

# Sunday Planning

Intended Feel Good/ Déjà Vu Scripted Results For My Week  
(Jot down on paper, take a picture and send to  
[ruth@ScriptingForSuccess.com](mailto:ruth@ScriptingForSuccess.com))

Title/ Headline:

Date:

**Outside:** write down feelings, activities, qualities that feel good and already matches and/ or supports my desires modeled in; movies, friends, books, my other relationships & parts of my life...

**Inside:** write feelings, qualities, tangible results that occur when my desire is fulfilled:

My Desire/  
Intention:

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copy and answer questions and send to:  
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Date:

Name:

Email:

Title Of This Week's Circle Map:

Vision/Intensions Inside Circle:

Resources/Support Outside Circle: (skills, inspiration, books, friends, mentors, successes that support your vision / decision)

Write how you want to FEEL by Friday:

**Write My Top 3 Intended Results This Week Featured In These One Sentence Victory Headlines**  
(Write Success Scripts in past tense, 3rd person as if your ideal news/result already happened):

SCRIPT #1:

SCRIPT #2

SCRIPT #3

**My Top 3 "Ideal win/win conversations" will be with/about:** (Write one sentence news headline/  
Success Script of an intended ideal conversation with a specific person description or job title)

My Victory Headline/ Ideal Conversation #1 is with \_\_\_\_\_  
<3 Create Success News Headline #1 Here:

My Victory Headline/ Ideal Conversation #2 is with \_\_\_\_\_  
<3 Create Success News Headline #2 Here:

My Victory Headline Ideal Conversation #3 is with \_\_\_\_\_  
<3 Create Success News Headline #3 Here:

If I start to feel stuck or overwhelmed I will read the following one sentence Success Script to keep me focused on my ideal week:

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[ruth@ScriptingForSuccess.com](mailto:ruth@ScriptingForSuccess.com)) by Sunday.

Write the one sentence headline you will read when you feel overwhelmed. (Remember the script is the result after the stressful experience or result has passed or as if it wasn't an issue at all):

Write one thing I will do for myself this week (non-business/goal related):

The one person I will show love/gratitude/appreciation for is:

List one thing I am MOST excited about in business/my life right now:

This is exciting because:

The one thing I am MOST worried about in business/my life:

State what is worrying you. (BONUS) Write a one sentence Success Script to transcend the worry.

I can ease some of the worry by:

My Success Script/ Manta for this week is. (I Will Put It on a Sticky Note or Google Calendar And Read It Everyday):

Write this week's overall Success Script here.

\_\_\_\_\_ Yes, I commit to focusing on what's working in my professional/personal life this week. I will show up everyday and read my Success Scripts. I will pay attention to those Feel Good/ Déjà Vu thoughts, feelings, conversations and opportunities that will help to build a business/life that will change lives, and by doing so, I will change my own. I will reach out when I feel stuck and I will push forward and read and write additional results focused Success Scripts when fear shows up. I can do this!