

MIGHTY WOMEN MONTHLY MIRACLE PLANNER



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Are you on a roller-coaster

One day we feel we have it all together and making great progress, and the next we are feeling stuck, lost and confused. The next we are not sure of our goals

are no longer in alignment with our plans. We feel as if we just can't hold onto the rollercoaster any longer and feel like just letting go. No such thing! We are not going to fly off, we are going to slow down and get into the rhythm.

I have had to at one stage stop my rollercoaster completely and start the ride all over, but this is how I managed to regroup myself and build my business from scratch again. Building a successful business is tough, but the simple facts are no one creates success by accident, we all have to make it happen on purpose and that requires us to pick ourselves up and take action

to create what we want... and it all starts with YOU.

And to get there we need to get a grip on ourselves and only you can make it happen. So let's get motivated and inspired and mentally condition ourselves for success. The main action is to get focused on the goal and let's get a miracle in the making.



1

This is a destined intervention

No challenges just come by into our lives by accident. It's an intervention to help get you back on track and in the flow. The first rule of this challenge is to commit to it. Make the decision to

stick to the plan and do the daily activities for the for 30 days.. Come rain or sunshine, you have to complete this challenge. This is all about you, to help you get back onto the ride and to help you create your miracle month.

2

IMMERSE YOURSELF

Immerse yourself in creating a new reality for yourself - one where you're in the flow and feeling good. Remember that only you get to choose how you feel, so do all you can over the next 30 days to immerse yourself in feeling good, in getting reconnected with your big dreams and goals. You can do this.

3

HAVE FUN

This challenge is about helping you to get back into the flow and onto the rollercoaster of building your business, to help you to feel good, to help you reconnect with your dreams - so make it fun and enjoy!

Ready Steady – Go!!!!

The first step is to identify the problem and over-
focus. It's a breath, for



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DAILY SUCCESS ROUTINE

To help you get back in the flow, you need to be intentional about the actions you take on a daily basis, so we've created a daily routine checklist that you'll find on the last page of this workbook to help you to take specific action every day to get you realigned, feeling good and making progress. You can print it out and make sure that you complete each step daily. Stick to it to achieve it!

DAILY SUCCESS ROUTINE



DAILY VISUALISATION

Spend at least 5-10 minutes to visualize at least one of your dreams. Enjoy this and let your imagination run away with you and feel and experience what you want. What are you seeing? What can you hear? What do you feel? Work your mind muscles to help you create a wonderful reality for yourself.



GET FOCUSED

Spend at least 5-10 minutes getting clear about your day ahead. What are your top goals for the day? What do you want to accomplish today? What tasks do you need to complete and at what time? Create your direction for the day. Use the daily planner to help you with this.



PERSONAL DEVELOPMENT

Spend at least 5-10 minutes today on personal development. Whether it's going on YouTube and watching an inspiring video, listening to a podcast, reading a blog post, reading a chapter of a book... just take time to learn and to grow on a personal level.



TAKE ACTION

Discipline yourself to do what you need to do today. To help you with this, set a reminder in your phone to go over every hour or at points throughout the day to remind you to check in with yourself. Take a moment and think about how your day is going, what you've been focusing on and adjust accordingly.



HAVE FUN

Every day, take a moment to get intentional about how you're going to have fun and feel good. Having fun and feeling good is transformational, so make it a part of every single day. What will you do today to have some fun?



EXERCISE



Get your body moving, it will help you get back in the flow. Even if you just stand up and dance around for 5 minutes... do it. Move your body and get your heart pumping!



QUIET-TIME

Spend at least 5-10 minutes having some quiet time. Go outside or in a quiet space and focus on your breath. Breathe in deeply, relax. Be in the moment. Pay attention to your heart beating, notice how your hands and fingers feel - tune in with yourself.



BE GRATEFUL

Think of 3 things you're most grateful for today and really feel the gratitude spread throughout your body. Be thankful for the wonderful things that happen in your day - even it's just that you're here, breathing and living.

	VISUALISATION & ACTION
	GET FOCUSED
	PERSONAL DEVELOPMENT
	TAKE ACTION
	HAVE FUN
	EXERCISE
	QUIET TIME
	GRATITUDE

**I CAN DO ALL THINGS
THROUGH PRAYER AND
FAITH**

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