

La Dolce Vita[®]



REBELS MARKETING CIRCLE

90 DAY JOURNAL

ACTIVATE YOUR SWEET LIFE

“

What got you here,
won't get you there

Marshall Goldsmith

”

Reflections



Lets get some clarity

WHAT CALLED YOU HERE?

What was your motivation for joining the Rebel's Marketing Circle?

- General business strategy?
- Are energy levels holding you back from stepping in fully?
- Or are you launching something new and need some extra support?

GO TO TOWN ON THE DETAILS!

IF THE SWEET VERSION OF YOU WAS ACTIVATED TODAY, HOW WOULD SHE BE SHOWING UP?

How does she move about the world?

- How does she feel when she wakes up in the morning?
- What does she prioritise for her health? and business?
- What comes naturally to her that doesn't to you right now?

TAKE A DEEP BREATH, WHAT DOES THAT WORLD LOOK AND FEELS LIKE - START WITH YOUR DREAM MORNING

Lets get some clarity

Go to town on the details! With all the money you desire, what would your ideal day look and feel like?

Now flow into the afternoon... what are you up to?

Evening Flow...

Inspiration time!

WHAT IS YOUR FAVOURITE PART ABOUT THE FULLY
ACTIVATED VERSION OF YOU?

WHAT IS THE GAP BETWEEN WHAT YOU DO NOW
AND HOW SHE SHOWS UP?

Reflections

It's important that you reflect on what brought you here today before we move forward into activating these sweeter days for you and your business

HOW DO YOU FEEL ABOUT YOUR BUSINESS?

HOW WOULD YOU LIKE TO FEEL ABOUT YOUR BUSINESS AT THE END OF THE 90 DAYS?

AND IN A YEAR...

Reflections

WHO ARE YOUR CURRENT CUSTOMERS?

HOW DO THEY FIND YOU AT THE MOMENT?

HOW DO YOU FEEL ABOUT WORKING WITH THEM?



*If you can dream it,
you can do it!*

Vitality

FOR YOUR BUSINESS TO BE ROOTED, YOUR LIFE NEEDS TO BE IN HARMONY

Score the below out of 10 - how do these areas of your life look today?

Health:	/10
Emotional & Personal Growth	/10
Family:	/10
Relationships:	/10
Business:	/10
Spirituality.	/10
Community	/10
Money:	/10



HOW DO THOSE SCORES MAKE YOU FEEL?

CAN YOU SEE ANY PATTERNS?

Vitality

MAKE A NOTE OF YOUR HIGHEST AND LOWEST
SCORES

HOW DO THEY MAKE YOU FEEL?

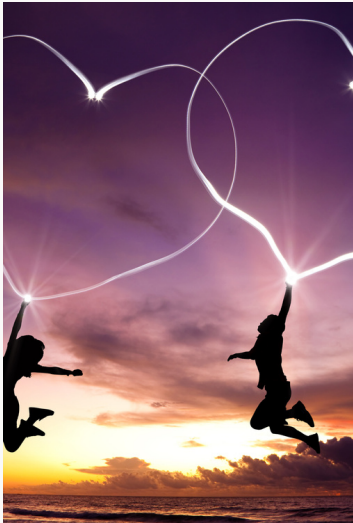
WHAT FEELS MOST URGENT TO YOU AND WHY? (IT
MIGHT NOT NECESSARILY BE THE LOWEST...)

Vitality

WHAT CAN YOU DO TO ACTIVATE HER THIS CYCLE?

WHAT DO YOU NEED TO BELIEVE TO ACTIVATE THAT
VERSION OF YOU EVERY DAY?

ARE THERE ANY REASONS YOU CAN'T BRING THAT
TO LIFE TODAY?



Vision

Now we are clear on what you want your life to look and feel like, lets see how you and your business can support each other to activate this

WHO WOULD YOU LOVE TO WORK WITH MORE?

WHAT IS GOING ON IN THEIR LIFE?

WHAT DO YOU DO FOR THEM THAT NO ONE ELSE CAN?

Vision Ctd

WHAT'S YOUR FAVOURITE WAY TO INVITE PEOPLE
TO WORK WITH YOU?

HOW MUCH DO YOU SPEND ON MARKETING PER
YEAR?

DO YOU HAVE FEEDBACK OR TESTIMONIALS
FROM CLIENTS?

Vision Ctd

HOW DO YOU CURRENTLY QUALIFY AND ONBOARD
CLIENTS?

HOW'S IT GOING FOR YOU?

HOW WOULD YOU LIKE IT TO BE?

Vision Ctd

WHEN YOU THINK ABOUT MARKETING WHAT
WORDS COME TO MIND?

DO YOU HAVE AN ACTIVE EMAIL LIST?

DO YOU HAVE A SOCIAL MEDIA PRESENCE?
HOW DO YOU FEEL ABOUT IT?

Vision Ctd

HOW CLOSE DO YOU FEEL TO WHERE YOU WANT
TO BE RIGHT NOW?

WHO DO YOU NEED TO BE TO GET YOU THERE?

WHAT WOULD YOU NEED TO DO?

Vision Ctd

WHAT WOULD YOU NEED TO HAVE?

WHAT'S STOPPING YOU FROM DOING THAT RIGHT NOW?

MY YEAR

Make a note of any key events or milestones for the next year that your 90 days will lay the foundations for

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MAIN
GOAL

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MONTHLY INTENTIONS

Based on your milestones for the year, what themes are bubbling up for each month?

Active, creative, restful, connected – use the emotions wheel for inspiration!

JANUARY	FEBRUARY	MARCH
APRIL	MAY	JUNE
JULY	AUGUST	SEPTEMBER
OCTOBER	NOVEMBER	DECEMBER

WORD OF THE YEAR

90 DAY INTENTION SETTING

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WORD OF THE SEASON

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JANUARY

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FEBRUARY

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MARCH

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90 DAY INTENTION SETTING

83% of the people in the world don't have goals
14% have a plan, but not in writing,
Only 3% write down what they want to happen in their lives

DISTILL YOUR INTENTIONS

Being clear about what and why you align with these intentions will help you prioritise throughout the cycle.
Imagine they have already happened and connect with how that makes you feel, write them from the energy of future you that's already enjoying them.
E.g. It's 31st December and I feel a rush of gratitude in my tummy, I have just welcomed 10 new dream clients

What?

Why?

JOURNAL

MONTHLY

GOAL 1

GOAL 1

IN THE NEXT MONTH

IN THE NEXT WEEK

1:

2:

3:

THINGS TO	START	DELEGATE	STOP

IN THE NEXT 3 MONTHS

NOT NOW LIST

JOURNAL

MONTHLY

GOAL 2

GOAL 1

IN THE NEXT MONTH

IN THE NEXT
WEEK

- 1:
- 2:
- 3:

THINGS TO

START

DELEGATE

STOP

IN THE NEXT
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NOT NOW LIST

JOURNAL

MONTHLY

GOAL 3

GOAL 1

IN THE NEXT MONTH

IN THE NEXT
WEEK

- 1:
- 2:
- 3:

THINGS TO

START

DELEGATE

STOP

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NOT NOW LIST

Menstrual Cycle Tracking

How to use the menstrual cycle tracker

I remember thinking “WTF do I do with that?!” the first time I saw one of these, so I thought some notes would help guide you through the practice and help you design a flow that works best for you

Pick a time of day

Habits are much easier to activate when they are attached to an existing one. Is there a time of day you already journal where you can add this in? Do it then, keep it simple.

Feel into it

Take time to tune into yourself every day, take 60 seconds to see what you are feeling

Have a play with it

Then note it down. I have shared two different trackers here, one the wheel and one a chart. Try the different ways to track it and see what works for you.

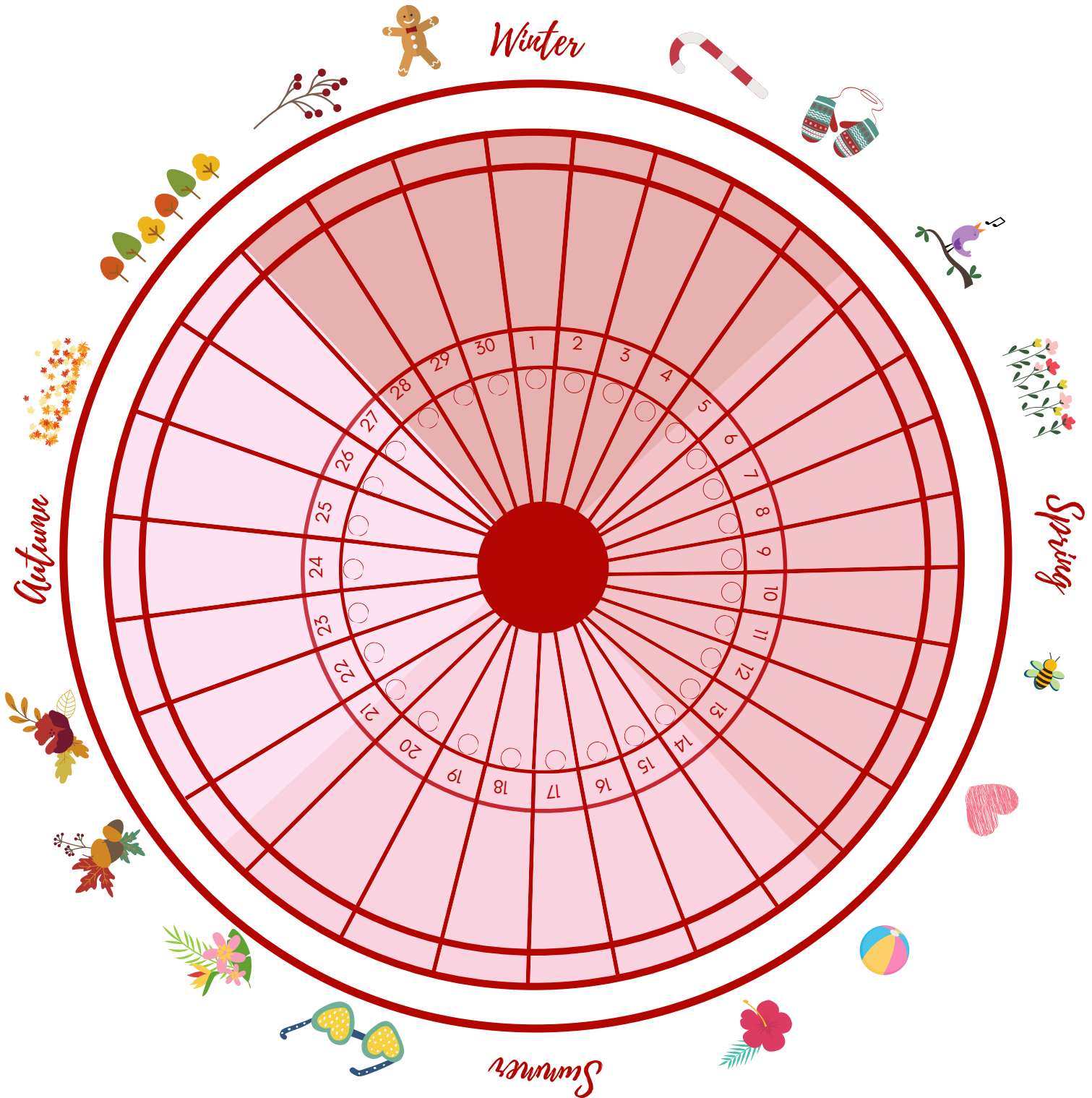
The wheel is great for helping you distill what you are feeling on any given day as there is only limited space to write. A few words in the morning about how you feel upon waking and a reflection on the previous day's moods, emotions and actions. You'd be amazed at how quickly these little insights start to reveal wisdom that can help you live, work and play more in rhythm with you!

For example, I noticed I get very tired the week before my period so I no longer do in-person client work that week and limited 1:1 online to conserve my energy. There are still great benefits to working that week, as if I rest well and treat myself kindly I can be creative and open to inspiration from meditation and connecting with nature. It also ensures I have less pain during it and have more energy after it for spring week when I am full of beans and back to being social again.

These observations helped me crack sleeping patterns and minimise migraines as well as work out what times of day were best to do certain types of work (or not!). Your cycle, whether that is the moon or your menstrual cycle has so much divine wisdom in it. Tuning in for a few minutes a day will help you activate yours and live sweeter days.

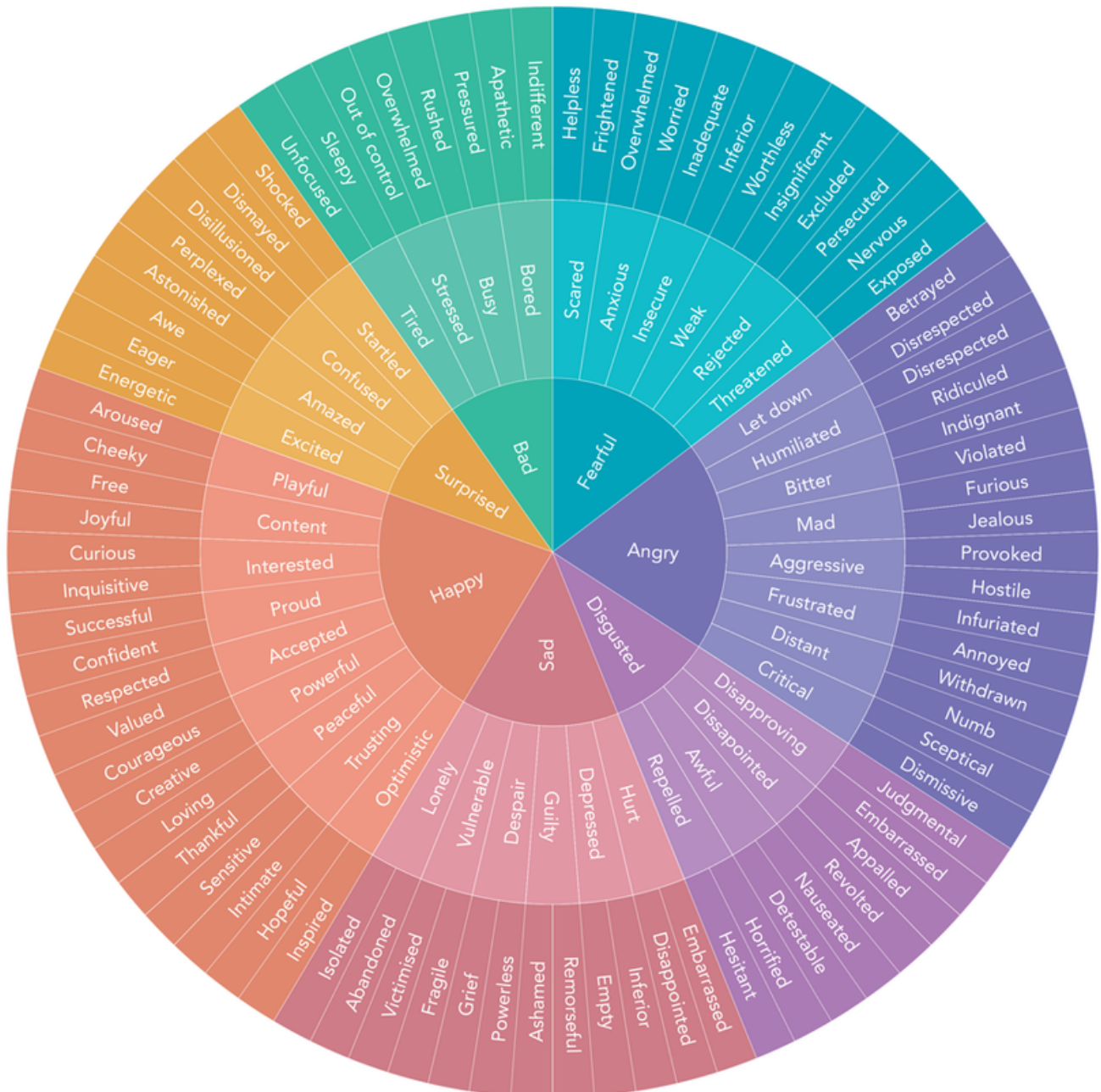
MENSTRUAL CYCLE TRACKER

My intention this cycle is...



Feelings Wheel

Use this feelings wheel to sense and check what emotions are coming up each day, I find that morning check-ins work to see what's going on with my body and add whatever happened the previous day too.



The brainchild of Dr. Gloria Willcox, the Feelings Wheel can help us put words to our emotions and care for our mental health.

A diagram showing a horizontal red line with a diamond at the left end. A blue line segment is positioned below the red line, starting from a point on the red line and extending to the right. The word "CYCLE" is written in blue capital letters below the blue segment.

SALES TRACKER

[illegible]

SALES

EXPENSES:

PROFITS:

W/C: _____

WEEKLY PLANNER

TOP 3 PRIORITIES

1:

2:

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HABIT TRACKER

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NOTES:



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DAILY PLANNER

Date: / / ☐ m ☐ t ☐ w ☐ t ☐ f ☐ s ☐ s

ON MY TA DAH LIST TODAY

FLOW FEELS
LIKE...

time

KEY MEETINGS TODAY

I'M
CELEBRATING...

WATER INTAKE



MY PLANNED MEALS

breakfast:

lunch:

dinner:

FOR TOMORROW

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NEXT STEPS

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Word of the week

W/C: _____

WEEKLY PLANNER

TOP 3 PRIORITIES

1:

2:

3:

HABIT TRACKER

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DAILY PLANNER

Date: / / ☐ m ☐ t ☐ w ☐ t ☐ f ☐ s ☐ s

ON MY TA DAH LIST TODAY

FLOW FEELS
LIKE...

time

KEY MEETINGS TODAY

time	KEY MEETINGS TODAY

I'M
CELEBRATING...

WATER INTAKE



MY PLANNED MEALS

breakfast:

lunch:

dinner:

FOR TOMORROW

DAILY PLANNER

Date: / / ☐ m ☐ t ☐ w ☐ t ☐ f ☐ s ☐ s

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NEXT STEPS

What is your focus for next week, now you know this?



Word of the week

W/C: _____

WEEKLY PLANNER

TOP 3 PRIORITIES

1:

2:

3:

HABIT TRACKER

M T W T F S S

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NOTES:



MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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SATURDAY

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FOR TOMORROW

REVIEW & REFLECT

GOAL 1

HOW I'M FEELING

TOP 3 ACHIEVEMENTS

1:

2:

3:

OBSTACLES

.....

.....

NEXT STEPS

THOUGHTS AND IDEAS.....

.....

.....

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REVIEW & REFLECT

GOAL 2

HOW I'M FEELING

HOW I'M FEELING

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OBSTACLES

NEXT STEPS

NEXT STEPS

THOUGHTS AND IDEAS.....

THOUGHTS AND IDEAS...

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REVIEW & REFLECT

GOAL 3

HOW I'M FEELING

HOW I'M FEELING

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NEXT STEPS

OBSTACLES

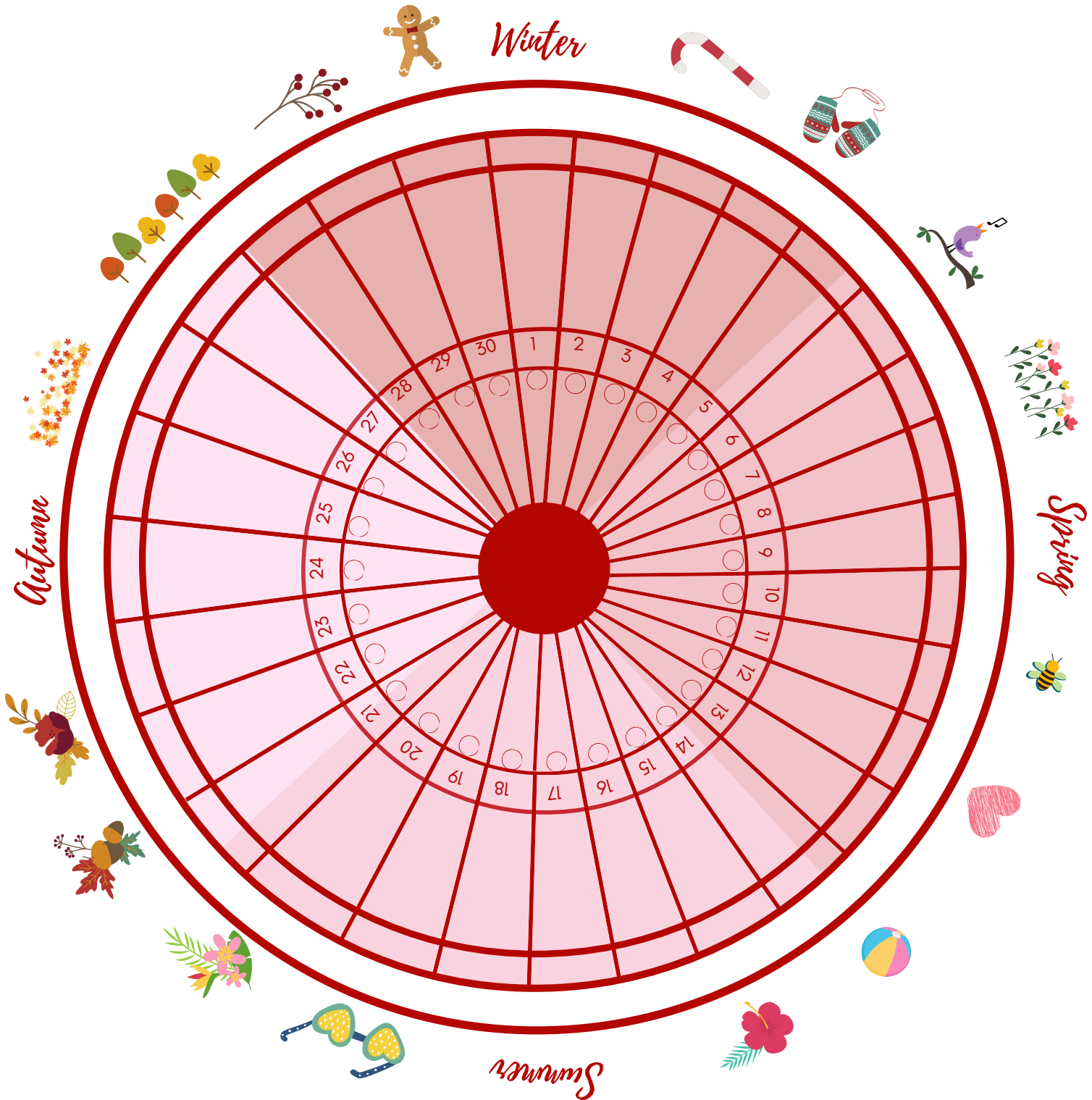
NEXT STEPS

THOUGHTS AND IDEAS...

[illegible]

MENSTRUAL CYCLE TRACKER

My intention this cycle is...



Winter

Spring

Summer

Autumn

CYCLE

SALES TRACKER

[illegible]

SALES

EXPENSES:

PROFITS:

W/C: _____

WEEKLY PLANNER

TOP 3 PRIORITIES

1:

2:

3:

HABIT TRACKER

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NEXT STEPS

What is your focus for next week, now you know this?



Word of the week

WEEKLY PLANNER

1:

2:

3:

M T W T F S S

A handwriting practice sheet featuring 10 rows of red horizontal lines. Each row contains seven blue circles, evenly spaced, for tracing or dot-marker practice.



MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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SATURDAY

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DAILY PLANNER

Date: / / ☐ m ☐ t ☐ w ☐ t ☐ f ☐ s ☐ s

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DAILY PLANNER

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TOP 3 PRIORITIES

1:

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HABIT TRACKER

M T W T F S S

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I'M
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WATER INTAKE



MY PLANNED MEALS

breakfast:

lunch:

dinner:

FOR TOMORROW

DAILY PLANNER

Date: / / ☐ m ☐ t ☐ w ☐ t ☐ f ☐ s ☐ s

ON MY TA DAH LIST TODAY

FLOW FEELS
LIKE...

time

KEY MEETINGS TODAY

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FOR TOMORROW

REVIEW & REFLECT

GOAL 1

HOW I'M FEELING

TOP 3 ACHIEVEMENTS

1:

2:

3:

OBSTACLES

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NEXT STEPS

THOUGHTS AND IDEAS.....

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REVIEW & REFLECT

GOAL 2

HOW I'M FEELING

HOW I'M FEELING

TOP 3 ACHIEVEMENTS

1:

2:

3:

OBSTACLES

OBSTACLES

NEXT STEPS

NEXT STEPS

THOUGHTS AND IDEAS.....

THOUGHTS AND IDEAS.....

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REVIEW & REFLECT

GOAL 3

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NEXT STEPS

THOUGHTS AND IDEAS.....

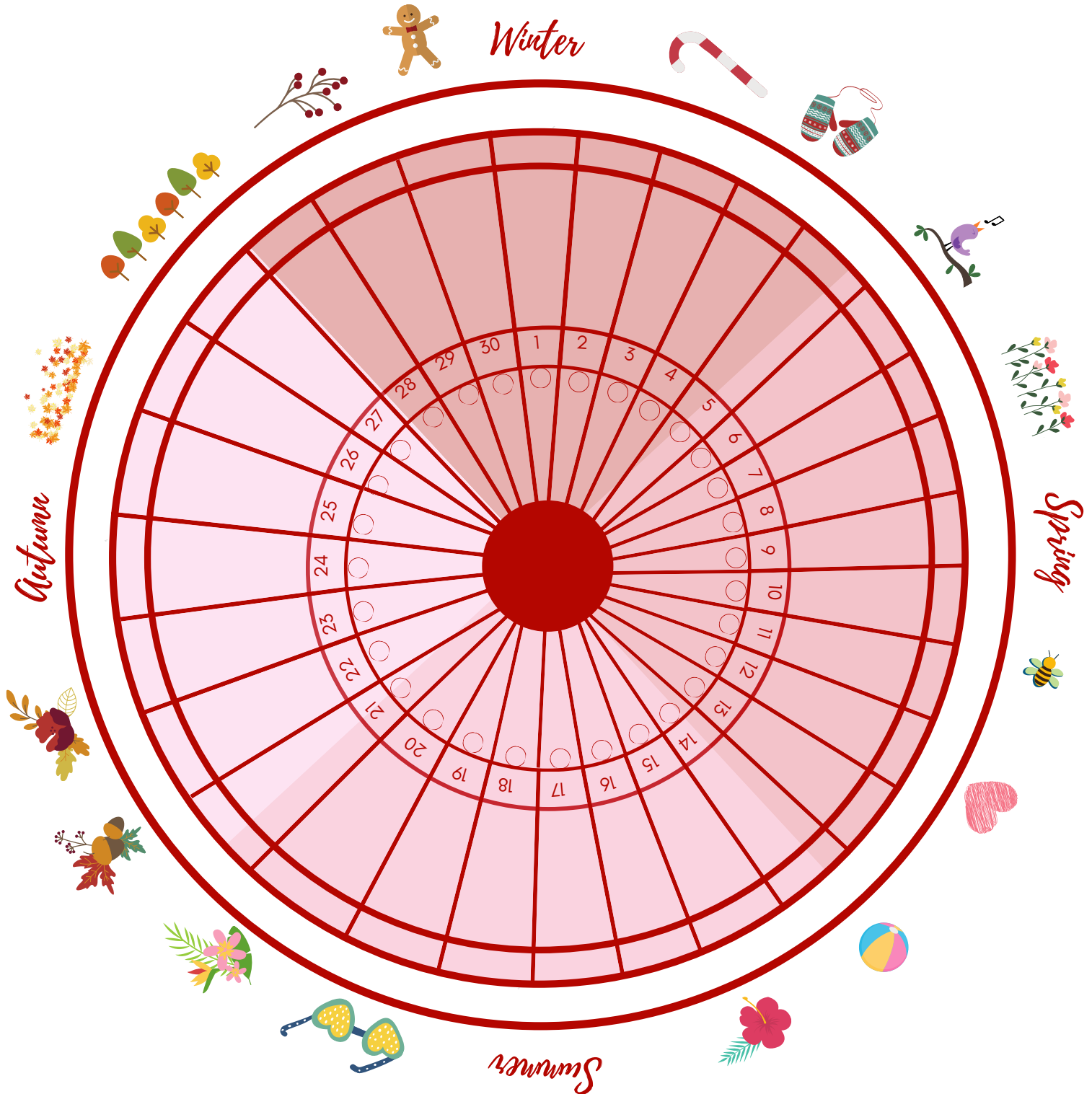
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MENSTRUAL CYCLE TRACKER

My intention this cycle is...



CYCLE

SALES TRACKER

[illegible]**SALES****EXPENSES:**

PROFITS:

W/C: _____

WEEKLY PLANNER

TOP 3 PRIORITIES

1:

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3:

HABIT TRACKER

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WEEKLY PLANNER

TOP 3 PRIORITIES

1:

2:

3:

HABIT TRACKER

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TOP 3 PRIORITIES

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HABIT TRACKER

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LIKE...

time

KEY MEETINGS TODAY

time	KEY MEETINGS TODAY

I'M
CELEBRATING...

WATER INTAKE



MY PLANNED MEALS

breakfast:

lunch:

dinner:

FOR TOMORROW

DAILY PLANNER

Date: / / ☐ m ☐ t ☐ w ☐ t ☐ f ☐ s ☐ s

ON MY TA DAH LIST TODAY

FLOW FEELS
LIKE...

time

KEY MEETINGS TODAY

I'M
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WATER INTAKE



MY PLANNED MEALS

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FOR TOMORROW

REVIEW & REFLECT

GOAL 1

HOW I'M FEELING

TOP 3 ACHIEVEMENTS

1:

2:

3:

OBSTACLES

.....

.....

NEXT STEPS

THOUGHTS AND IDEAS.....

.....

.....

.....

REVIEW & REFLECT

GOAL 2

HOW I'M FEELING

TOP 3 ACHIEVEMENTS

1:

2:

3:

OBSTACLES

.....

.....

NEXT STEPS

THOUGHTS AND IDEAS.....

.....

.....

.....

REVIEW & REFLECT

GOAL 3

HOW I'M FEELING

TOP 3 ACHIEVEMENTS

1:

2:

3:

OBSTACLES

.....

.....

NEXT STEPS

THOUGHTS AND IDEAS.....

.....

.....

.....



Use a colour code to track your cycle and note your seasonal physical, energy and emotional patterns.

E.g Red for bleed, Blue for tired days, Yellow for high energy, purple for inspired/creative days etc

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notes for those days when one line isn't enough

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