

# SUNDAY SANITY

Tracie Daly Food Business Coach

- Work out your ABSOLUTE to-dos for the week ahead.
- Pick 10 things you must get done over the next week. This allows you to stack and compound positive forward motion towards achieving your goals.
- Drink 2l water everyday
- Get 10k steps every day.
- Get 8 hrs sleep every day.

	TO-DO'S	DESIRED RESULTS	WHO <small>→you must connect with</small>	WHEN - <small>Date, Day and time</small>	ACTUAL RESULTS	Gaps/ lessons
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10						

**Essential:**

- Transfer the to-dos into your calendar immediately and slot it in 'DO NOT MOVE'.
- REMEMBER: these 10 things are to move your business forward.

**Priorities for the week:**

- DON'T START SOMETHING UNTIL YOU FINISH WHAT YOU ARE WORKING ON!
- Every day write your 'to-do' list for the day ahead- focus and results equals movement forwards.

**EAT THE FROG FIRST- means that you always take the most difficult task and do it first.**

A proven strategy by Brian Treacy.