

WEEKLY RHYTHM REGISTER

Week:									
Goal:									
Behaviors/Actions	SUN	MON	TUE	WED	THU	FRI	SAT	GOAL	ACTUAL
Goal:									
Behaviors/Actions	SUN	MON	TUE	WED	THU	FRI	SAT	GOAL	ACTUAL

Week: _____

Goal:

[illegible]

Weekly Review

How did the week go?

What worked? What can I celebrate? What actions/behaviors/thoughts do I want to repeat next week?

What challenges and obstacles did I face? What can I do differently next week?

Other “Ahas”/Thoughts/Observations about myself or situations? New ideas?

Summary of Steps to Create Your Pleasure Schedule

Do on a weekly basis.

Step 1: Write down the goal you are currently working toward in your business. Take time to visualize yourself enjoying the process of getting there and having achieved it.

Step 2: Reflect on what your 1-3 priorities for the week are. Are you launching? Do you want to focus on creating a sales page? You can do it all, you just can't do it all in one week. It helps to zoom out and think of how much can be accomplished over time through consistent & joyful behaviors and actions.

Step 3: Make a list of all the activities and behaviors you would like to complete and that would move your business forward. Write these on your weekly rhythm tracker. Tip: it helps to keep related activities nearby. For example, posting on social media, expanding your network, meaningfully engaging in community are all related to social media. Each would you go in a separate row but your place them in three consecutive rows. This conserves energy and time, both psychologically and in real time.

Step 4: Determine how many times per week you would like to perform each activity. I don't believe there's such a thing as being unrealistic when it comes to dreaming big, but when it comes to crating a pleasure work schedule, most people overestimate how much they can accomplish in a day or a week. Set yourself up to win. Before writing down the number of times you'd like to perform an activity, ask yourself: Realistically, how many times do I think I can do this? If you wind up doing more than projected, you have something to celebrate! We want to make progress while setting ourselves up for a feeling of accomplishment.

Step 5: Know thyself and create a work schedule (the actual times in day) that you desire to work and that you are available to work. Are you a morning person? When are you most creative? When do you have uninterrupted time? This can change every week or every day! Let go of other people's ideas of when you "should" work. I'm typing this at 6am on the couch from my home because the words are pouring out of me and everyone is sleeping! You *get* to do things your way! If you're someone who requires rigid times, then do that. Do what works for you.

Step 6: Print out your planner or have it easily accessible on your phone or desktop/laptop. Let your planner guide you. Enjoy the freedom of doing your activities when you desire!!

Step 7: Before you begin any activity, ask yourself: How can I make this process enjoyable? How can I make this feel good to do? We are so conditioned to doing things the way they have always been done and feeling the way we have always felt by doing them. However, this is a habit, yes, a habit that you can break. If you're feeling resistance to doing the things, asking yourself how

you can do it your way, in a way that is pleasurable is paramount. You get to do it your way and you get to enjoy the process!

That's it! Do. Tweak. Rinse. Repeat. Tweak.

WANT TO DEEPEN?

If you loved this, you would love my program [Unchained](#), a 10-module soulful goal-setting and manifestation course.

If you're looking to scale your business in a way that allows you to tap into your inner wisdom while creating impact & profit, join me in [Athena: The Art of Business](#). This program is for you if you want to know what to do and how to make the inner shift to be able to start or go from inconsistent income to profitable months with joy and fulfillment.

I also offer 1:1 mentoring and coaching packages. Feel free to send me a DM on IG @barbie.kalev or email me directly at barbiekalev@gmail.com