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# The Wellness Coach's 2011 eCalendar

*by Erica Ross-Krieger*

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Definiteness of purpose is the starting point of all achievement.  
 -W. Clement Stone


# January 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		 <i>More...</i>			1  New Year's Day	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17  Martin Luther King, Jr. Day	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

### January Focus: Foundation & Planning

- |   |  |
|---|--|
| <input type="checkbox"/> Read or review <b>Cash Machine</b> Book. | <input type="checkbox"/> Choose & Order Products for onsite sales for Q1.  |
| <input type="checkbox"/> Write or revise company vision.          | <input type="checkbox"/> Choose & Order Products for website sales for Q1. |
| <input type="checkbox"/> Set 2011 Revenue Model / Income Plan.    | <input type="checkbox"/> Set Social Media, Blog & Article Goals for 2011.  |
| <input type="checkbox"/> Set Q1 90-Day Plan.                      | <input type="checkbox"/> Social Media, Blog posts & Articles for January.  |
| <input type="checkbox"/> Organize accounting software for 2011.   | <input type="checkbox"/> Pay 2010 estimated taxes (final payment).         |
| <input type="checkbox"/> Record 2011 beginning mileage: _____.    | <input type="checkbox"/> Pay 2010 4 <sup>th</sup> Qtr. Sales Tax.          |
| <input type="checkbox"/> Update Corp Minutes as needed.           | <input type="checkbox"/> Set up & attend weekly mastermind group for Q1.   |

# February 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p><i>More...</i></p>	1	2	3  Chinese New Year	4	5	6
7	8	9	10	11	12	13
14  Valentine's Day	15	16	17	18	19	20
21  President's Day	22	23	24	25	26	27
28						

### February Focus: Marketing

- |   |   |
|---|---|
| <input type="checkbox"/> How's your Marketing Mindset? Do some serious looking at this topic and embrace marketing! | <input type="checkbox"/> Social Media, Blog posts & Articles for February.  |
| <input type="checkbox"/> Read or review <i>Get Clients Now</i> book.  | <input type="checkbox"/> Offer specials for new clients.                    |
| <input type="checkbox"/> Write detailed description of your ideal client.   | <input type="checkbox"/> Is your website bringing you new clients?          |
| <input type="checkbox"/> Implement 28-day plan for new clients.   | <input type="checkbox"/> Are you visible in your local community?           |
| <input type="checkbox"/> Attend networking functions & meetings.  | <input type="checkbox"/> Update Corp Minutes as needed.                     |
| <input type="checkbox"/> Attend mastermind group mtgs.  | <input type="checkbox"/> Hire a <i>Success Coach</i> if you don't have one. |
| <input type="checkbox"/> Work with your success coach on marketing.   |   |

Keep steadily before you the fact that all true success depends at last upon yourself. –Theodore T. Hunger

# March 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <a href="#">More...</a>	1	2	3	4	5	6
7	8	Ash Wednesday	10	11	12	13
14 Daylight Savings Time Starts	15	16	17 St. Patrick's Day	18	19	20 First Day of Spring  Purim
21	22	23	24	25	26	27
28	29	30	31			

### March Focus: Accounting, Tax Prep, Q1 Review, Q2 Plans

- |  |  |
|--|--|
| <input type="checkbox"/> Assess results of Q1 & 90-day plan.             | <input type="checkbox"/> Update accounting and software.                   |
| <input type="checkbox"/> Establish Q2 goals & 90-day plan.               | <input type="checkbox"/> Call or meet w/ CPA to discuss tax preparation.   |
| <input type="checkbox"/> Meet with team for Q1 summary & Q2 plans.       | <input type="checkbox"/> Call or meet w/ CPA to discuss tax Incorporation. |
| <input type="checkbox"/> Read or review <i>Inc. &amp; Grow Rich</i> .    | <input type="checkbox"/> Attend networking functions & meetings.           |
| <input type="checkbox"/> Final month of Q1 mastermind mtgs.              | <input type="checkbox"/> Update Corp Minutes as needed.                    |
| <input type="checkbox"/> Set up new Q2 mastermind group.                 | <input type="checkbox"/> Social Media, Blog posts & Articles for March.    |
| <input type="checkbox"/> Order Products for onsite/website sales for Q2. |  |

How am I going to live today in order to create the tomorrow I'm committed to? ~Anthony Robbins

# April 2011

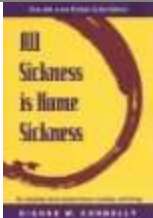
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		 <p><b>TAMING YOUR GREMLIN</b> The Author's Secret, Repeatable and Foolproof Method for Getting the Most Out of Your Own Mind BECK CARSON</p> <p><u><a href="#">More...</a></u></p>		1  All Fool's Day	2	3
4	5	6	7	8	9	10
11	12	13	14	15 Taxes Due Estimated Tax Payment Due	16	17 Palm Sunday
18	19 Passover	20	21	22 Good Friday  Earth Day	23	24 Easter
25	26	27	28	29	30	

### April Focus: Taxes & Money Mindset

- How's your Money Mindset? Do some looking into this area, often rich with Gremlin® chatter!
- Read / reread ***Taming Your Gremlin®*** 20 minutes/day for the month.
- Write blog posts, articles for April.
- Attend networking functions & meetings.
- Update Corp minutes as needed.
- Take actions outlined in new Q2 90-day plan.
- Email [info@WellnessCoach.com](mailto:info@WellnessCoach.com) for info on Bob Proctor's Success program.
- Pay taxes by April 15th.
- Pay 2011 estimated taxes. (1st payment)
- Pay 1st quarter sales tax.
- Launch new mastermind group for Q2.

Don't wait. The time will never be just right. ~Napoleon Hill

# May 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		 <a href="#">More...</a>				1
2	3	4	5 Cinco de Mayo	6	7	8 Mother's Day
9	10	11	12	13	14	15
16	17	18	19	20	21 Armed Forces Day	22
23	24	25	26	27	28	29
30 Memorial Day	31					

**May Focus: Wellness Education & Organize Office/Workspace**

- |  |   |
|--|---|
| <input type="checkbox"/> What Wellness areas will you learn more about this month?         | <input type="checkbox"/> Assess office space, ID areas to improve.    |
| <input type="checkbox"/> Read Dianne Connelly's book <u>All Sickness is Homesickness</u> . | <input type="checkbox"/> Read up on <u>Feng Shui</u> for your office. |
| <input type="checkbox"/> How does this book shift your concept of wellness?                | <input type="checkbox"/> Attend networking functions & mtgs.          |
| <input type="checkbox"/> Donate unused office books and magazines.                         | <input type="checkbox"/> Attend mastermind group mtgs.                |
| <input type="checkbox"/> Start 1 new habit to keep office orderly & efficient.             |   |
| <input type="checkbox"/> Update Corp minutes as needed.                                    |   |
| <input type="checkbox"/> Blog posts, articles, Social media actions for May.               |   |

Success is the sum of small efforts, repeated day in and day out.  
 -Robert Collier

# June 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	 <a href="#"><u>More...</u></a>	1	2	3	4	5
6	7	8	9	10	11	12
13	14 Flag Day	15	16	17	18	19 Father's Day
20	21 Summer Begins	22	23	24	25	26
27	28	29	30	 <a href="#"><u>More...</u></a>		

### June Focus: More Wellness Education, Q2 Evaluation, Q3 Plans

- |  |  |
|--|--|
| <input type="checkbox"/> Am I walking my wellness talk? Room for improvement? Willing to challenge conventional ideas?   | <input type="checkbox"/> Write your Q3 90-day plan.              |
| <input type="checkbox"/> Add a new food or recipe to your wellness plan...or a new exercise routine. Share with clients. | <input type="checkbox"/> Update Corp Minutes as needed.          |
| <input type="checkbox"/> Evaluate Q2 results. Meet with team to discuss.   | <input type="checkbox"/> Set up new Q3 mastermind group.         |
| <input type="checkbox"/> Blog posts, articles, & social media activities for June.                                       | <input type="checkbox"/> Pay 2011 estimated taxes. (2nd payment) |
| <input type="checkbox"/> Final month of Q2 mastermind mtgs.  |  |
| <input type="checkbox"/> Attend networking functions & mtgs.   |  |
| <input type="checkbox"/> Choose & Order Products for onsite/website Q3 sales.  |  |

The ability to concentrate and to use your time well is everything if you want to succeed in business--or almost anywhere else for that matter.  
 - Lee Iacocca

# July 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		 <a href="#">More...</a>		1	2	3
4 Independence Day	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

### July Focus: Time & Setting Priorities

- |   |  |
|---|--|
| <input type="checkbox"/> Listen to audiobook, <a href="#">Eat That Frog!</a> , on productivity and efficiency. Do so during commute, etc. | <input type="checkbox"/> Do 1 <sup>st</sup> things 1 <sup>st</sup> each day. |
| <input type="checkbox"/> Free up time for what's important by cutting time wasters.   | <input type="checkbox"/> Pay 2nd quarter sales tax.                          |
| <input type="checkbox"/> Blog posts, articles & social media activities for July.   | <input type="checkbox"/> Attend Q3 mastermind group mtgs.                    |
| <input type="checkbox"/> Implement actions from Q3 90-day plan.   | <input type="checkbox"/> Update Corp Minutes as needed.                      |
| <input type="checkbox"/> Attend networking functions & mtgs.  |  |

To reach a port, we must sail—Sail, not tie at anchor—Sail, not drift.  
 - Franklin Roosevelt

# August 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		 <p><i>More...</i></p>				
1	2	3	4	5	6	7
Islamic Ramadan						
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31		Back to School		

**August Focus: Skill-Building**

- Read / re-read Laura Whitworth's *Co-Active Coaching* book.
- List the top 10 skills you want to sharpen. Pick one. Take a course, live or on-line.
- Attend networking functions & mtgs.  Update Corp Minutes as needed.
- Blog posts, articles & social media activities for August.  Attend mastermind group mtgs.
- Attend networking functions & mtgs.  Update Corp Minutes as needed.

If you know what to do to reach your goal, it's not a big enough goal. ~Bob Proctor

# September 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	 <b>More...</b>		1	2	3	4
5 <b>Labor Day</b>	6	7	8	9	10	11
12 <b>Grandparent's Day</b>	13	14	15	16	17	18
19	20	21 <b>International Day of Peace</b>	22	23 <b>Native American Day</b>  <b>First Day of Autumn</b>	24	25
26	27	28 <b>Jewish New Year / Rosh Hashanah begins at sundown thru 9/30</b>	29	30		

### September Focus: What's Important? & Q3 Review

- |   |  |
|---|--|
| <input type="checkbox"/> Read: <b><i>It's Not About the Money</i></b> by Bob Proctor.                                     | <input type="checkbox"/> Write your Q4 90-day plan.                |
| <input type="checkbox"/> Revisit your business Vision/Mission. Review your "Why"? Be sure to weave it into your Q4 plans. | <input type="checkbox"/> Update Corp Minutes as needed.            |
| <input type="checkbox"/> Evaluate Q3 results. Meet with team to discuss.  | <input type="checkbox"/> Set up new Q4 mastermind group.           |
| <input type="checkbox"/> Sept. blog posts, articles, & social media activities.   | <input type="checkbox"/> Promote Child Health Day special for Oct. |
| <input type="checkbox"/> Final month of mastermind mtgs Q3.   |  |
| <input type="checkbox"/> Attend networking functions & mtgs.  |  |
| <input type="checkbox"/> Choose & Order Products for onsite/website Q4 sales.   |  |

Every time you are tempted to react in the same old way, ask if you want to be a prisoner of the past or a pioneer of the future.  
— Deepak Chopra

# October 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <a href="#">More...</a>					1	2
3 Child Health Day	4	5	6	7	8 Jewish Yom Kippur	9
10 Columbus Day	11	12	13 Jewish Sukkot	14	15	16
17	18	19	20	21	22	23
24 United Nations Day	25	26	27	28	29	30
31 Halloween						

### October Focus: New Ideas

- Read/reread Deepak Chopra's book, *Reinventing the Body, Resurrecting the Soul*.
- When will I: Implement some of these ideas for myself? Help my clients do so?
- Improve idea tracking. Keep new ideas for business in document or notebook & create idea index.
- Review ideas quarterly, pick best, put in 90-day plans.       Pay 3rd quarter 2011 sales tax.
- Oct. 3: Run your Child Health Day special.       If extended, submit 2010 tax return.
- Attend networking functions & mtgs.       Attend new mastermind group mtgs.
- Update Corp Minutes as needed.       Implement Q4 actions from 90-day plan
- Blog posts, articles, social media actions for October.

Sometimes one creates a dynamic impression by saying something, and sometimes one creates as significant an impression by remaining silent. –The Dalai Lama

# November 2011


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p><i>More...</i></p>	1 <b>All Saints Day</b>	2	3	4	5	6 <b>Daylight Savings Time Ends</b>
7	8	9	10	11 <b>Veterans Day</b>	12	13
14	15	16	17	18	19	20
21	22	23	24 <b>Thanks-giving Day</b>	25	26 <b>Islamic New Year</b>	27
28	29	30				

**November Focus: Online Workspace and Multiple Streams**

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Read / revisit <b><i>Multiple Streams of Coaching Income.</i></b></li> <li><input type="checkbox"/> Research Affiliate opportunities for website income.</li> <li><input type="checkbox"/> Schedule year-end reviews with:             <ul style="list-style-type: none"> <li>• Accountant</li> <li>• Advisory team / Board of Directors</li> <li>• Admin/virtual assistant</li> <li>• Bookkeeper</li> <li>• Web designer</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Clean out email.</li> <li><input type="checkbox"/> Improve/update web site.</li> <li><input type="checkbox"/> Attend mastermind group mtgs.</li> <li><input type="checkbox"/> Attend networking functions &amp; mtgs.</li> <li><input type="checkbox"/> Prepare 2 months of blog posts, articles &amp; social media actions so you have time off for December holidays.</li> <li><input type="checkbox"/> Update Corp Minutes as needed.</li> </ul> |
|--|---|

Genius begins great works; labor alone finishes them.  
 ~Joseph Joubert

# December 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	 <b>More...</b>		1  <b>AIDS Awareness Day</b>	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	<b>Hanukkah begins at sundown</b>	<b>First Day of Winter</b>	22	23	24	<b>Christmas Day</b>
26	27	<b>Hanukkah ends at sundown</b>	29	30	<b>New Year's Eve</b>	

**December Focus: Attitude, Honoring 2011 Success, Preparing for 2012**

- Read/Review *Seven Sacred Attitudes®* ebook by Erica Ross-Krieger. Do the written exercises.
- List & Celebrate 2011 accomplishments, risks taken, and achievements made.
- Any projects to carry forward into next year?  What's no longer relevant that I'll release?
- Final Q4 mastermind meetings.  Business lessons learned this year?
- Set up 2012 Q1 mastermind group.  Record 2011 ending mileage: \_\_\_\_\_.

Imagine, in every detail, the 2012 you desire for your business and personal life. Write this out in present tense as if it is so. Give it a 2-3 word theme or title. Let this theme or title guide your 2012 plans, Now Draft your 2012 vision, goals, and 2012 Q1 90-day plan.

*Here's to Your 2011 Success and a Wonderfully Successful 2012!  
 Celebrate the Season!*

## What else?

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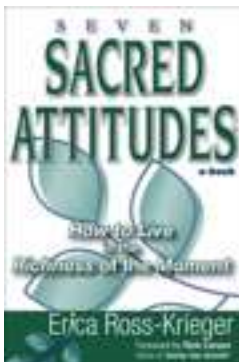
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- Blog posts to grow your business, deal with business overwhelm and soothe your busy wellness coach spirit.
  - A free email newsletter (coming in Q1 2012) for success-minded wellness coaches.
  - Resources page with links to recommended books, the business coach for wellness coaches, and more!
- 

And if you haven't done so, be sure to read the inspiring E-Book, [\*\*\*Seven Sacred Attitudes® – How to Live in the Richness of the Moment\*\*\*](#) by WellnessCoach.com founder, Erica Ross-Krieger. This E-Book version makes a great gift for the New Year or anytime you need to refocus on what's important – for you and for those you love.



[\*\*Download instantly!\*\*](#)