

1. Connect to Mission	3. Identify Goals	4. Organize Weekly						6. Evaluate	
2. Review Roles		5. Daily: Exercise Integrity in the Moment of Choice						My Commitment	
ROLES	GOALS		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Physical	176 lbs and fit		Thank you x 3	Thank you x 3	Thank you x 3	Thank you x 3	Thank you x 3	Thank you x 3	Thank you x 3
Social/Emotional	Be better every day	7	Morning routine	Morning routine	Morning routine	Morning routine	Morning routine	Morning routine	Morning routine
Mental	Learn about everything!		"	"	"	"	"	"	"
Spiritual	God 1st place always!	8	Office	Office	Office	Office	Office	Office	Office
SHARPEN THE SAW			"	"	"	"	"		
		9	Street Ministry	Street Ministry	Street Ministry	Street Ministry	Street Ministry	Street Ministry	Street Ministry
RossG3.ca/rebel	176 lbs and 10% BF		"	"	"	"	"	"	"
Individual	Walking everywhere	10	Personal Development	Personal Development	Food Depot	Food Depot	Personal Development	Personal Development	Personal Development
Personal Development	Lots of sports!		"	"	"	"	"	"	"
		11	Music Therapy	Music Therapy	Music Therapy	Music Therapy	Music Therapy	Music Therapy	Music Therapy
			Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation
	Regular emails to all	12	Office	Office	Office	Office	Office	Office	Office
Familial			"	"	"	"	"	"	"
Son, Brother, Uncle		1	Street Ministry	Street Ministry	Street Ministry	Street Ministry	Street Ministry	Street Ministry	Street Ministry
			"	"	"	"	"	"	"
		2	Professional devpmt	Food Depot	Personal Development	Personal Development	Professional devpmt	Professional devpmt	Beers with Amira
G3Golf.ca	Continued Development		"	"	"	"	"	"	"
Golf Organizer		3	"	"	Professional devpmt	Professional devpmt	"	"	"
& Promoter			"	"	"	"	"	"	"
		4	Music Therapy	Music Therapy	Music Therapy	Music Therapy	Music Therapy	Music Therapy	Music Therapy
			Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation
NuVoWay.ca	Continued Development	5	Judy Justice	Judy Justice	Judy Justice	Judy Justice	Judy Justice		
LifeStyle Advocate			"	"	"	"	"		
		6	News & Dinner	News	News	News	News & Dinner	News & Dinner	News
			"	"	"	"	"	"	"
		7	Coronation Street	Coronation Street	Coronation Street	Coronation Street	Coronation Street		
GeniusatWork.biz	Using AI								
Right-Brained	Parallel Universes & Determinism	8							
Creator/Visionary	Financial Success - MLE Creator								
		9							
	Regular attention	10	Evening routine	Evening routine	Evening routine	Evening routine	Evening routine	Evening routine	Evening routine
Friend	Keep my heart open - explore!		Thank you x 3	Thank you x 3	Thank you x 3	Thank you x 3	Thank you x 3	Thank you x 3	Thank you x 3
& Soulmate			OTHER PRIORITIES	OTHER PRIORITIES	OTHER PRIORITIES	OTHER PRIORITIES	OTHER PRIORITIES	OTHER PRIORITIES	OTHER PRIORITIES

	NDGProject.com								
Generous Contributor	Office and Street Ministry								
to My Communities									
									7. Sharpen the saw

