

# Sample

# The Wellness Coach's 2013 eCalendar

*by Erica Ross-Krieger*

*Sponsored by the  
#1 website for Wellness Coaches*

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# **Hello and Welcome to the Wellness Coach's 2013 eCalendar!**

To help you organize, launch and grow your successful Wellness Coaching business in 2013, we are delighted to present our 2013 edition of the Wellness Coach's eCalendar! Follow the action plan checklists each month and you will create a remarkable 2013!

## **We are delighted to showcase:**

- Monthly action-plan checklists that will keep you moving forward and on track.
- 12 books / CDs (1 monthly) to help Wellness Coaches build thriving businesses;
- Reminders of tax due dates; and
- A focus/theme and inspirational quote for each month.

We're in it with you! The business action-steps we encourage you to take are the very same actions that have helped us cultivate continued success here at WellnessCoach.com The books and CDs we list are either on our own bookshelves or ipod playlists, (with dog-eared pages or marked as top favorites), or, if they aren't released yet, are those we'll be reading (or listening to) right along with you this year.

We hope you enjoy the journey with us.

*Here's to Your Wonderfully Successful 2013!*

**SAMPLE CALENDAR PAGE FOLLOWS:**

"Every intention sets energy into motion, whether you are conscious of it or not."  
 ~Gary Zukav

# July 2013

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

### July Focus: Manifesting!

- |  |   |
|--|---|
| <input type="checkbox"/> Read <b>Wishes Fulfilled: Mastering the Art of Manifesting</b> this month.            |   |
| <input type="checkbox"/> Implement 3 suggestions from Dr. Dyer's book. See & Feel yourself already successful. |   |
| <input type="checkbox"/> Share some of the book's lessons with your clients.                                   |   |
| <input type="checkbox"/> Encourage your clients to see themselves as already Well & Healthy!                   |   |
| <input type="checkbox"/> Blog posts, articles & social media activities for July.                              | <input type="checkbox"/> Pay 2nd quarter sales tax.           |
| <input type="checkbox"/> Implement actions from Q3 90-day plan.  | <input type="checkbox"/> Attend Q3 mastermind group meetings. |
| <input type="checkbox"/> Attend networking functions & mtgs.   | <input type="checkbox"/> Update Corp Minutes as needed,       |

**Hope you enjoyed this sample of the 2013 Wellness Coach's E-Calendar. If you would like to purchase the complete calendar, it is available here:**



\$4.99