



ABUNDANT PRODUCTIVITY

In All Areas of Life

A SHORT EBOOK AND WORKBOOK TO HELP YOU
ACHIEVE YOUR GOALS, ON A DAILY BASIS!

BeckysRIG.ca

Becky's RIG

RESOURCE | INSPIRE | GROW

IF YOU ARE A PERSON THAT WOULD SAY:

“IT’S NOT PROCRASTINATING,
IT’S FINDING SOMETHING BETTER TO DO”

THIS IS A QUICK AND EASY READ FOR YOU!

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PRODUCTIVITY VS LIFE, WORK & FAMILY

Being productive produces a life rich in experiences, achievements and positive emotions.

PRODUCTIVITY VS. LIFE

Consistent productivity intends that more will be accomplished in life, more challenges will be achieved and therefore more rewarding emotions will be expressed. Productivity brings more abundance in life.

Having something as simple as a morning routine is productivity! This starts the day organized and in a relaxed manner.

PRODUCTIVITY VS. WORK

In the working world, every person will have good and bad days. Some days are extremely motivating and challenging at work, other days are sluggish, demotivating and apathetic.

Having a productive day at work is engaging 100% of the time. Achievements will be a daily experience and the organization at work will be astonishing. After the most productive day, feelings of excitement, satisfaction and accomplishment are deeply sensed.

PRODUCTIVITY VS. FAMILY

Having a productive family lifestyle will ensure that daily tasks, jobs and routines will be complete ahead of schedule to spend that much needed time with loved ones.

Time spent with family is everything but expendable, therefore being productive is important to be able to have that time.

For more information please contact me at Becky@BeckysRIG.ca

STEPS TO ABUNDANT PRODUCTIVITY

STEP 1: MAKE A CHECKLIST!

Make a checklist the night before, so you have an idea of what your day should look like. Writing down what you need to do shows daily goals that need to be met.

Every time one of those goals is checked off feelings of accomplishment, satisfaction and excitement are expressed (sometimes even relief!)

STEP 2: WAKE UP EARLY AND MEDITATE!

Waking up early is key to being more productive! Extra time in the morning will allow your body to relax and be calm before the day. It allows you time to think over your day and meditate.

I recommend guided meditations that help with relaxation and motivation for the day. The mediation should be between 10 to 30 minutes long.

These meditations will give the body and subconscious mind the ability to achieve goals more rapidly, without thinking or stressing about them!

STEP 3: EXERCISE!

Spend at least 30 minutes of your morning doing exercise, whether it is a walk or jog outside, going to the gym or even doing an at home workout.

Get the blood flowing throughout the body, this will increase endorphins, create clarity and give more energy throughout the day!

For more information please contact me at Becky@BeckysRIG.ca

STEP 4: EAT A HEALTHY BREAKFAST!

Eating a healthy breakfast will kick start your metabolism, give you more energy in the morning and throughout the day, and give your brain clarity to work through those daily goals!

Some of you might be thinking “I’m not a breakfast person” and that’s fine! If you don’t like eating breakfast, try to have a protein shake or something small that is minimal in carbs, but higher in fat and protein! This could be anything from a couple of eggs, a smoothie mixed with berries, avocado and protein, or even just some peanut butter with celery! Get something in your body to get your body going in the right direction every day!

STEP 5: VISUALIZE YOUR DAY!

This step is similar to meditation and you can do it at the same time! Visualize yourself checking off each goal and create positive energy to each task complete. When you visualize your day, you trick your brain into believing it is already done, therefore your subconscious mind will already believe that those tasks are complete, making them easier and faster to do. The law of attraction is so important to keep in mind when visualizing, “Whatever the mind can conceive and believe, it can achieve,” by Napoleon Hill, how true this statement is!

You can use the law of attraction for so much in your life, whether it is to get a better career, a higher paying career, a house, a family, the list goes on. Think of what you truly desire, write it down (make a vision board!) and think about those every single day with positivity, visualize yourself already having those goals and watch how the universe will work with you to achieve those goals!

For more information please contact me at Becky@BeckysRIG.ca

START TODAY!

Take the next 7 days and challenge yourself to becoming more productive, see how your life will change and use the following pages to help you!

Please contact me for any questions or comments regarding this ebook, and if you would like further information about productivity or other areas in life that coaching will help you, my email address is:

BECKY@BECKYSRIG.CA.

Follow me on Facebook, Twitter and Instagram

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Congratulations on becoming more productive in life!

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7 DAY CHALLENGE

DAY 1

Date: _____

Goals: (Written the night before)

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Woke up at: (Time) _____

Meditated for: (Minutes) _____

Visualized my Day: (Describe your most productive day!)

Exercise completed: (What did you do? For how long?)

Breakfast Consumed:

Describe your day: (Was it more productive? What emotions did you feel?)

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7 DAY CHALLENGE

DAY 2

Date: _____

Goals: (Written the night before)

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Woke up at: (Time) _____

Meditated for: (Minutes) _____

Visualized my Day: (Describe your most productive day!)

Exercise completed: (What did you do? For how long?)

Breakfast Consumed:

Describe your day: (Was it more productive? What emotions did you feel?)

7 DAY CHALLENGE

DAY 3

Date: _____

Goals: (Written the night before)

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Woke up at: (Time) _____

Meditated for: (Minutes) _____

Visualized my Day: (Describe your most productive day!)

Exercise completed: (What did you do? For how long?)

Breakfast Consumed:

Describe your day: (Was it more productive? What emotions did you feel?)

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7 DAY CHALLENGE

DAY 4

Date: _____

Goals: (Written the night before)

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Woke up at: (Time) _____

Meditated for: (Minutes) _____

Visualized my Day: (Describe your most productive day!)

Exercise completed: (What did you do? For how long?)

Breakfast Consumed:

Describe your day: (Was it more productive? What emotions did you feel?)

7 DAY CHALLENGE

DAY 5

Date: _____

Goals: (Written the night before)

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Woke up at: (Time) _____

Meditated for: (Minutes) _____

Visualized my Day: (Describe your most productive day!)

Exercise completed: (What did you do? For how long?)

Breakfast Consumed:

Describe your day: (Was it more productive? What emotions did you feel?)

7 DAY CHALLENGE

DAY 6

Date: _____

Goals: (Written the night before)

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Woke up at: (Time) _____

Meditated for: (Minutes) _____

Visualized my Day: (Describe your most productive day!)

Exercise completed: (What did you do? For how long?)

Breakfast Consumed:

Describe your day: (Was it more productive? What emotions did you feel?)

7 DAY CHALLENGE

DAY 7

Date: _____

Goals: (Written the night before)

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Woke up at: (Time) _____

Meditated for: (Minutes) _____

Visualized my Day: (Describe your most productive day!)

Exercise completed: (What did you do? For how long?)

Breakfast Consumed:

Describe your day: (Was it more productive? What emotions did you feel?)
