

Here's an example of a perfect week!

MONDAY

- 5:30 Spiritual time/read/EB
- 5:45 Meditate/journal
- 6:15 Run on beach, swim in ocean, 100 sit-ups, 50 push-ups
- 7:30 GD/ Shower and dress
- 7:45 Oatmeal, fruit, VT, PS
- 8:15 Work
- 8:30 Ck EM/VM
- 10:00 Snack-yogurt and wheat germ/GW
- 11:00 2 sales calls
- 12:00 Lunch- Chicken salad, pita bread, V-8, GW
- 12:30 15 min. walk/stretch
- 12:45 Ck EM/VM
- 2:00 2 sales calls
- 3:00 Snack- Guacamole and stone corn chips, GW
- 5:45 Org. 4 ND/clean desk/filing/thx
- 6:00 Home
- 6:30 Dinner- Salmon, broccoli, rice, salad, wine, jell-o, VT, GW
- 7:00 Walk with Kyle 30 min.+
- Check Schwab
- 10:00 Goodnight

TUESDAY

- 5:30 Spiritual time/read/EB
- 5:45 Meditate/journal
- 6:15 Prep 4 wk & gym, VT, PS
- 6:30 Gym
- 8:15 GD/Work
- 8:30 Ck EM/VM
- 10:00 Snack- cashews, pineapple chunks, GW
- 11:00 2 sales calls
- 12:00 Lunch- Cottage cheese, apple slices, V-8, GW
- 12:30 15 min. walk/stretch
- 12:45 Ck EM/VM
- 2:00 2 sales calls
- 2:45 Snack- protein bar, GW
- 3:00 2 sales calls
- 5:45 Org. 4 ND, clean desk, filing, thx
- 6:00 Volleyball, GW
- 8:30 Dinner- veggie burger and beer, VT, GW
- 10:00 Goodnight

WEDNESDAY

- 5:30 Spiritual time/read/EB
- 5:45 Meditate/journal
- 6:00 ½ hr. yoga, 50 push-ups, 100 sit-ups, 15 min. pool.
- 7:00 Shower, dress.
- 7:15 Oatmeal, fruit, VT, PS, GW
- 7:45 Work
- 8:00 Ck. EM/VM
- 9:30 Snack- almonds, apple slices, GW.
- 11:00 2 sales calls.
- 12:00 Lunch- Tuna salad, celery, carrots, peanut butter, GW.
- 12:30 15 min. walk/stretch
- 2:00 2 sales calls.
- 3:00 Snack- protein bar, green tea
- 5:45 Org. 4 ND, clean desk, filing, thx
- 6:00 Home
- 6:30 Dinner- Chicken breast salad, sake, green tea, GW, VT.
- 7:00 Park with Kyle.
- Play a game with Loren.
- 10:00 Goodnight

THURSDAY

- 5:30 Spiritual time/read/EB
- 5:45 Meditate/journal
- 6:00 Prep 4 wk & gym, VT, PS
- 6:30 Gym
- 7:00 Shower and dress
- 7:15 Omelet, fruit, VT, PS, GW
- 7:45 training with team
- 8:45 Work
- 9:00 Ck. EM/VM
- 9:45 Snack- yogurt, granola bar, GW
- 11:00 2 sales call
- 12:00 Lunch- springs rolls and peanut sauce dip, GW
- 12:30 15 min. walk/stretch
- 12:45 Ck. EM/VM
- 2:00 2 sales calls
- 3:00 Snack- beef jerky and orange, GW.
- 5:45 Org. 4 ND, clean desk, filing, thx
- 6:00 Home.
- 6:30 Dinner- salmon, salad, wine, broccoli, bread stick, apple sauce, VT, GW
- 7:00 Walk
- Write a birthday card or note.

FRIDAY

- 5:30 Spiritual time/read/EB
- 5:45 Meditate/journal
- 6:00 Run on beach, swim in ocean, 100 sit-ups, 100 push-ups
- 8:15 GW/Work
- 8:30 Ck EM/VM
- 10:00 Snack- yogurt, almonds, GW
- 11:00 2 sales calls
- 12:00 Lunch out! GW
- 1:30 Ck EM/VM
- 2:00 2 sales calls
- 3:00 Snack- beef jerky, orange, GW
- 4:00 Thank you cards
- 4:15 Org. 4 ND/clean desk/filing, thx
- 4:30 Home
- 6:30 Dinner- beef and pasta night, salad, wine, GW
- 7:30 Walk
- 8:00 Movie night!

SATURDAY

- 6:30 GD, yoga, EB
- Bike ride or roller blade, 100 sit-ups, 100 pushups
- Breakfast- cereal, PS, VT, GW, yogurt, fruit.
- Snacks 2x
- Pack healthy lunch
- Adventure or Project Day- ride, hike, visit, experience, work on house.
- Friends for dinner (every other Sat.)
- Out to dinner and play, dance, music, movie, etc. (every other Sat.)

Notes: GD = green drink, GW = glass water, VT = vitamins, ND = next day, PS = protein shake, EM = email, VM = voicemail, EB = eye and breathing exercises, MS = meditate or spiritual reading, Thx = thank you card

SUNDAY

- Sleep in. Coffee and big breakfast.
- Wash cars.
- Church or similar activity.
- Call relatives.
- Sunday is Funday! Go to local beach, zoo, picnic, etc. in afternoon.
- Watch 2 hrs. sports or other TV.
- Dinner – Fish, vegetable medley, wine, GW.
- Walk after dinner.
- Plan for week ahead.

FOLLOWING THRU

- You can't control you, just because you want to.
- Get a new story and a new habit.
- Look for cues – positive and negative.
- Create reminders. Create rewards and punishments.
- Create positive circumstances (nobody smokes in church).
- Burn the bridges/must do's/create checklists/SOPs.
- Make the pain/fear bigger.
- Have a funeral.
- Just show up by doing the easy part.
- Do the right thing, then the wrong thing.
- Strike while the iron is hot!
- Pay now, buy later.
- Play and flirt with the idea.
- Get it in writing, date, and sign it.
- Remember: Discipline is freedom!!