No excuses!
Only
adjustment!*

DAY 6

What's your goal today?

Write your goal of the day in the box above.

Below, list the tasks that you need to complete today to achieve your goal. Check them as you complete them.

How much did you accomplish today?

- 120 % (5 out of 5 tasks) + extras
- 100 % (5 out of 5 tasks)
- 80 % (4 out of 5 tasks)
- 60 % (3 out of 5 tasks)
- 40 % (2 out of 5 tasks)
- 20 % (1 out of 5 tasks)
- 0% nothing done

If you did not achieve your goal today, what do you need to adjust?

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DAY 7

What's your goal today?

Write your goal of the day in the box above.

Below, list the tasks that you need to complete today to achieve your goal. Check them as you complete them.

How much did you accomplish today?

- 120 %** (5 out of 5 tasks) + extras
- 100 %** (5 out of 5 tasks)
- 80 %** (4 out of 5 tasks)
- 60 %** (3 out of 5 tasks)
- 40 %** (2 out of 5 tasks)
- 20 %** (1 out of 5 tasks)
- 0%** nothing done

If you did not achieve your goal today, what do you need to adjust?

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DAY 8

What's your goal today?

Write your goal of the day in the box above.

Below, list the tasks that you need to complete today to achieve your goal. Check them as you complete them.

How much did you accomplish today?

- 120 % (5 out of 5 tasks) + extras
- 100 % (5 out of 5 tasks)
- 80 % (4 out of 5 tasks)
- 60 % (3 out of 5 tasks)
- 40 % (2 out of 5 tasks)
- 20 % (1 out of 5 tasks)
- 0% nothing done

If you did not achieve your goal today, what do you need to adjust?

*No excuses!
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DAY 9

What's your goal today?

Write your goal of the day in the box above.

Below, list the tasks that you need to complete today to achieve your goal. Check them as you complete them.

How much did you accomplish today?

- 120 % (5 out of 5 tasks) + extras
- 100 % (5 out of 5 tasks)
- 80 % (4 out of 5 tasks)
- 60 % (3 out of 5 tasks)
- 40 % (2 out of 5 tasks)
- 20 % (1 out of 5 tasks)
- 0% nothing done

If you did not achieve your goal today, what do you need to adjust?

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Only
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DAY 10

What's your goal today?

Write your goal of the day in the box above.

Below, list the tasks that you need to complete today to achieve your goal. Check them as you complete them.

How much did you accomplish today?

- 120 % (5 out of 5 tasks) + extras
- 100 % (5 out of 5 tasks)
- 80 % (4 out of 5 tasks)
- 60 % (3 out of 5 tasks)
- 40 % (2 out of 5 tasks)
- 20 % (1 out of 5 tasks)
- 0% nothing done

If you did not achieve your goal today, what do you need to adjust?

No excuses!
Only
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DAY 11

What's your goal today?

Write your goal of the day in the box above.

Below, list the tasks that you need to complete today to achieve your goal. Check them as you complete them.

How much did you accomplish today?

- 120 % (5 out of 5 tasks) + extras
- 100 % (5 out of 5 tasks)
- 80 % (4 out of 5 tasks)
- 60 % (3 out of 5 tasks)
- 40 % (2 out of 5 tasks)
- 20 % (1 out of 5 tasks)
- 0% nothing done

If you did not achieve your goal today, what do you need to adjust?

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DAY 12

What's your goal today?

Write your goal of the day in the box above.

Below, list the tasks that you need to complete today to achieve your goal. Check them as you complete them.

How much did you accomplish today?

- 120 % (5 out of 5 tasks) + extras
- 100 % (5 out of 5 tasks)
- 80 % (4 out of 5 tasks)
- 60 % (3 out of 5 tasks)
- 40 % (2 out of 5 tasks)
- 20 % (1 out of 5 tasks)
- 0% nothing done

If you did not achieve your goal today, what do you need to adjust?

No excuses!
Only
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DAY 13

What's your goal today?

Write your goal of the day in the box above.

Below, list the tasks that you need to complete today to achieve your goal. Check them as you complete them.

How much did you accomplish today?

- 120 %** (5 out of 5 tasks) + extras
- 100 %** (5 out of 5 tasks)
- 80 %** (4 out of 5 tasks)
- 60 %** (3 out of 5 tasks)
- 40 %** (2 out of 5 tasks)
- 20 %** (1 out of 5 tasks)
- 0%** nothing done

If you did not achieve your goal today, what do you need to adjust?

*No excuses!
Only
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DAY 14

What's your goal today?

Write your goal of the day in the box above.

Below, list the tasks that you need to complete today to achieve your goal. Check them as you complete them.

How much did you accomplish today?

- 120 % (5 out of 5 tasks) + extras
- 100 % (5 out of 5 tasks)
- 80 % (4 out of 5 tasks)
- 60 % (3 out of 5 tasks)
- 40 % (2 out of 5 tasks)
- 20 % (1 out of 5 tasks)
- 0% nothing done

If you did not achieve your goal today, what do you need to adjust?

*No excuses!
Only
adjustment!*

DAY 15

What's your goal today?

Write your goal of the day in the box above.

Below, list the tasks that you need to complete today to achieve your goal. Check them as you complete them.

How much did you accomplish today?

- 120 % (5 out of 5 tasks) + extras
- 100 % (5 out of 5 tasks)
- 80 % (4 out of 5 tasks)
- 60 % (3 out of 5 tasks)
- 40 % (2 out of 5 tasks)
- 20 % (1 out of 5 tasks)
- 0% nothing done

If you did not achieve your goal today, what do you need to adjust?

*No excuses!
Only
adjustment!*

DAY 16

What's your goal today?

Write your goal of the day in the box above.

Below, list the tasks that you need to complete today to achieve your goal. Check them as you complete them.

How much did you accomplish today?

- 120 % (5 out of 5 tasks) + extras
- 100 % (5 out of 5 tasks)
- 80 % (4 out of 5 tasks)
- 60 % (3 out of 5 tasks)
- 40 % (2 out of 5 tasks)
- 20 % (1 out of 5 tasks)
- 0% nothing done

If you did not achieve your goal today, what do you need to adjust?

No excuses!
Only
adjustment!

DAY 17

What's your goal today?

Write your goal of the day in the box above.

Below, list the tasks that you need to complete today to achieve your goal. Check them as you complete them.

How much did you accomplish today?

- 120 % (5 out of 5 tasks) + extras
- 100 % (5 out of 5 tasks)
- 80 % (4 out of 5 tasks)
- 60 % (3 out of 5 tasks)
- 40 % (2 out of 5 tasks)
- 20 % (1 out of 5 tasks)
- 0% nothing done

If you did not achieve your goal today, what do you need to adjust?

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DAY 18

What's your goal today?

Write your goal of the day in the box above.

Below, list the tasks that you need to complete today to achieve your goal. Check them as you complete them.

How much did you accomplish today?

- 120 % (5 out of 5 tasks) + extras
- 100 % (5 out of 5 tasks)
- 80 % (4 out of 5 tasks)
- 60 % (3 out of 5 tasks)
- 40 % (2 out of 5 tasks)
- 20 % (1 out of 5 tasks)
- 0% nothing done

If you did not achieve your goal today, what do you need to adjust?

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Only
adjustment!

DAY 19

What's your goal today?

Write your goal of the day in the box above.

Below, list the tasks that you need to complete today to achieve your goal. Check them as you complete them.

How much did you accomplish today?

- 120 % (5 out of 5 tasks) + extras
- 100 % (5 out of 5 tasks)
- 80 % (4 out of 5 tasks)
- 60 % (3 out of 5 tasks)
- 40 % (2 out of 5 tasks)
- 20 % (1 out of 5 tasks)
- 0% nothing done

If you did not achieve your goal today, what do you need to adjust?

No excuses!
Only
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DAY 20

What's your goal today?

Write your goal of the day in the box above.

Below, list the tasks that you need to complete today to achieve your goal. Check them as you complete them.

How much did you accomplish today?

- 120 % (5 out of 5 tasks) + extras
- 100 % (5 out of 5 tasks)
- 80 % (4 out of 5 tasks)
- 60 % (3 out of 5 tasks)
- 40 % (2 out of 5 tasks)
- 20 % (1 out of 5 tasks)
- 0% nothing done

If you did not achieve your goal today, what do you need to adjust?

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Only
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DAY 21

What's your goal today?

Write your goal of the day in the box above.

Below, list the tasks that you need to complete today to achieve your goal. Check them as you complete them.

How much did you accomplish today?

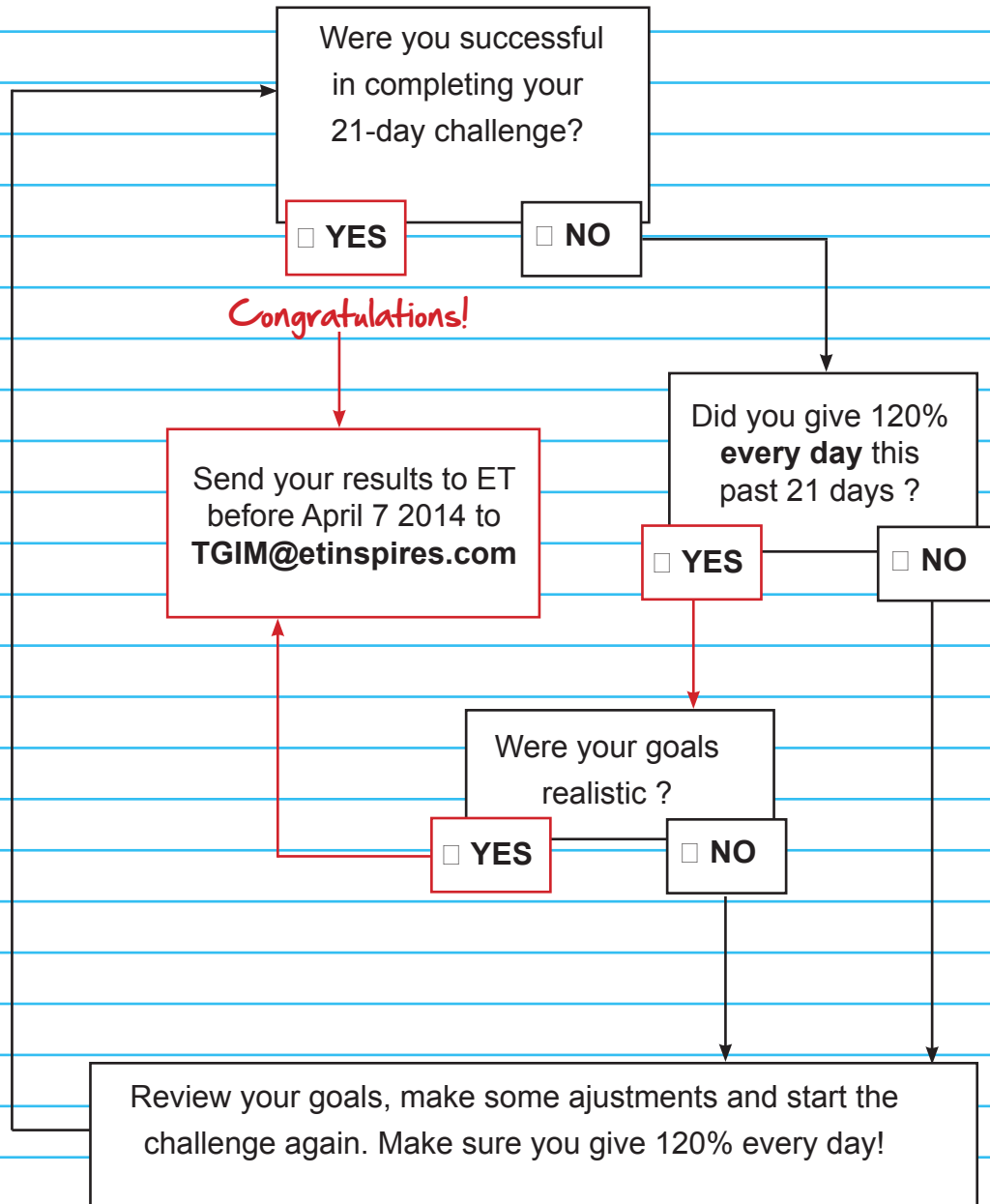
- 120 %** (5 out of 5 tasks) + extras
- 100 %** (5 out of 5 tasks)
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- 40 %** (2 out of 5 tasks)
- 20 %** (1 out of 5 tasks)
- 0%** nothing done

If you did not achieve your goal today, what do you need to adjust?

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RESULTS

How did you do?



When you know better you do better!