

Sacred  
SIXTY  
#SACRED60

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PRESENTED BY

KA  
KINGDOM  
ALLIANCE

What is the  
*Sacred 60 Challenge?*

ARE YOU READY TO:

**UP-LEVEL YOUR WALK WITH THE LORD**

**TAKE CONTROL OF YOUR HEALTH**

**STEWARD OF YOUR BODY**

**TAKE YOUR BUSINESS TO THE NEXT LEVEL**

**DEVELOP DISCIPLINE AND DEDICATION**

**KICK OFF THE BEST YEAR OF YOUR LIFE**

*S60*

The Sacred 60 Challenge is a self-paced and self-motivated challenge that will set you on a path to success, true change, and joy. By following these daily action steps you will finally be on the path to reach your goals.

**60 Days Commitment**

***Jesus***

***Journaling***

***Health***

***Prayer***

***Physical Activity***

***Building Your Business***



## **S**teewardship -

"Moreover, it is required of stewards that they be found trustworthy." - 1 Corinthians 4:2

## **A**ttitude -

"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things." - Philippians 4:8

## **C**onsistency -

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." - Galatians 6:9

## **R**esilience -

"But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint." - Isaiah 40:31

## **E**liminate-

"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us." - Hebrews 12:1

## **D**iscipline -

"For God has not given us a spirit of fear, but of power love and of a discipline." - 2 Timothy 1:7

# **SACRED 60 CHALLENGE FRAMEWORK**

- **Wake up earlier**

Starting off your day with intention will change your life. Getting up earlier will add more hours to your day. Every 10 days, challenge yourself get up 30 minutes earlier until you reach your goal.

- **Read one chapter in your Bible every day**

Read one chapter a day in the Bible. We will give you suggestions based on the 10-day focus of the challenge.

- **Drink more water**

You are required to drink 60 ounces of water daily.

- **Daily exercise**

Select a workout plan and stick to it. We have provided a daily calisthenics plan for you. Add reps and more time to your workout every 10 days.

- **Daily 30-minute prayer walk**

Get outside and take a walk, put on worship music, or just take in the sounds of nature. Spend 30 minutes moving in prayer and worship.

- **Daily gratitude journal**

As part of your nightly routine, write down six things (not more & no less) that you are grateful for that day.

- **Legacy hour - Focused on business-building activities**

Spend 60 intentional minutes each day building your future. We have provided a guide to help you stay on task and make your dreams become reality.

- **30 minutes of daily reading**

This is your personal/professional development time. Dive into one of the KA courses or read a book for 30 minutes every day.

- **Sacred 60 Breathing - 60 seconds of deep breath work**

Set an alarm on your phone to remind you to stop, and take six deep breaths three times a day. Suggestion - this is a great time to read your affirmations out loud.

- **Daily affirmations - (new every 10 days)**

You have been given six different affirmations. Take each one and read them out loud to yourself 10 times a day. Set an alarm on your phone to remind you.

# **SACRED 60 RULES**

- No alcohol • No soda
- One treat meal (not a whole day, ONE meal) per week
- No days off - this is a 7-day-a-week challenge
- No excuses
- If you skip a day, you must start over
- Every 10 days you up-level - add reps to your exercise routine & dive deeper into your growth to stretch yourself further
- Grab an accountability partner to help you stay on track

## **Signed Commitment Letter**

I \_\_\_\_\_ commit myself to the Sacred 60 challenge. I promise my future self that I will not give up on myself. I am committed to 60 days knowing that as I change myself, I change the lives of those around me. I commit to keep going on the hard days. I promise to do these daily holy habits knowing they are the foundation of becoming the woman God created me to be.

Signed \_\_\_\_\_

Date \_\_\_\_\_



# *Preparation*



# Sacred 60

For the next 60 days, you are going to be your own motivation.

This is a self-paced & self-regulated challenge.

You are going to challenge and push yourself like you have never done before.

The Sacred 60 is broken down into six 10-day segments totaling 60 days. Every 10 days, you will up-level by adding reps to your workouts and choosing to push harder all areas. Each new 10-day segment is marked by one specific area for you to focus on.

We have provided a framework for you to use to create new routines, holy and healthy habits and begin to stack these micro habits to change your entire life.

Follow the guide that has been created for you and do not deter from it.

If you fall off, then start over from the beginning.

## Get Prepped

- 60 oz water bottle
- Nutrition plan
- Create your routines
- Choose a book to read
- Calendar/ Planner/Schedule
- Set reminders on your phone
- Block Schedule - first your month- then each week
- Journal
- Print out affirmations or create a folder for them
- Join the Facebook Community Inside the [Sacred60 Group](#)
- Find an accountability partner

Disclaimer: Kingdom Alliance relinquishes all liability for individuals participating in this challenge. We do not assure any specific outcomes from being part of this challenge. Prior to commencing the exercise plan, it is advisable to consult with your healthcare provider. This challenge is self-paced, and Kingdom Alliance will not offer any support calls.





# Workout Tracker

**Goal: Every 10 days add more reps**

DAY	EXERCISE	REPS
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		





# Legacy Hour

60 MINUTES A DAY

## PLAN PURPOSEFULLY

<b>GROW &amp; REACH OUT</b>	M	T	W	T	F	S	S	<b>PREPARE PRAYERFULLY</b>			
New connections											
New leads											
24hr sneak peek links sent											
Funnel links sent											
<b>PROCEED POSITIVELY</b>	<b>FOLLOW-UPS</b>				M	T	W	T	F	S	S
	Follow-up messages										
	3-way calls booked										
	Enrolling new members										
	Welcome calls booked										
<b>LEADERSHIP</b>	M	T	W	T	F	S	S	<b>PURSUE PERSISTENTLY</b>			
30 minutes of personal growth											
Connect with team leaders											
Strategize with team leaders											
Presentations booked											

"MOREOVER, IT IS REQUIRED OF STEWARDS THAT THEY BE FOUND TRUSTWORTHY." - 1 CORINTHIANS 4:2





# Sacred 60 Daily Tracker

## Stewardship

DAY 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 9	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Attitude

DAY 11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 13	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 17	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 18	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 19	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 20	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Consistency

DAY 21	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 22	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 23	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 24	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 25	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 26	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 27	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 28	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 29	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 30	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Resilience

DAY 31	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 32	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 33	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 34	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 35	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 36	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 37	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 38	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 39	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 40	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Eliminate

DAY 41	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 42	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 43	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 44	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 45	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 46	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 47	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 48	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 49	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 50	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Discipline

DAY 51	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 52	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 53	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 54	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 55	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 56	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 57	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 58	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 59	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 60	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Each Day mark that you have completed each task:**

- Morning Routine
- Workout Routine
- Daily Holy Habits
- Reading - Journaling
- Nightly Routine

DATE STARTED:

DATE COMPLETED:

# *Stewardship*

*Days 1 - 10*

**Suggested Bible Reading - Proverbs**

**Focus on: Creating new routines**

**Tip: The more organized you are, the easier it will be to solidify your new lifestyle.**

# Stewardship

DAYS 1 - 10

<b>MORNING</b>	M	T	W	T	F	S	S	
Wake up 30 minutes earlier								
Read Your Bible								
Workout								
Affirmations								

	<b>DAY</b>	M	T	W	T	F	S	S
	60 oz water							
	Legacy Hour							
	Encourage someone							
	Sacred 60 Breathing							

<b>NIGHT</b>	M	T	W	T	F	S	S	
Gratitude journal								
Self-care routine								
30 minutes of reading								
In bed by 10 PM								

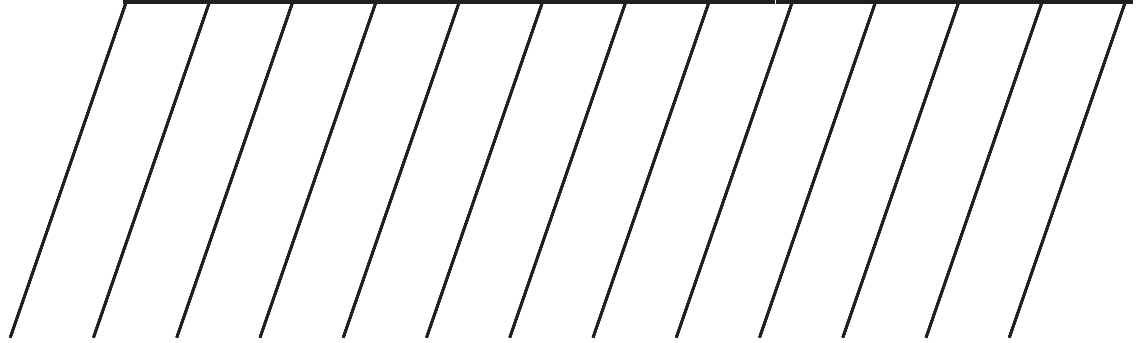
"MOREOVER, IT IS REQUIRED OF STEWARDS THAT THEY BE FOUND TRUSTWORTHY." - 1 CORINTHIANS 4:2



# Stewardship

Day 1 - 10

Track Your Week



<b>DAY 1</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 2</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 3</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 4</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 5</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 6</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 7</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 8</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 9</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 10</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

"Moreover, it is required of stewards that they be found trustworthy."  
-1 Corinthians 4:2



# Workout Tracker

**Goal: Every 10 days add more reps**

DAY	EXERCISE	REPS
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

# Legacy Hour

60 MINUTES A DAY

## PLAN PURPOSEFULLY

<b>GROW &amp; REACH OUT</b>	M	T	W	T	F	S	S	<b>PREPARE PRAYERFULLY</b>				
New connections												
New leads												
24hr sneak peek links sent												
Funnel links sent												
<b>PROCEED POSITIVELY</b>	<b>FOLLOW-UPS</b>					M	T	W	T	F	S	S
	Follow-up messages											
	3-way calls booked											
	Enrolling new members											
	Welcome calls booked											
<b>LEADERSHIP</b>	M	T	W	T	F	S	S	<b>PURSUE PERSISTENTLY</b>				
30 minutes of personal growth												
Connect with team leaders												
Strategize with team leaders												
Presentations booked												

"MOREOVER, IT IS REQUIRED OF STEWARDS THAT THEY BE FOUND TRUSTWORTHY." - 1 CORINTHIANS 4:2



# Affirmation 1

I am a son/daughter of the King

I was designed to persevere

I am a faithful steward of the things God  
has entrusted to me

I can do all things through Christ who  
gives me strength

I walk in joy and love to push myself

I manage my time, talents, and treasures  
with diligence and gratitude

I am committed to seeking God's will in  
all areas of my life

# Journaling & Gratitude

SIX THINGS I AM GRATEFUL FOR TODAY:

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BIBLE READING NOTES:

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# *Attitude*

*Days 11 - 20*

**Suggested Bible Reading - Philippians & Colossians**

**Focus on: Digging in deeper, waking up 30 minutes earlier, adding reps to your exercise, and expanding outside of your comfort zone.**

**Tip: Don't allow emotions to control your actions. Your mind controls your body. Your body does not control your mind.**

# Attitude

DAYS 11 - 20

<b>MORNING</b>	M	T	W	T	F	S	S				
Wake up 30 minutes earlier											
Read Your Bible											
Workout											
Affirmations											
	<b>DAY</b>				M	T	W	T	F	S	S
	60 oz water										
	Legacy Hour										
	Encourage someone										
	Sacred 60 Breathing										
<b>NIGHT</b>	M	T	W	T	F	S	S				
Gratitude journal											
Self-care routine											
30 minutes of reading											
In bed by 10 PM											

"FINALLY, BROTHERS AND SISTERS, WHATEVER IS TRUE, WHATEVER IS NOBLE, WHATEVER IS RIGHT, WHATEVER IS PURE, WHATEVER IS LOVELY, WHATEVER IS ADMIRABLE—IF ANYTHING IS EXCELLENT OR PRAISEWORTHY—THINK ABOUT SUCH THINGS."  
 - PHILIPPIANS 4:8



# Attitude

Days 11 - 20

Track Your Week

<b>DAY 1</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 2</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 3</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 4</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 5</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 6</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 7</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 8</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 9</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 10</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things." -  
Philippians 4:8



# Legacy Hour

60 MINUTES A DAY

## PLAN PURPOSEFULLY

<b>GROW &amp; REACH OUT</b>	M	T	W	T	F	S	S
New connections							
New leads							
24hr sneak peek links sent							
Funnel links sent							

PREPARE  
PRAYERFULLY

<b>PROCEED POSITIVELY</b>	<b>FOLLOW-UPS</b>	M	T	W	T	F	S	S
	Follow-up messages							
	3-way calls booked							
	Enrolling new members							
	Welcome calls booked							

<b>LEADERSHIP</b>	M	T	W	T	F	S	S
30 minutes of personal growth							
Connect with team leaders							
Strategize with team leaders							
Presentations booked							

PURSUE  
PERSISTENTLY

"MOREOVER, IT IS REQUIRED OF STEWARDS THAT THEY BE FOUND TRUSTWORTHY." - 1 CORINTHIANS 4:2



# Affirmation 2

I am blessed and favored

I carry the presence of God with me all  
day long.

I speak life into others with my words

I am anxious about nothing because I put  
my trust in the Lord

I worship God all day in all I do

I will let my light shine before others that  
they may taste and see the goodness of  
God

The joy of the Lord is my strength

# Journaling & Gratitude

SIX THINGS I AM GRATEFUL FOR TODAY:

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BIBLE READING NOTES:

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# *Consistency*

*Days 21 - 30*

**Suggested Bible Reading - James & I Corinthians**

**Focus on: It is easy to begin to slack off; DON'T. Prove to yourself that you can do ANYTHING when you partner with Christ**

**Tip: Do it until it becomes normal and feels awkward  
NOT doing it.**

# Consistency

DAYS 21-30

<b>MORNING</b>	M	T	W	T	F	S	S	
Wake up 30 minutes earlier								
Read Your Bible								
Workout								
Affirmations								

	<b>DAY</b>	M	T	W	T	F	S	S
	60 oz water							
	Legacy Hour							
	Encourage someone							
	Sacred 60 Breathing							

<b>NIGHT</b>	M	T	W	T	F	S	S	
Gratitude journal								
Self-care routine								
30 minutes of reading								
In bed by 10 PM								

"LET US NOT BECOME WEARY IN DOING GOOD, FOR AT THE PROPER TIME WE WILL REAP A HARVEST IF WE DO NOT GIVE UP."  
 - GALATIANS 6:9



# Consistency

Days 21-30

Track Your Week

<b>DAY 1</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 2</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 3</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 4</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 5</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 6</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 7</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 8</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 9</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 10</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." - Galatians 6:9



# Workout Tracker

**Goal: Every 10 days add more reps**

DAY	EXERCISE	REPS
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

# Legacy Hour

60 MINUTES A DAY

## PLAN PURPOSEFULLY

<b>GROW &amp; REACH OUT</b>	M	T	W	T	F	S	S
New connections							
New leads							
24hr sneak peek links sent							
Funnel links sent							

PREPARE  
PRAYERFULLY

<b>PROCEED POSITIVELY</b>	<b>FOLLOW-UPS</b>				M	T	W	T	F	S	S
	Follow-up messages										
	3-way calls booked										
	Enrolling new members										
	Welcome calls booked										

<b>LEADERSHIP</b>	M	T	W	T	F	S	S
30 minutes of personal growth							
Connect with team leaders							
Strategize with team leaders							
Presentations booked							

PURSUE  
PERSISTENTLY

"MOREOVER, IT IS REQUIRED OF STEWARDS THAT THEY BE FOUND TRUSTWORTHY." - 1 CORINTHIANS 4:2



# Affirmation 3

I joyfully keep going, knowing God  
promises that in due time I will reap a  
harvest

I am immovable in what I am called to do  
I am at peace as I work for the Lord in all  
I do

I give God my absolute best in everything  
I do

I trust God to handle the results  
My example inspires others

I lead from the front

# Journaling & Gratitude

SIX THINGS I AM GRATEFUL FOR TODAY:

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BIBLE READING NOTES:

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# *Resilience*

*Days 31 - 40*

**Suggested Bible Reading - Romans**

**Focus on: You were made to do hard things. No matter how often you get knocked down, KEEP GETTING BACK UP!**

**Tip: For the next 10 days, do just one more: one more call, one for follow-up, one more rep. You can do it!**

# Resilience

DAYS 31- 40

<b>MORNING</b>	M	T	W	T	F	S	S	
Wake up 30 minutes earlier								
Read Your Bible								
Workout								
Affirmations								

	<b>DAY</b>	M	T	W	T	F	S	S
60 oz water								
Legacy Hour								
Encourage someone								
Sacred 60 Breathing								

<b>NIGHT</b>	M	T	W	T	F	S	S	
Gratitude journal								
Self-care routine								
30 minutes of reading								
In bed by 10 PM								

"BUT THOSE WHO HOPE IN THE LORD WILL RENEW THEIR STRENGTH. THEY WILL SOAR ON WINGS LIKE EAGLES; THEY WILL RUN AND NOT GROW WEARY, THEY WILL WALK AND NOT BE FAINT." - ISAIAH 40:31



# Resilience

Days 31 - 40

Track Your Week

<b>DAY 1</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 2</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 3</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 4</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 5</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 6</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 7</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 8</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 9</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 10</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

"But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint." - Isaiah 40:31



# Workout Tracker

**Goal: Every 10 days add more reps**

DAY	EXERCISE	REPS
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

# Legacy Hour

60 MINUTES A DAY

## PLAN PURPOSEFULLY

<b>GROW &amp; REACH OUT</b>	M	T	W	T	F	S	S	<b>PREPARE PRAYERFULLY</b>			
New connections											
New leads											
24hr sneak peek links sent											
Funnel links sent											
<b>PROCEED POSITIVELY</b>	<b>FOLLOW-UPS</b>				M	T	W	T	F	S	S
	Follow-up messages										
	3-way calls booked										
	Enrolling new members										
	Welcome calls booked										
<b>LEADERSHIP</b>	M	T	W	T	F	S	S	<b>PURSUE PERSISTENTLY</b>			
30 minutes of personal growth											
Connect with team leaders											
Strategize with team leaders											
Presentations booked											

"MOREOVER, IT IS REQUIRED OF STEWARDS THAT THEY BE FOUND TRUSTWORTHY." - 1 CORINTHIANS 4:2



# Affirmation 4

I trust in my weakness; Gods power will  
shine

I was made to do hard things  
I am bold and do not allow my fears to  
keep me stuck

My example inspires others  
I am filled with hope knowing Gods  
mercies are new every morning

I may get knocked down but I never stay  
down

I am a legacy maker

# Journaling & Gratitude

SIX THINGS I AM GRATEFUL FOR TODAY:

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BIBLE READING NOTES:

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# *Eliminate*

*Days 41 - 50*

## **Suggested Bible Reading - Acts**

**Focus on: Sacrifice and surrendering things to God. Select a day for fasting\*. This is not only a spiritual discipline, but it does amazing things for the body and mind. Additionally this week you will eliminate all negative language** (no gossiping, no complaining, no bad mouthing of your self or others).

**Tip: Giving something up is 90% mental discipline. Decide what you're giving up in your mind first and also decide that you will be able to do it.**

\*Always consult with your physician before making changes to your diet or fasting

# Eliminate

DAYS 41- 50

<b>MORNING</b>	M	T	W	T	F	S	S	
Wake up 30 minutes earlier								
Read Your Bible								
Workout								
Affirmations								

	<b>DAY</b>	M	T	W	T	F	S	S
	60 oz water							
	Legacy Hour							
	Encourage someone							
	Sacred 60 Breathing							

<b>NIGHT</b>	M	T	W	T	F	S	S	
Gratitude journal								
Self-care routine								
30 minutes of reading								
In bed by 10 PM								

"THEREFORE, SINCE WE ARE SURROUNDED BY SUCH A GREAT CLOUD OF WITNESSES, LET US THROW OFF EVERYTHING THAT HINDERS AND THE SIN THAT SO EASILY ENTANGLES. AND LET US RUN WITH PERSEVERANCE THE RACE MARKED OUT FOR US." - HEBREWS 12:1



# Eliminate

Days 41 - 50

Track Your Week

<b>DAY 1</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 2</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 3</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 4</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 5</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 6</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 7</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 8</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 9</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 10</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us." - Hebrews 12:1



# Workout Tracker

**Goal: Every 10 days add more reps**

DAY	EXERCISE	REPS
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

# Legacy Hour

60 MINUTES A DAY

## PLAN PURPOSEFULLY

<b>GROW &amp; REACH OUT</b>	M	T	W	T	F	S	S
New connections							
New leads							
24hr sneak peek links sent							
Funnel links sent							

PREPARE  
PRAYERFULLY

<b>PROCEED POSITIVELY</b>	<b>FOLLOW-UPS</b>	M	T	W	T	F	S	S
	Follow-up messages							
	3-way calls booked							
	Enrolling new members							
	Welcome calls booked							

<b>LEADERSHIP</b>	M	T	W	T	F	S	S
30 minutes of personal growth							
Connect with team leaders							
Strategize with team leaders							
Presentations booked							

PURSUE  
PERSISTENTLY

"MOREOVER, IT IS REQUIRED OF STEWARDS THAT THEY BE FOUND TRUSTWORTHY." - 1 CORINTHIANS 4:2



# Affirmation 5

I will eliminate all distractions keeping  
me from my growth

I trust that the Holy Spirit will show me  
things I need to get rid of to be in full  
alignment with Him

My words speak life into myself and  
others.

I joyfully make sacrifices that lead to my  
growth

I get stronger every day as I submit all  
things to God

I was made to things to do hard things

# Journaling & Gratitude

SIX THINGS I AM GRATEFUL FOR TODAY:

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BIBLE READING NOTES:

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# *Discipline*

*Days 51 - 60*

**Suggested Bible Reading - 2 Timothy & Hebrews**

**Focus on: Finishing strong! Finish with more passion than when you started. Let the last 10 days feel empowering and energetic.**

**Tip: If you can accomplish this, there is nothing you can't do!**

# Discipline

DAYS 51 - 60

<b>MORNING</b>	M	T	W	T	F	S	S	
Wake up 30 minutes earlier								
Read Your Bible								
Workout								
Affirmations								

	<b>DAY</b>	M	T	W	T	F	S	S
	60 oz water							
	Legacy Hour							
	Encourage someone							
	Sacred 60 Breathing							

<b>NIGHT</b>	M	T	W	T	F	S	S	
Gratitude journal								
Self-care routine								
30 minutes of reading								
In bed by 10 PM								

“FOR GOD HAS NOT GIVEN US A SPIRIT OF FEAR, BUT OF POWER LOVE AND OF A DISCIPLINE.” - 2 TIMOTHY 1:7



# Discipline

Days 51 - 60

Track Your Week

<b>DAY 1</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 2</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 3</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 4</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 5</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 6</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 7</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 8</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 9</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DAY 10</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

“For God has not given us a spirit of fear, but of power love and of a discipline.” -  
2 Timothy 1:7



# Workout Tracker

**Goal: Every 10 days add more reps**

DAY	EXERCISE	REPS
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

# Legacy Hour

60 MINUTES A DAY

## PLAN PURPOSEFULLY

<b>GROW &amp; REACH OUT</b>	M	T	W	T	F	S	S	<b>PREPARE PRAYERFULLY</b>			
New connections											
New leads											
24hr sneak peek links sent											
Funnel links sent											
<b>PROCEED POSITIVELY</b>	<b>FOLLOW-UPS</b>				M	T	W	T	F	S	S
	Follow-up messages										
	3-way calls booked										
	Enrolling new members										
	Welcome calls booked										
<b>LEADERSHIP</b>	M	T	W	T	F	S	S	<b>PURSUE PERSISTENTLY</b>			
30 minutes of personal growth											
Connect with team leaders											
Strategize with team leaders											
Presentations booked											

"MOREOVER, IT IS REQUIRED OF STEWARDS THAT THEY BE FOUND TRUSTWORTHY." - 1 CORINTHIANS 4:2



# Affirmation 6

I am a person of my word, I do what I say  
I will do

The power of the Holy Spirit within me  
will lead me to the desires of my heart

I am the example people need to see to  
change their own lives.

I am a son/daughter of the King

I was created on purpose for a purpose

I am a finisher

I can be trusted with all God assigns to  
me

I am a blessing to all I encounter

# Journaling & Gratitude

SIX THINGS I AM GRATEFUL FOR TODAY:

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BIBLE READING NOTES:

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*You did it!*

Ready to do it again?



PRESENTED BY

KA  
KINGDOM  
ALLIANCE