

Little Changes Checklist: A 7-Day Challenge

Objective:	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Good Morning!							
3-Step Action List							
Add an Anchor							
Mid-Day Check In							
Power Hour							
Nightly Reflection & Gratitude							

Learn more about The Make Today Matter Toolbox: A 30 Step Life Management System to help you restore energy, get organized, conquer clutter, and create contentment by bestselling author Brook Noel. Free 14 day trial.

Visit www.brooknoel.com or

<http://brooknoel.com/shop/memberships/make-today-matter/>



make
today
matter

With Brook Noel
www.brooknoel.com

HAVE YOU EVER...



THE VALUE OF A DAY

- Every morning you are handed 24 golden hours. They are one of the few things in this world that you get free of charge. If you had all the money in the world, you couldn't buy an extra hour.



- What will **you** do with this priceless treasure?



YOUR CHALLENGE...

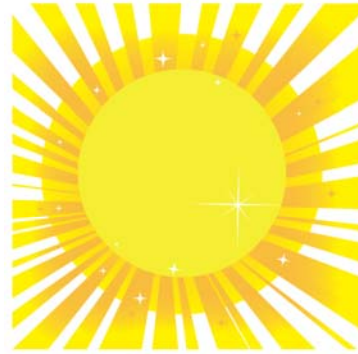
Little Changes Checklist: A 7-Day Challenge

Objective:	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Good Morning!							
3-Step Action List							
Add an Anchor							
Mid-Day Check In							
Power Hour							
Nightly Reflection & Gratitude							



1. GOOD MORNING!

Studies have shown that the first hour of your day largely influences how your entire day unfolds.



How have you started your mornings?



GOOD MORNING!

- This time, like all times, is a good one, if we but know what to do with it.
Ralph Waldo Emerson

RESOURCES:

Download free Good Morning cards at www.brooknoel.com
Click RESOURCES then Change Your Life Challenge.

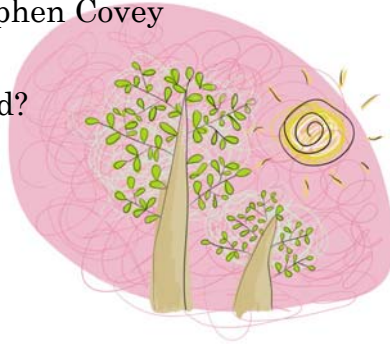
Click NEWSLETTERS to sign Up for a free daily Good Morning email inspiration.



2. THE 3-STEP ACTION LIST

- The first step to getting what you want in life, is to figure out what you want. Ray Brenner
(and what you need!) Brook Noel
- The key is not to prioritize what's on your schedule, but to schedule your priorities.
Stephen Covey

Does your list move you forward?
Does your list take care of you?



3. ADD AN ANCHOR



4. MID-DAY CHECK IN



How wonderful it is-- no one need wait a single second to begin improving the world. Helen Keller



MID-DAY CHECK IN

- Between whatever happens to me and my response to it is a space. In that space is my freedom and power to choose my response. And in my response lies growth and happiness.
 - Stephen Covey

You can start you day over any time you choose.

Take a deep breath.



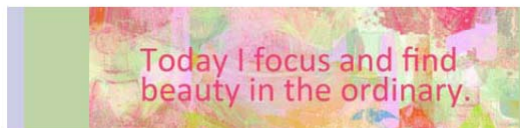
5. HAVE A POWER HOUR

- 30 Minutes – 60 Minutes in Length
- 2-5 days a week, depending on needs
- Work on outgoing communication only
- Keep paperwork for Power Hour separate
- Use it to tidy up “stragglers”

TIP: Download a free Power House worksheet from the Change Your Life Challenge Resources at www.brooknoel.com



6. NIGHTLY REFLECTIONS



Monday	Tuesday

Where is *your* focus?

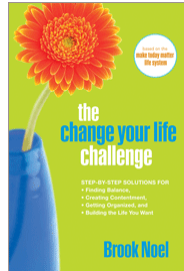
Gratitude unlocks the fullness of life.

Melody Beattie



MAKE TODAY MATTER...

an online support program offering you a path to make the most of every day!



make
today
matter

Learn more about The Make Today Matter Toolbox: A 30 Step Life Management System to help you restore energy, get organized, conquer clutter, and create contentment by bestselling author Brook Noel. Free 14 day trial.

Visit www.brooknoel.com or

<http://brooknoel.com/shop/memberships/make-today-matter/>

A quick tour...

BROOKNOELSTUDIO.COM

JUNE SPECIAL

For June, take 20% off on all Kits at Make Today Matter! Use coupon code: KIT At checkout

Make Today Matter Members Save 30-50% on all ebooks and online courses. Click here for details.

Need help? click here for Customer Service

Welcome to brooknoelstudio.com home of Brook Noel's Make Today Matter Life System. Please note that the areas you have access to within this site will appear in the My Courses block (top right) and on this main page when you login.

Download a copy of our 2010 Catalog by Clicking Here

Click here to visit the free printable and resource area for the new trade paperback edition of The Change Your Life Challenge

Click here to learn more about joining the Make Today Matter Online program - providing a community of step-by-step support for working through the principles in the book and much, much more

Click here to browse the new product line including planning solutions, housework cleaning systems, Catch-All Notebooks, and much more.

Login

Username

Password

Lost password?

Phase II Member Links

- Home, Help & Info Center
- P. Planning & Mini Choice
- Toolbox Review
- Upcoming Events
- Event & Sprint Rooms
- Journal Area
- Housework Helpers
- Library
- Mini Forums
- Community Forums
- Menus & Mealtimes
- MTM Store

GROUP 21 INVITATION

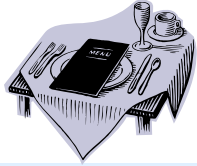
FREE 14 DAY TRIAL!


A TOOLBOX
TO HELP YOU—
*GET ORGANIZED
*MANAGE TIME
*CREATE CONTENTMENT








TOPIC	NAME
1	LESSON: The Seeds of Success
2	LESSON: The Snapshot
3	LESSON: The Three-Step Action List
4	LESSON: Creating Your Action Plan
5	LESSON: Dusting Off Life's Little Clutter
6	LESSON: Meet the Catch-All Notebook
7	LESSON: Your Personal Power Hour
8	LESSON: Good Morning!
9	LESSON: Enhancing the Catch-All Notebook
10	LESSON: Operation Ugly
11	LESSON: Building Balanced Routines
12	LESSON: Stopping the To-Do List Virus
13	LESSON: The 5-Minute Motivator
14	LESSON: Setting Up Headquarters
15	LESSON: The Catch It Collectors
16	LESSON: Breaking Things Down
17	LESSON: Nightly Reflection
18	LESSON: Self-Sabotage
19	LESSON: Moments of Magic
20	LESSON: Weekly Planning
21	LESSON: You've Gotta Have Friends: Part One
22	LESSON: You've Gotta Have Friends: Part Two
23	LESSON: Girls' Night Out and Collecting Your Contacts
24	LESSON: Soul Food
25	LESSON: Routines: Part One
26	LESSON: Giving Up the Cape
27	LESSON: Routines: Part Two
28	LESSON: Five-Minute Relationship Miracle
29	LESSON: Avoiding Burnout & Creating a Personal Quota
30	MTM Review and Congratulations!

TOOLS






-  *** Online Sprint Room - Hosted ***
Get motivated! Join us 6AM-11PM CST weekdays and 9:00AM-11PM CST on Weekends
-  **SUNSHINE ROOM - free sprint**
Use this room to organize your own sprint or action area with other members. Open 24 hours
-  **CELEBRATION Room**
Use this room to celebrate your journeys together. Open 24 hours.
-  **The CHIT-CHAT Room**
Use this room for visiting and open chatting.
-  **GARDEN Room - Special Events**
Special Event Room and Monthly Meal Event

MTM CALENDAR FOR THE MONTH OF APRIL 2010

APRIL 2010


make today matter



Mini Makeover

- 2. Start a Blog
- 5. New Minis
- 6. The Drinking Challenge
- 8. Social Calendar
- 9. 7 Steps to Make Today Matter
- 11. 7 Reasons You Need a Network
- 12. Around the Corner
- 14. Make Today Matter Conference

Make Today Matter Mini Makeover Catalog



Complete List

Complete List of Minis
(Note: New Minis are currently being added monthly.)
Click on any underlined topic to learn more about that Mini or on the right to browse Minis by life area.

- #001 That Meal in the Morning
- #002 Facing Fear and Stepping Outside the Comfort Zone
- #003 Invisible Blessings and Random Acts of Kindness
- #004 Simplify Your Wardrobe
- #005 Discovering Your Personal Values
- #006 Emotional Energy Cards
- #007 Operation Handbag
- #008 Defining Decisions
- #009 Creating A Spending Station
- #010 Wading into Water
- #011 Value Cards: A Compass for Contentment
- #012 The Internal Critic: Overcoming Self-Negativity
- #013 Operating the Errand Express
- #014 Raising Strong Kids by Example
- #015 Recapturing Daily Magic I: Back to Basics
- #016 Portion Distortion
- #017 Giving Back
- #018 Creating a Personal Vision Statement
- #019 Creating a Recipe Library
- #020 Fighting Back Fatigue

Over 130 specialized Mini Workshops with new workshops added each month

JOIN US!

Nothing is worth more than this day. ~ Goethe

www.brooknoel.com

<http://www.facebook.com/brook.noel>

www.twitter.com/brooknoel

Free trial:

<http://brooknoel.com/shop/memberships/make-today-matter/>

