

**TANYA LOU**  
*Armstrong*

BUSINESS, BRAND & GROWTH COACH



# Where Humans+ Brands Go to Bloom

## **GOALS FOR GROWTH**

Hello my friend,

You've arrived, welcome! Today is the first day of the best year of your life. Why? Because you're here, and you're serious about taking action and making for positive change. I couldn't be happier for you and am pleased to guide you along the way.

A Life By Design is one built with intention, as opposed to by-chance. It's a simple recipe for having the life you desire - one that was only in your dreams. Below you'll find some growth-sheets that will help you step into each day with intention, so you can begin creating positive change, and a more harmonious life-meets-career. Each day you'll become closer to those big goals.

By using the following sheets, and referring to them daily, will guide you towards a life by design, one with purpose and meaning. Not to mention, feeling more confident, self-assured and in control. You'll gain a clear picture of what's in front of you and what actionable steps are needed in order to begin creating the life you were intended for. Ready to BLOOM?



**LAM** *worthy*





# Harmonious Life Sheets

Consistency is Key | Allow For Your Life To Improve & Align With Your True-Self  
(Use separate, or in conjunction with the Focus & Bloom Growth-Sheets to create a more harmonious life)

Week Of: \_\_\_\_\_

**By signing above, I promise to honor myself + the amazing human I am.**

Breathe deep and take a mind-dump (bullet pointing - no journal). Think of all of the things you would LOVE to conquer this week + in the near future - get super creative. Separate them as specified below + check them off, once completed. At weeks end, mark down how many you checked off at the bottom of the sheet. This will give you a visual of creating a harmonious life-meets-career. After each week, start a new sheet and transfer any left over tasks to the following week. Remember, you are the creator of your own life and are worthy of living out your best life, regardless of circumstances.



I BELIEVE IN YOU and a better path for tomorrow. Sent with much love, Tanya Lou Armstrong

## MICRO-GOAL + MICRO-STEPS

Micro-Goal + Micro-Steps

<input type="checkbox"/>	_____



## IMPORTANT TO-DO'S

Important, yet not necessarily a priority

<input type="checkbox"/>	_____

## MINDFUL TASK:

Think of others - small, yet mighty - 5 per week

<input type="checkbox"/>	_____

## SELF-CARE IDEAS:

Check off at least, 5 per week - get creative

<input type="checkbox"/>	_____

MICRO-G:

MINDFUL:

IMPORTANT:

SELF-CARE:

50 COUNT PADS AVAILABLE

# Focus + Bloom Growth Sheets



## I GIVE MYSELF PERMISSION TO:

Say no, so I can make myself my number one priority and take care of things I've written here.

## ERRAND/ PICK-UP:

Pick up prescription

## TO ORDER, AND/OR ADDED REMINDERS:

Wash dogi  
Grab birthday present

## CANCEL MEMBERSHIPS & ANY AUTO-RENEWS:

Go through phone and cancel any reoccurring subscriptions I don't need

## ULTIMATE-GOAL:

Get An Online Course Up

## WEEKLY MICRO-GOAL:

Outline a Program

## MICRO-STEPS:

- Come up with course idea
- Write out each module title
- Outline steps for each module
- Write description for each step

## NON-NEGOTIABLES:

- Walk 7,500 Steps Daily
- Spent 30 minutes of quality time each day with my child
- 
- 

## (C)(E)(S)

## CALL/ EMAIL/ SCHEDULE:

- Loan Officer (C)
- Life Insurance Co (E)
- Hair Appt (S)
- 
- 
- 
- 

## DELEGATE/OUTSOURCE:

- Social Media
- Bookkeeping
- 
- 

50-COUNT PADS AVAILABLE

# I AM *worthy*

## WATER:



## WALK/EXERCISE:

- 7,500 steps
- Pilates Class
- Played Game of Tennis
- 
- 

## DECLUTTER:

CLOSET, DESK, LIVING AREA, CAR, CABINETS, ETC

Papers on desk

## LEARN/STUDY:

Finish Tanya Lou's Course

## NOTES:

Make sure I don't forget to check my calendar daily and begin putting all reminders on there.

# LIFE BY DESIGN MASTERY

WITH TANYA LOU ARMSTRONG

Consistency is Key | Allow For Your Life To Improve & Align With Your True-Self

*Tanya Lou Armstrong*

Week Of: 11/22/21

**By signing above, I promise to honor myself + the amazing human I am.**

Breathe deep and take a mind-dump (bullet pointing - no journal). Think of all of the things you would LOVE to conquer this week + in the near future - get super creative. Separate them as specified below + check them off, once completed. At weeks end, mark down how many you checked off at the bottom of the sheet. This will give you a visual of creating a harmonious life-meets-career. After each week, start a new sheet and transfer any left over tasks to the following week. Remember, you are the creator of your own life and are worthy of living out your best life, regardless of circumstances.

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## MICRO-GOAL + MICRO-STEPS

Micro-Goal + Micro-Steps

- Complete my lead magnet
- Get B-day present for Grandma
- Pick up prescription
- File DBA
- Finish bookkeeping
- Renew insurance
- 
- 
- 
- 

## IMPORTANT TO-DO'S:

Yes, important. Yet, not necessarily priority

- Wash dog
- Renew health insurance
- Get a present for birthday party
- Pick up prescription
- Finish my website
- Order that camera part
- File the DBA - fictitious business name
- Finish October's monthly bookkeeping
- Buy that hair product
- Purge through clothes + donate

## MINDFUL TASK:

Think of others - small, yet mighty - 5 per week

- Call my Aunt & let her know how much I love her.
- Get a card for my Mom & send a Massage gift card in it - just because.
- Write a letter to my kids & send it in the mail, letting them know how special they are.
- Take my child to a date-night.
- Encourage that friend who is struggling.

## SELF-CARE IDEAS:

Check off at least, 5 per week - get creative

- Take a bath, with music + candles
- Drive to that place for a hike with views
- Take a day of & be creative - paint a picture
- Practice guitar + singing that new song
- Get a manicure + pedicure
- Take out Tuesday (no cooking, or cleaning)
- Take a day off & binge watch that show
- Spend 10 minutes every morning journaling
- Say, no, or I can't this week - to not overwhelm

MICRO-G: 5

MINDFUL: 3

IMPORTANT: 7

SELF-CARE: 5



# Harmonious Life Sheets

## INSTRUCTIONS

### **MICRO-GOALS & MICRO-STEPS:**

**Note:** a non-negotiable is a thing you do everyday, no matter what. It's a self commitment that you, or anyone else can influence it not being done. You can have one, or a few, but make it realistic. Examples could be walking 7.5k steps minimum daily, or doing something special with your child for 30 minutes each day, or even drinking 8 glasses of water each day no matter what.

**In this section,** begin by writing down the micro-steps, of your micro-goal that will become a step closer to your **ULTIMATE GOAL**. Transfer them from your Focus & Bloom Growth Sheets. Additionally, add any non-negotiable(s) you've made, or will make with yourself.

### **IMPORTANT, YET NOT AN ULTIMATE GOAL:**

It's literally everything you have to do that's important, such as walking the dog, paying a bill, picking up a prescription, etc.

### **SELF CARE:**

Write down self-care ideas (see example sheet). Most self-care ideas will stay the same each week. If you got creative, and thought of another idea - write it in this section.

### **MINDFUL TASKS:**

Examples could be to call a family member you haven't called in a long time, or to write a letter to someone special. I'm sure by now you are catching my drift.

### **DAILY, OR WEEKLY USE:**

You'll use these at your own pace. As you start a task (in progress) check off that task. Once you complete the task, put a line through it. This will help you see in front of you what you need to complete.

You can print out a bunch of these pages (printing only Focus & Bloom Growth Sheets and Harmonious Life Sheet pages, once you've printed the instructions with it. You can also order both sheets in a glued-top pad of 50 sheets on my website, [TanyaLouArmstrong.com](http://TanyaLouArmstrong.com).

I've placed an example on the next cheat down. At weeks end, mark down how many you've checked off and at the bottom of the sheet tally-up your score.

This will give you a visual of your progress and also help you create a more harmonious life-meets-career. After each week, start a new sheet and transfer any left over tasks to the following week. You can start a new sheet, once you have a lot checked off, and are ready for a new sheet, whether that be days, or weeks. I recommend, at least once per week to stay on task.

Remember, you are in charge and are worthy of living your best life, regardless of circumstances.

I BELIEVE IN YOU and a better path for tomorrow.

Sent with much love, Tanya Lou Armstrong 