

STEP UP SEPTEMBER

It's time to step up and get back on track this September. "Step Up September" is all about structure, which creates discipline. The discipline to be your best and finish the year strong! One easy way to develop unstoppable discipline is to create a system for your goals.

There is an acronym that shows you the value to setting up a system:

Saves **Y**our **S**elf **T**ime **E**nergy **M**oney

If saving yourself time, energy, and money sounds good to you, then let's step up and get focused on having a *September to remember!*

Below set a **GOAL** in an area(s) of your life that you would like to see improvement in **each area**. Next, decide on a specific **TASK** that will get you closer to achieving your goal. Then develop a **SYSTEM** to stick to until you accomplish your goal.

PERSONAL

GOAL: _____

DAY OF THE WEEK (circle): S M T W T F S

TASK: _____

TIME: _____

RELATIONSHIPS

GOAL: _____

DAY OF THE WEEK (circle): S M T W T F S

TASK: _____

TIME: _____

FITNESS/MARTIAL ARTS

GOAL: _____

DAY OF THE WEEK (circle): S M T W T F S

TASK: _____

TIME: _____

FINANCES

GOAL: _____

DAY OF THE WEEK (circle): S M T W T F S

TASK: _____

TIME: _____

CAREER/SCHOOL

GOAL: _____

DAY OF THE WEEK (circle): S M T W T F S

TASK: _____

TIME: _____

