



Routine Revolution Weekly Sessions

A 90-DAY COMPREHENSIVE COACHING PLAN THAT TEACHES YOU HOW TO
CREATE A ROUTINE THAT WORKS...EVERY SINGLE DAY.

Turn your life around

90 days to focus on your

- body
- mind
- family
- communication
- career.

- Week 1: Introduction to Routine Revolution 12, why it works and HOW it will work for you.
- Week 2: The One Goal Approach (morning, afternoon, evening)
- Week 3: Your Body (health, nutrition, fitness, etc)
- Week 4: Review & Revise. During R & R, we'll review your goal, the action step you chose, identify what is and is not working, make revisions and dial into action week #2.
- Week 5: Your Mind (reading, learning, podcasts, meditation, prayer, journaling)
- Week 6: Review & Revise (I cannot overemphasize the importance of R & R)
- Week 7: Your Family (self, partner, spouse, kids, extended family)
- Week 8 : Review & Revise (The BEST part of the program)
- Week 9: Communication (active listening, honest questions, connection)
- Week 10: Review & Revise (An amazingly powerful tool)
- Week 11: Your Career (performance, change, vocation)
- Week 12: Review & Revise
- Week 13: The Baker's Dozen Bonus: Reflect, Share, Celebrate!

Got questions:

Contact Leslie at coach@lesliemsnyder.com or head to the website at www.lesliemsnyder.com