

# 10 Minutes to a Better You

A quick start guide to becoming the person you want to be.

Includes:

- Defining Questions
- Goal Cheat Sheet
- Affirmation Cards
- Daily Planner Sheet

Micole Elise

How do you currently see yourself? If you were someone else who knew you, how do you think they would see you? Are you confident and inspiring or do you complain to everyone and make them want to avoid you? Take a minute to analyze and write the answer below. Don't ask anyone for help. This is all about you and how you feel about yourself.

---

---

---

---

---

---

---

---

How do you feel about your answer above? Are you happy about it?

---

---

---

---

---

---

---

---

Micole Elise

What do you want to change? Maybe you would like to be punctual, more sociable, more health conscious. What ever the changes for improvement are, pick 3 things that you feel are within reason to change.

1.

2.

3.

What actions will you take to make changes in each area? Make sure they are do-able and measurable.

---

---

---

---

---

---

---

Micole Elise

# Goal and Action Cheat Sheet

Goal # 1

---

---

---

---

---

---

---

Goal # 2

---

---

---

---

---

---

---

Goal # 3

---

---

---

---

---

---

---

Micole Elise

How will you hold yourself accountable for making these changes? Will you do the buddy system with a close friend who will remember to ask you about the progress of your goals? Do you have enough will power to do monthly check ups? What will it take for you to accomplish these goals?

---

---

---

---

---

---

---

---

Take a few minutes to write down how you want to feel and see yourself at the end of next year. You can even write yourself a letter manifesting what you wanted. For example... "Dear ME, this has been a great productive year, I accomplished my 3 goals...". Go into detail if you need to!

---

---

---

---

---

---

---

---

---


---

---

---

*Micole Elise*

# Affirmation Cards



TODAY I WILL  
TRUST THAT  
THE UNIVERSE  
HAS MY BACK

I achieve my  
goals with  
ease.

I know  
what I  
want and I  
create it.

I AM

Two of the most powerful  
words in existence for  
what you put after them  
you become.

**You have to participate  
relentlessly in the  
manifestations of your  
own blessings.**

---

*Elizabeth Gilbert*

Dear Self,

This is going to be  
your year. So dust off  
your sh\*tkickers &  
let's get started.

all my love,  
Me

# Get It Girl

## Daily Planner

Date

Day

### Today's Focus

1.

2.

3.

### To Do List

---

---

---

---

---

---

---

---

---

---

### Affirmation:

---

---

---

### Today's Inspiration:

---

---

---

### I am grateful for:

---

---

---

*Micole Elise*

# A Little Direction

By now you would have skimmed the entire workbook and decided if this is something for you or not. I hope it's something for you! I kept this workbook short because if you are like me, you will get half way through and decide to move on. 10 minutes out a day to improve yourself is doable and you deserve to be a better you!

I started out with self explanatory questions and inserted a few extra pages. The first insert was the Goal and Action Cheat sheet. This was to make a quick reference of your goal and to briefly list the actions necessary. This sheet can go in your journal, planner, or your work space at work. Seeing it will keep it on your mind!

Next I did a sheet with 6 affirmations that can be cut out and put anywhere you will see it. Even your wallet if you need the extra encouragement. Of course I encourage you to raid Pinterest and find ones that have an impact on you and relate to your goals.

Last I did a Daily Planner sheet! This is something you can print out daily and keep in your planner. I find that once I write something down, it is more tangible and I love the feeling of crossing things off. It also forces me to slow down and put focus into positive things like what I am grateful for.

Side Notes:

If you really want to make this book effective, make sure you tell a friend about it and help each other to hold your selves accountable for achieving these goals. Also, stay tuned for my next workbook on how to create a Better You Board to help emphasize your goals!

With Love,

Micole Elise

[Enjaneekml.wixsite.com/Micoleelise](http://Enjaneekml.wixsite.com/Micoleelise)

# Sources

## Images:

Pink Smoke: [https://www.cjoint.com/14av/DDEmkmv9ZvU\\_fumee.png](https://www.cjoint.com/14av/DDEmkmv9ZvU_fumee.png)

Grey Smoke: <http://www.cyberflair.com/products/3DImpressions/resources/galleries/backgrounds/downloads/silhouette-of-grayscale-smoke-25101290529613zZP.png>

Orange Smoke: [http://www.newdesignfile.com/postpic/2014/07/white-smoke-transparent\\_150802.png](http://www.newdesignfile.com/postpic/2014/07/white-smoke-transparent_150802.png)

Blue Smoke: <https://lh3.googleusercontent.com/-BNDunadIPTI/U3YP25GJ1XI/AAAAAAAAARA/MqpSZ-48xDk/w800-h800/BlueSmoke.png>

Purple Smoke: [http://www.newdesignfile.com/postpic/2013/05/scary-monster-high\\_145558.png](http://www.newdesignfile.com/postpic/2013/05/scary-monster-high_145558.png)

Teal Smoke: <http://4.bp.blogspot.com/-v8msmAery7M/Vpl-IO6m05I/AAAAAAAAA-No0/whTQsSRmoAo/s1600/rtty.png>

## Quotes:

I am quote: <https://pin.it/jfrxtbg3vbwmjz>

I know quote: <https://pin.it/pkm5jt7i6poky4>

I achieve Quote: <https://pin.it/bz3xcloi3lkiz>

Universe Quote: <https://pin.it/qm4j4aiiwl3vg>

Blessings quote: <https://pin.it/zfrh27v5rjwlls>

Dear self: <https://pin.it/w3rs6wy5f25cuy>

Daily Planner Sheet was inspired by [Dreamcreatedo.com](http://Dreamcreatedo.com)

Special Thanks to: Eve Lewis

## Disclaimer:

This workbook was created for personal use only!

*Micole Elise*