

Sheet1

My personal mission statement: As a mindful, brave, health conscious, and silly individual, I grow and improve by 1% everyday. I always work hard and dream big. I love, trust, and laugh with the many supportive people in my life, and I am always excited to make new connections with like-minded individuals. I am capable of greatness, and I am attracting amazing things into my life.

The Weekly Worksheet		Week of:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Roles	Goals	Weekly Priorities		Today's Priorities					
Voice/ Voice Over	1. Incorporate French Accent work into routine.	Create Profile for Fit Pal.	100% need to complete student loan application	4:30 meeting about Showcase for VAS	Perfect monologue: ready for performance.	Work on autobiographies of different lengths.		Interview with Celina for "The Positivity Project"	
	2. Get a script and 6 different voices before end of week.	Prepare for Audition	Run Charles's monologue several times.	Run Charles Monologue several times / get sound together for monologue	Write first person autobiography, and rewrite first person	Actors Goal Setting Group		Scene study work	
	3	Create Weekly Planner.	Modify Oscar Statue for monologue	Complete Voice Over Homework / Finish putting together script for commercial demo.	Scene study work	Work on Interview questions for Interview Saturday. Also write script for Success Journal	Work: 5-9	Work on Facebook Group.	
Reading	4. Read up to part IV, page 401, in "Lucifer's Hammer."	Put away laundry/clean room	Write up to page 38 in Screenplay		Write 6 pages in screen play (up to page 44)	Write 6 pages in screenplay (up to page 51)	Scene study work.	Work: 8:30-5pm	
	5. Finish reading "Find a Job Through Social Networking."	Read up to page 247 in "Lucifer's Hammer"	Work on breathing: speak the speech	11:30: Going to See Batman with Greg			Film Video for Success Journal.	Work on e-book	
Business	6		Work on Voice Over: coming up with stories for my characters	Read up to page 150 in "Find a Job"	Read up to page 174 in "Find a Job"	Read up to page 206 in "Find a Job"	Finish Reading "Find a Job"		
	7. Fill out student loan application		Read up to page 292 in "Lucifer's Hammer"	Read up to page 321 in "Lucifer's Hammer"	Read up to page 345 in "Lucifer's Hammer"	Read up to page 377 in "Lucifer's Hammer"		Read up to page "401 in "Lucifer's Hammer"	
Self Improvement / Inspiration/ other	8. Outline for e-book on finding your voice.	Daily Habits		Appointments / Commitments					
	9. Business Homework Complete	Voice Work (see schedule)	8	8	8	8	8	8	8
VAS	10. Listen to Tony Robbins Power talk Volume 20	Mindfulness (see schedule)	9	9	9	9	9	9	9
	11	Daily Clean-up + other (see schedule)	10	10	10	10	10	10	10
VAS	12. Go see "Dark Knight Rises" with Greg. Date Night.	Split exercises SU / M / T / W / TH / F / SA	11	11	11	11	11	11	11
	14. Prepare for Audition	Prepared Bag Lunch SU / M / T / W / TH / F / SA	12	12	12	12	12	12	12
VAS	15. Complete Monologue for presentation	Write in Success Journal SU / M / T / W / TH / F / SA	1	1	1	1	1	1	1
	16. Speak the speech breathing and action verbs	1 hour of reading a day minimum SU / M / T / W / TH / F / SA	2	2	2	2	2	2	2

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Screen Writing	16. Write up to page 50 in screenplay	Wake up between 6:00-6:30am SU / M / T / W / TH / F / SA	3	3	3	3	3	3	3
		Write Blog Post 5x a week 1 2 3 4 5	4	4	4	4	4	4	4
		Update Fit Pal Account SU / M / T / W / TH / F / SA	5	5	5	5	5	5	5
Website	18. Film video for Success Journal	15 minutes work on French Accent SU / M / T / W / TH / F / SA	6	6	6	6	6	6	6
	19. Revamp face book group to include my ideas	Memorization Work SU / M / T / W / TH / F / SA	7	7	7	7	7	7	7
	20. Prepare for and hold interview with Celina for "The Positivity Project"	Practice Speak the Speech SU / M / T / W	8	8	8	8	8	8	8
			9	9	9	9	9	9	9
Sharpen the Saw			Evening:	Evening:	Evening:	Evening:	Evening:	Evening:	Evening:
Physical: run 17 miles this week									
Mental: daily memorization work									
Spiritual: Listen to Tony Robbins DVD									
Social / Emotional: daily Mindfulness practice									
				VW: Touch of Sound	VW: Touch of Sound	VW: Touch of Sound	VW: Breathing	VW: Breathing	VW: Spine
				Clean: daily +washroom	Clean: daily + appliances	Clean: daily	Clean: daily + clear clutter	Clean: daily	Clean: daily + laundry
				Mindfulness: Breathing	Mindfulness: Breathing	Mindfulness: Smells	Mindfulness: Breathing	Mindfulness: Emotions	Mindfulness: Emotions
		Fitness: Day off	Fitness: Fat Burning Run (7mph intensity for 35 minutes) + Lower Body Power Up (1 reps)	Fitness: Roof Raising Run 7.5mph for 45 min - 7 mph 3 minute warm up)	Fitness: Fat Burning Bike (6 minutes) + Total Body Toners	Fitness: High Intensity Running Intervals (5 intervals)	Fitness: Fat Burning Run (7 minutes) +Sexy Strong Legs Workout	Fitness: Roof Raising Bike (7 minutes with 5 min cool down) + To the Core	