

# PLAN YOUR PROGRESS SEPTEMBER 2019



ProgressTribe.com

# REVIEW THE PAST

MONTH IN REVIEW:

DATE:

*Review • Plan • Progress*





# QUESTIONS

**What were your 3 most important achievements this past month?**

**What's been working well for you over the past month & why?**

**What challenges/mental blocks/fears/distractions did you experience?**

**What lessons did you learn from that?**



# QUESTIONS

**What actions will you take to improve?**

**What 3 things are you most grateful for this past month?**

**Which actions that worked really well this past month, will you expand on or increase?**





# FAMILY

**“In time of test, family is best.”**

**Write 3 things that your family did together to help you bond.**

**What actions will you take this upcoming month to help your family get closer?**



# BUSINESS

**What was your gross revenue last month?**

**What were your total expenses?**

**What was Your Net revenue= (Gross Business Revenue - Business Expenses)?**



# CUSTOMER AND AUDIENCE PROGRESS ANALYSIS

How many new customers did you get?

How many new email subscribers did you get?

How many new reviews and video testimonials did you get?



# GOALS AND PROGRESS FOR THIS MONTH

**MONTH:**

**DATE:**

## Desired Goals and Outcomes

**What projects do you need to  
complete this month?**

**Deadline to complete the  
project.**

**Rewards For Achieving Your Goals. How Will You Celebrate?**



# FINANCE GOAL BREAKDOWN

**How much money do you want to make this month?**

**How much money do you need to make weekly to hit your goal?**

**How much money do you need to make daily to hit your goal?**

**What STEPS will you take to get to your financial goal?**

**(Write in detail your advertising plan to get new customers and what you will do to get more sales from your existing customers.)**



# FAMILY GOALS

## Examples:

1. Make time for a family vacation.
2. Eat more veggies.
3. Spend more time together.
4. Exercise together.
5. Device free dinner every night.

*“Being a family means you are a part of something very wonderful.  
It means you will love and be loved for the rest of your life.”*

**Have a family meeting to set your goals and write 3 things  
that your family will do together.**

**How will the family celebrate when you achieve those goals?**

# Commitment

*I commit to my self that I will consistently  
take action and stay focused everyday*

*Signature*

*Date*



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# MINDSET HACKS FOR SUCCESS

Congrats for taking the time to write down what your goals are and what you need to make it happen. That is Progress!

1

Believe in yourself and write your affirmations daily. **Believe you deserve success.**

2

Write down 3 things that you need to achieve daily and make sure they are done. Protect and manage your time. **It is your most valuable asset!**

3

Write down the reasons why you are doing it. Is it for your family to have more time and freedom? This is especially important when things are difficult and you feel frustrated.





## EXTRA, EXTRA 🤗

Here is some extra space to write anything else you want or whatever inspires you.  
Such as mind maps, ideas, gratitude, family events e.t.c.