



THE TEAM MOXIE WIN BOOK



REFLECTIONS

Well done Moxxer!

How has this month gone for you? Take a few minutes to reflect and give yourself a pat on the back for achieving the things you've achieved.

Remember, even if you haven't reached all your goals, you are further on than if you hadn't set them at all. You don't have to share these reflections (although I'd love it if you did)—but please do them. We all spend so much time berating ourselves for not doing enough, that we forget to cheer ourselves on for what we **HAVE** done.

Which is a lot.

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REFLECTIONS...

What is your biggest achievement this month?

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Name at least 5 things you're proud of doing this month.

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What's the biggest challenge you've faced
and overcome?

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How have you made time for just yourself
this month?

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REFLECTIONS...

How are you rewarding yourself for work well done?

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How many Power Hour sessions did you attend this month?

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Well done! Remember, progress is made in Tiny Beetle Steps. Consistency and commitment will win over everything else EVERY TIME. It's the only way to create sustainable change.

You have GOT this.

GOALS

The word “priority” means “a thing that is more important than any other things”.

So when we talk about “priorities” we get overwhelmed.

We don’t have to do all the things all at once. What would happen if, instead of trying to focus on a handful of things all the time, we picked One Thing to work on during Power Hour for a month?



Maybe that one thing is all your content: emails to your list, articles, social media posts. Maybe it’s to complete 3 chapters of your book. Maybe it’s to overhaul your website.

And if you finish before the month is up—shurrah!

Start on the next One Thing on your list.

So...

GOALS

How many Power Hours do you plan to attend this month?

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What is your priority for the coming month of Power Hours?

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Now list the Other Things you'd like to do, so you can pick the next one next.

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What challenges do you foresee getting in your way?

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GOALS

What's your simple plan to overcome them?

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How will you reward yourself for
the progress you make?

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*Happy
writing!*

TEAM MOXIE WRITING TRACKER

MON	TUE	WED	THU	FRI	SAT	SUN

Put a big red tick in the box on the days you attend a Power Hour.
Remember to include weekends if you do sessions by yourself!

