

BONUS TOOLS TO KEEP
YOU ON TRACK



AMBITIOUS
HUMANS

COACHING
&
ADVISORY

FINISH
STRONG
WORKBOOK
TOOLS

TOOLS TO KEEP YOU ON TRACK

BECAUSE
SOMETIMES, ALL
YOU NEED IS THE
RIGHT
STRUCTURE TO
GET THINGS DONE.

HABIT TRACKER

What it is: A simple grid to keep you accountable. Write down the habits you're building (or breaking) and check them off daily.

HOW TO USE IT

01

At the start of each week write down 1-3 habits that you're working on.

02

End of the week: reflect on what worked and adjust for the next

03

Check the box each day you nail it. (Miss a day? No guilt -- just keep going.)

HABIT TRACKER

Week	Habit 1 (What are you building?)	Habit 2 (Stack those wins)	Quick wins or notes
1			
2			
3			
4			
5			

TOOLS TO KEEP YOU ON TRACK

POWER HOUR PLANNER

What it is: A daily tool to keep your focus sharp. Jot down exactly what you're tackling during your dedicated Power Hour.

HOW TO USE IT

01

Start with your focus area (e.g closing deals, journaling or brainstorming).

02

At the end of your session, jot down a quick outcome or thought: Did you move the needle? Whats next?

03

Write 2-3 specific actions to work on during your hour.

POWER HOUR PLANNER

Focus	Outcome	Next Power Hour

TOOLS TO KEEP YOU ON TRACK

REFLECTION PAGE

What it is: A blank canvas for your thoughts, breakthroughs, and those “OH MY GOSH, this could work!” moments.

HOW TO USE IT

Take 5 minutes at the end of the week to write down:

01

Wins (big or small)

02

Lessons or patterns you noticed.

03

Any wild ideas or plans bubbling up.

Don't overthink it -- braindump!

REFLECTING

Week	Wins	Patterns	Wild Ideas
1			
2			
3			
4			
5			