

# MONTHLY MISSION

## GET YOURSELF MOVING!

### WEEK ONE:

- Choose a goal for the month. Write it down!
- Write down steps to reach your goal
- Schedule time for your goal! Make routines
- Ask someone to keep you on track
- Choose rewards and when you'll get them
- Think of 4 distractions. What will you do?
- Choose motivating messages to display

Write your affirmations here

### WEEK TWO

- Share: Why is your goal important to you?
- Tell 3 others about your Monthly Mission
- Experiment with using a timer. Race!
- Get tidy! Organise a cluttered space
- For 5 minutes, imagine achieving your goal
- Do something fun to rest and recharge
- Encourage someone with their goal

### WEEK THREE

- Update the person keeping you on track
- Celebrate your wins, no matter how small
- Imagine a huge task. Break it into 5 steps
- Make an obstacle race. Discuss obstacles
- Check your routines are working for you
- Time to rest and recharge again!
- Write a poem about your goal

### WEEK FOUR

- Think of 2 big tasks. Break each into 5 steps
  - Encourage someone else again
  - For 5 minutes, imagine achieving your goal
  - Find out about someone inspiring
  - Share your learnings about getting on with it
  - Time to rest and recharge again. It's important!
  - Choose a goal for next month
- Celebrate! Choose your next Monthly Mission!

