

KERRY TEPEDINO

7-DAY GOAL CRUSHING CHEAT SHEET



**10X Your Health & Happiness Results In
The New Year & Beyond**

www.KerryTepedino.com

KERRY TEPEDINO

7-DAY GOAL CRUSHING CHEAT SHEET

10x Your Health & Happiness Goals In The New Year & Beyond

The 7-Day Goal Crushing Cheat Sheet has been created to support you in getting 20/20 clarity on what you want to achieve with your health and happiness in the next seven days and breaking it down into manageable steps, so you can feel successful. Remember... baby steps still lead to the top!

STEP 1 LET'S GET STARTED!

Keep this simple. Don't take on too much, overwhelm yourself and accomplish nothing or you will get frustrated about not being good enough. The first step is for you to print out your Heart Chart on the next page, **choose one or two self-care habits and commit to them for the next two days**. Write those action items on your Heart Chart now and tape your Heart Chart to your bathroom mirror where you see it often. When you accomplish the action items, color in the hearts and ENJOY what it feels like to be successful and have follow-through with yourself. Examples: 8 hours sleep, 30 minutes exercise, warm lemon water in the morning.

STEP 2 TAKING IT TO THE NEXT STEP!

Now that it's been two days and you're becoming more confident with yourself on your follow through, it's time you **choose one or two more action items** to add to your Heart Chart. These **new action items are in addition to the ones you chose in Step 1**. Go ahead and do that now and **start implementing today for the next two days**.

Examples: Drink more water, meditate or pray 10 minutes a day, take your supplements.

STEP 3 DON'T STOP HERE!

Now that it's the final stretch of your 7-Day Goal Crushing Cheat Sheet exercise, you should be picking up even more speed. By this point you have consistently been doing two to four actions over the past four days. **Take a moment to ask yourself... how are you feeling?** Proud? Accomplished? Take a moment to celebrate what is working, then **choose one to two more additional habits to add to your Heart Chart**.

KERRY TEPEDINO

Commit to mastering all four to six habits over the next **two weeks**, no matter what. The more focused you stay on the actions you chose, you will mentally start to program yourself to BELIEVE that when you set a goal, it is possible for you. The more you practice this and build your belief system up, the easier it will be for you to reach your 20/20 vision and beyond.

By the way... transformation is so much more fun with friends! Jump into our online community to get support and share your results at www.facebook.com/groups/KerryTepedino

HEART CHART

ACTION ITEM	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
							
							
							
							
							
							