

TODAY'S TOPIC: Set The Tone For Your Best Week Yet

1. Your New Week Starts NOW, Not Monday Morning

- How you spend Sunday determines how your week will go.
 - Instead of waiting for motivation on Monday, start today.
 - Ask: "What mindset are you taking into this new week?"
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2. Let Go of Last Week's Stress

- What happened last week is done. Stop overthinking it.
 - Forgive yourself for what didn't go right, and commit to making this week better.
 - Ask: "What's one thing you need to let go of before the new week?"
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3. Set Your Intentions – What's One Big Win You Want This Week?

- You don't need 50 goals—just pick one major thing and focus on crushing it.
 - Whether it's staying consistent, showing up for yourself, or finishing a project—commit now.
 - Ask: "What's one thing you will accomplish this week no matter what?"
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4. Protect Your Energy – Who and What Are You Allowing Into Your Space?

- Your environment shapes your mindset.
 - Cut out the distractions, negative people, and habits that drain you.
 - Surround yourself with things that FUEL you.
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5. Speak It Into Existence

- Say it out loud: “This week, I am focused. I am disciplined. I am unstoppable.”
 - The way you speak about your week becomes your reality.
 - Drop an “I’M READY” in the comments if they’re stepping into the week with confidence.
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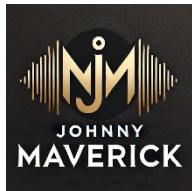
6. Challenge for You

- "Before this day ends, take 5 minutes to write down your #1 goal for the week and one action step you’ll take tomorrow.
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7. Call to Action

- “What’s ONE word to describe the energy you’re bringing into this week?”
 - “Type your goal for the week in the comments and claim it!”
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Until next time... Show up for you, before you show up for anyone else.



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