

7 Days to
Simplify
your Life
Workbook

My Personal Goals

Goal One

ite)
o achieve it

My Personal Goals

Goal Two

I w	ill achieve th	nis goal by	(date)	
will do this	s by (how are	e you going	g to achiev	e it)

My Personal Goals

Goal Three

	will achiev	e this go	al by (dat	te)
will do t	his by (hov	v are you	going to	achieve it

My Work Goals

Goal One

Iw	ill achieve th	is goal by	(date)
will do this	s by (how are	e vou aoina	to achieve it

My Work Goals

Goal Two

	will achieve t	this goal I	oy (date)	
will do th	nis by (how a	re vou ac	oing to ach	nieve it

My Work Goals

Goal Three

	will achieve this goal by (date)
	hio by /bow oro you going to pobiovo it
WIII GO I	his by (how are you going to achieve it

My New Rituals

Morning Ritual One

Morning Ritual Two	
Morning Ritual Three	

My New Rituals

Afternoon Ritual One

Afternoon Ritual Two
Afternoon Ritual Three

My New Rituals

Evening Ritual One

Evening Ritual Two
Evening Ritual Three

Notes

