Example 19

366 01 MON	1 02 TUE	2 03 WED
6	6	6
Destroy Credit Cards		
7	7	7
8 Pretoria Management	8 Develop Strategy Kenya	8 Review Eastrand
Glen	Rajeet	Terence
9 Lindiwe	9 Dorothy	9 Jason
Johan		Shaun
10	10	10
Eastern Cape		
11 East London	11	11
Melonie	East Rand Progress	
12	12 Terence	12
Call bank and Cancel Credit	Call Creditors and confirm	Consider possible ways to
13 Cards	debt info	13 Reduce Expenditure
		Expand Tanzania
14	14	14 Dr Yonah
15 Western Cape Sales	15 Global Schools Project	15 Jo'burg MAPCLUB
Kotie	Glen & Lauren	Damaris
16	16	16 Estelle
17	17 Touch Rugby	17 Family Dinner Date
	Joshua Provincial Squad	Prosopa Restaurant
18	18	18 Waterkloof, Pretoria
		012 460 1663
19	19	19
Identify Debt	Develop Manual	Home Study Group
20	20 Design templates	20 Bruce's Home
21 Day 1: MAP4LIFE	21 Day 2: MAP4LIFE	21 Day 3: MAP4LIFE
Preparation	Questionnaires	Wheel of Life

Step 3: Colour Code day to ensure balance.

Step 4: Allocate time for WAP Goals.

WAP

- ✓ Cancel Credit Cards
- ✓ Identify Debt
- ✓ Reduce Expenditure
- MAP 20 day Program

Step 2: Tasks from your MAP.

TO-DO-LIST

Island Beakaway - Mauritius
Oct 2013. Close 30 Jun 2013

- Phone List
- ✓ David
- ✓ Dwight
- Ravin

- ✓ Develop Manual
- ✓ Western Cape
- Create Brochure
- ✓ USA Launch
- Do Promo
- ✓ National Trip Plan
- ✓ Family Dinner
- Review Eastrand Plans

CHECKLIST

- ✓ Study weekly GEM
- ✓ Review MAP Goals
- ✓ Define WAP Goals above
- ✓ Make Appointments for Tasks
- ✓ Update G8 & Habit Monitor
- ✓ Track Expenditure
- ✓ Tra...
- ✓ Re...

Step 1: Follow checklist.

GREAT 8

	M	T	W	T	F	S	S	T
1. Read Guiding Statem... (Pg 98+99)	✓	✓		✓	✓		✓	5
2. Visualise TOP 10 Go... (Pg 30)	✓	✓	✓	✓	✓	✓	✓	7
3. Imagine New Habit achieved (Pg 112)	✓	✓	✓	✓	✓	✓	✓	7
4. Meditate on this week's GEM (Pg 37+)			✓			✓		2
5. Post positive quote **#MAP4LIFE**	✓		✓		✓			3
6. Plan Tomorrow Today (Above)		✓				✓		2
WhatsApp Accountability Pa...								
Make a Journal entry (Pg 3...)								

Step 5: Monitor Implementation daily.

Example 20

362 04 THUR	363 05 FRI	364 06 SAT
6	6	6
		MAP4LIFE Review
8 USA Launch	8 Plan National Tour	8 Promotion
Lucas Nel	Eastern Cape	Hand out Flyers at
9	9 Melonie & Ngwadi	9 Sandton Convention
	Western Cape	Centre
10 SADC Region	10 Kotie & Andro	10
Louis		
11 Johann	11	11
12	12	12
13	13	13
Europe Skype Session	UK London	Family Outing
14 Miguel	14 Mourad & Mary	14 Golf with Jordan
15	15 New Countries	15
Russian Translation	David, Dwight & Ravin	
16 Natalia	16	16
17	17	17
18	18	18
19	19	19 Movie Night
Create Brochure	Write GEMS	Jo-Ann's Choice
20 Marketing MAPCLUB	20 MAP4LIFE Annual	20
21 Day 4: MAP4LIFE	21 Day 5: MAP4LIFE	21
Assessment	New Habits	

Step 8: Convert TO-DO-LIST to a TODAY-LIST by allocating time for each and every task.

TO-DO-LIST

- Write 5 GEMS for Annual
- Review Int. Plan
- ✓ Global Schools Project

Step 7: Mark completed tasks.

365 07 SUN

Step 9: Record Income & Expenditure daily.

HABITS

		M	T	W	T	F	S	S	T
A1									
A2									
A3	10 Push-ups at 06h15	✓	✓	✓	✓	✓	✓	✓	7
A4									
A5									
A6									
A7									
A8									

Step 6: Achieve 21 days consecutively before adding a second habit to monitor. Summarise Score Pg 334 & 335.

	IN	OUT
M		$132.22
T	$545.23	
W		
T		$75.12
F	$3,500.00	
S		
S		$343.75
T	$4,045.23	$551.09