

12 Week Year - SAMPLE PLAN

12 Week Goals: *Generate \$50 Income, Run 5K, More Family Time*

For the Period Ending

Goal: *EARN \$50 Income from Real Estate*

Tactics	Due	Begin in	End In	Completed
10 Contacts Each Day	Wkly	Wk 1	Wk 12	
Two Open Houses Per Month	Wkly	Wk 1	Wk 12	
3 Appointments Per Week	Wkly	Wk 1	Wk 12	
Ask for Referrals from Each Client	Wkly	Wk 1	Wk 12	

Goal: *HEALTH – Run 5K on Sept 21st*

Tactics	Due	Begin in	End In	Completed
Workout 6x/week	Wkly	Wk1	Wk 5	
Run 2.5 Miles 3x / Workout 3x Per Week	Wkly	Wk 6	Wk 9	
Run 3.5 Miles 3x / Workout 4x Per Week	Wkly	Wk 10	Wk 12	
Drink 100 oz Water Every Day	Wkly	Wk 1	Wk 12	
Average 7 to 8 Hours of Sleep a Night	Wkly	Wk 1	Wk 12	

Goal: *RELATIONSHIP - More Quality Family Time*

Tactics	Due	Begin in	End In	Completed
Family Night Ever Monday (No TV)	Wkly	Wk 1	Wk 12	
Date Night Ever Saturday (Lign up Sitters)	Wkly	Wk 1	Wk 12	
Family Prayer & Scripter Daily	Daily	Wk 1	Wk 12	

12 Week Year

12 Week Goals:

For the Period Ending

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12 Weeks to a Stronger Happier Marriage

Goal: Feel happier and more connected with my Spouse

Measurable: 12 Dates in 12 weeks / Less Arguing / More Physical Touch

Week 1:

Daily - Give 1 compliment, personalized gratitude or piece of praise each day

Daily – Say I love you

Weekly - 1 Date Night (talk about future fun date night ideas)

Week 2

Daily - 1 Compliment, personalized gratitude or piece of praise each day

Daily – Say I love you

Daily – 30 second hug

**Science of the 30-Sec. Hug below*

Weekly - 1 Date Night

Week 3

Daily - 1 Compliment, personalized gratitude or piece of praise each day

Daily – Say I love you

Daily – 30 second hug

Weekly - 1 Date Night

Week 4

Daily - 1 Compliment, personalized gratitude or piece of praise each day

Daily – Say I love you

Daily – 30 second hug

Daily – Read a Personal Development or Marriage Book Together (or alone if he's not interested)

Weekly - 1 Date Night

Week 5

Daily - 1 Compliment, personalized gratitude or piece of praise each day
Daily – Say I love you
Daily – 30 second hug
Daily – Read a Personal Development or Marriage Book Together (or alone if he’s not interested)
Weekly - 1 Date Night

Week 6

Daily - 1 Compliment, personalized gratitude or piece of praise each day
Daily – Say I love you
Daily – 30 second hug
Daily – Read a Personal Development or Marriage Book Together (or alone if he’s not interested)
Weekly - 1 Date Night

Week 7

Daily - 1 Compliment, personalized gratitude or piece of praise each day
Daily – Say I love you
Daily – 30 second hug
Daily – Read a Personal Development or Marriage Book Together (or alone if he’s not interested)
Weekly - 1 Date Night

Week 8

Daily - 1 Compliment, personalized gratitude or piece of praise each day
Daily – Say I love you
Daily – 30 second hug
Daily – Read a Personal Development or Marriage Book Together (or alone if he’s not interested)
Weekly - 1 Date Night

Week 9

Daily - 1 Compliment, personalized gratitude or piece of praise each day
Daily – Say I love you

Daily – 30 second hug

Daily - Read a Personal Development or Marriage Book Together (or alone if he's not interested)

Weekly - 1 Date Night

Week 10

Daily - 1 Compliment, personalized gratitude or piece of praise each day

Daily – Say I love you

Daily – 30 second hug

Daily - Read a Personal Development or Marriage Book Together (or alone if he's not interested)

Weekly - 1 Date Night (I plan a surprise night for him)

Week 11

Daily - 1 Compliment, personalized gratitude or piece of praise each day

Daily – Say I love you

Daily – 30 second hug

Daily - Finish Personal Development or Marriage Book Together (or alone if he's not interested)

Weekly - 1 Date Night (he plans a surprise night for me)

Week 12

Daily - 1 Compliment, personalized gratitude or piece of praise each day

Daily – Say I love you

Daily – 30 second hug

Weekly – Overnighter just the two of us!

*Science of the 30 Second Hug – [See here](#).