



Creating Your Live Love Scheduling Practice

You can easily create your Live Love Dream life when you are constantly focused on what is most important and then taking the action steps to make it happen. Being focused, not allowing distractions, to waste our time making sure that we are constantly turning our dreams into reality.

The most effective Live Love Gem we can utilise is to schedule every target goal step, for every area of our life into our calendar. Then, unless a life or death situation occurs we never move it, we just do it.

Begin to realise that if it's not in the calendar, it's not a goal, as it will always be replaced by less meaningful tasks.

Today we will look at how to easily create your Live Love Scheduling Practice.

Step 1: Plan: Your Month

The more that you plan your life the more that you will achieve. You have created your target goals for each area of your life. You have each action step that needs to be achieved. The more that you break each action required down into bite sized chunks (max 2 hours' time slots), the easier the road will become.

Then at the start of each month, you plan what will be achieved this month. Your monthly goals for all areas of your life. What is this month's Live Love Success Path?

List the tasks out in order of importance then schedule each daily task for the month. This will ensure that you'll successfully reach this month's Live Love Success Destination on your Live Love Success Path.

Set time aside at the end of each month to compare your actual result with the plan.

Step 2: Plan: Your Week

On a weekly basis, (preferably Sunday night) reflect back on last week:

- What went well?
- How did you celebrate these wins?
- What got in the way?

- What steps can you take to make sure you complete all your Live Love Success Steps?
- Are you on target to achieve your monthly goals? What needs to happen so that you will successfully achieve the monthly goals?

Now schedule each daily task for the following week that will ensure that you'll successfully reach this week's Live Love Success Destination on your Live Love Success Path.

Write beside each one, how you will celebrate when it has been successfully completed.

Step 3: Plan Your Following Day

On a daily basis, (preferably at night) reflect back on your day:

- What went well?
- How did you celebrate these wins?
- What got in the way?
- What steps can you take to make sure you complete all your Live Love Success Step?
- Are you on target to achieve your weekly goals? What needs to happen so that you will successfully achieve the weekly goals?

Now schedule your daily task for tomorrow that will ensure that you'll successfully reach tomorrow's Live Love Success Destination on your Live Love Success Path.

Write beside each one, how you will celebrate when it has been successfully completed.

Utilise the Live Love Placemat Gem.

Strategy 4: Establish Rituals / Routines

Routines allow you to get important repeated tasks completed with maximum efficiency and minimum thought. They make effective scheduling easier as you can block time out on your calendar and there is very little planning involved. Routine examples:

- Date night – family together time
- Morning routines
- Scheduled meditation timeslots
- Gym times

Strategy 5: Rest, Recoup and Reflect Personal Time

Each day make sure that you have time allocated that will allow you to sit and reflect, rest and recoup. It's during the quiet times that we create our most ideal live love plans. We don't know what we don't know, so as we travel down our Live

Love success path, we want to make sure that we are heading along the most ideal path for us.

This can easily be done. Constantly ask these questions:

1. Is this goal still the best option for me?
2. Will this lead me to where I want to be?
3. Am I being challenged? Should I up the ante? Am I playing small?
4. Is there a better way that I can get to the desired result?

Strategy 6: Delegate Delegate Delegate

Go through your schedule and find at least one task that you can remove from your list or give to someone else. What task can you bring forward now that you have created more time

The key is not to prioritise what on your schedule, but to schedule your priorities ~
Stephen Covey