

# Breakthrough You!



52 Ways to Dramatically Transform Your Life  
**Checklist**

*Presented by*  
**Women in Ecommerce**

| Month | Week | Task                                       | Done? |
|-------|------|--|-------|
| 1     | 1    | Start paying your bills each week.         |       |
|       | 2    | Stretch.                                   |       |
|       | 3    | Be on time.                                |       |
|       | 4    | Journal each day.                          |       |
| 2     | 5    | Purge your financial obligations.          |       |
|       | 6    | Weigh yourself each day.                   |       |
|       | 7    | Review your day.                           |       |
|       | 8    | Meditate.                                  |       |
| 3     | 9    | Track your spending.                       |       |
|       | 10   | See your doctor.                           |       |
|       | 11   | Set a few goals.                           |       |
|       | 12   | Be grateful.                               |       |
| 4     | 13   | Wait a week before making major purchases. |       |
|       | 14   | Track your food intake for a week.         |       |
|       | 15   | Dress like your boss.                      |       |
|       | 16   | Visualize success.                         |       |
| 5     | 17   | Save automatically.                        |       |
|       | 18   | Take a walk.                               |       |
|       | 19   | Limit your use of electronic devices       |       |
|       | 20   | Develop a spiritual practice.              |       |
| 6     | 21   | Read a financial book.                     |       |
|       | 22   | Drink more water.                          |       |
|       | 23   | Plan your day the night before.            |       |
|       | 24   | Forgive yourself                           |       |
| 7     | 25   | Create an emergency fund.                  |       |
|       | 26   | Find a form of exercise that you love.     |       |

|    |    |  |  |
|----|----|--|--|
|    | 27 | Outsource one of your maintenance tasks.       |  |
|    | 28 | Eliminate one negative habit.                  |  |
| 8  | 29 | Take steps toward your retirement.             |  |
|    | 30 | Cut back on processed carbohydrates.           |  |
|    | 31 | Go to bed and wake up an hour earlier.         |  |
|    | 32 | Spend time in nature.                          |  |
| 9  | 33 | Sell your unwanted items.                      |  |
|    | 34 | Take a cold shower.                            |  |
|    | 35 | Work on your eye contact.                      |  |
|    | 36 | Make yourself uncomfortable.                   |  |
| 10 | 37 | Make a budget.                                 |  |
|    | 38 | Try a 24-hour water fast.                      |  |
|    | 39 | Spend quality time with your child or a friend |  |
|    | 40 | Trust your gut.                                |  |
| 11 | 41 | Cut your spending to the bare bone for a week. |  |
|    | 42 | Eat more vegetables.                           |  |
|    | 43 | Investigate a second source of income.         |  |
|    | 44 | Volunteer.                                     |  |
| 12 | 45 | Ask for discounts.                             |  |
|    | 46 | Listen to music that relaxes you.              |  |
|    | 47 | Laugh.   |  |
|    | 48 | Try something new.                             |  |
| 13 | 49 | Check your credit score.                       |  |
|    | 50 | Spend some time in the sun, but not too much.  |  |
|    | 51 | Start a new hobby.                             |  |
|    | 52 | Hug someone.                                   |  |