

# AUGUST



# CHALLENGE

**#ACCOMPLISHEDAUGUST**

**TINYURL.COM/ACCOMPLISHEDAUGUST**

**WWW.TARABURNER.COM**

During the month of August you will be working on accomplishing something (of your choice).

I am not going to tell you what you need to do (lose 5 lbs, run faster, lift more, earn more money, be true to yourself, etc.)

It will be up to you.

I want anyone and everyone to be able to participate!

There will be no *accomplishment* too small for this challenge.

If you know me, you know I stand behind the *any progress is better than no progress* thought.

I want you to fill out the areas in this worksheet on a daily basis and during the first week of September, email me at tara@taraburner.com letting me know you accomplished your goal and what your goal was! And note I said **letting me know you accomplished your goal** because I have faith in you that you WILL accomplish whatever you set out to do!

**Ready?  
Let's do this!**



For added support use **#accomplishedaugust** on Twitter to see who else is tweeting and you can also tweet me at **@TaraBurner** so I can support you

**Added bonus: do something physical every day for extra accomplishment!**

August 1



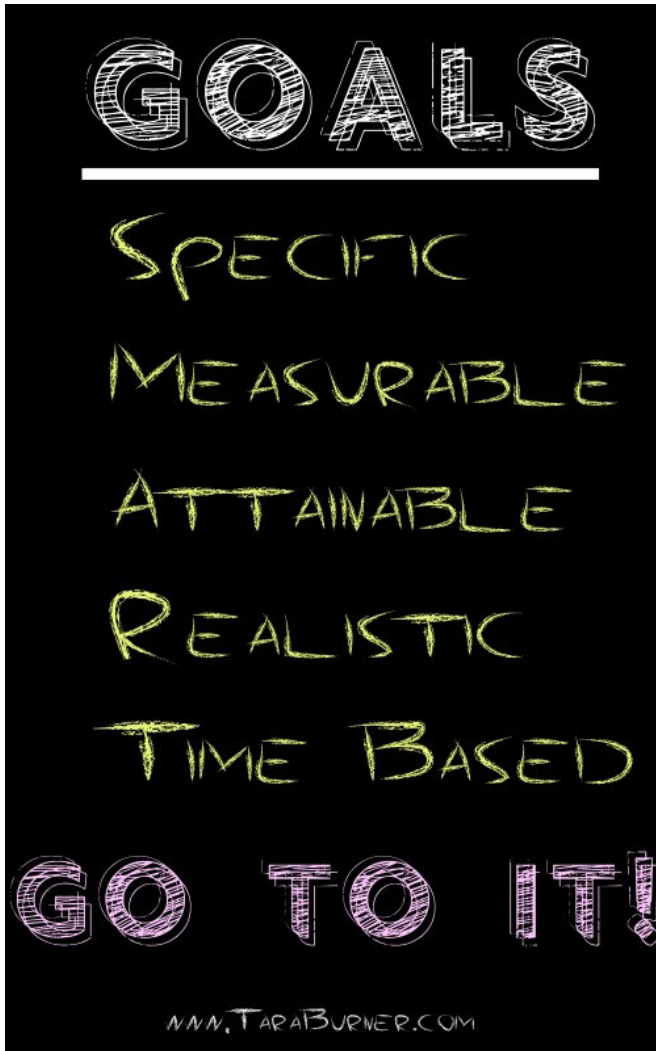
Jot down some notes/thoughts about the words in the above graphic

---

---

---

August 2



Read the post at: <http://taraburner.com/motivating-thoughts/smart-goals-april-goals.php>

Give some thought as to what you want to **accomplish** this month. Make sure it's realistic and progress can be made during the next 31 days.

I will accomplish: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

August 3



Write out your own affirmations focusing on what you want to accomplish. Use the graphic above for reference.

---

---

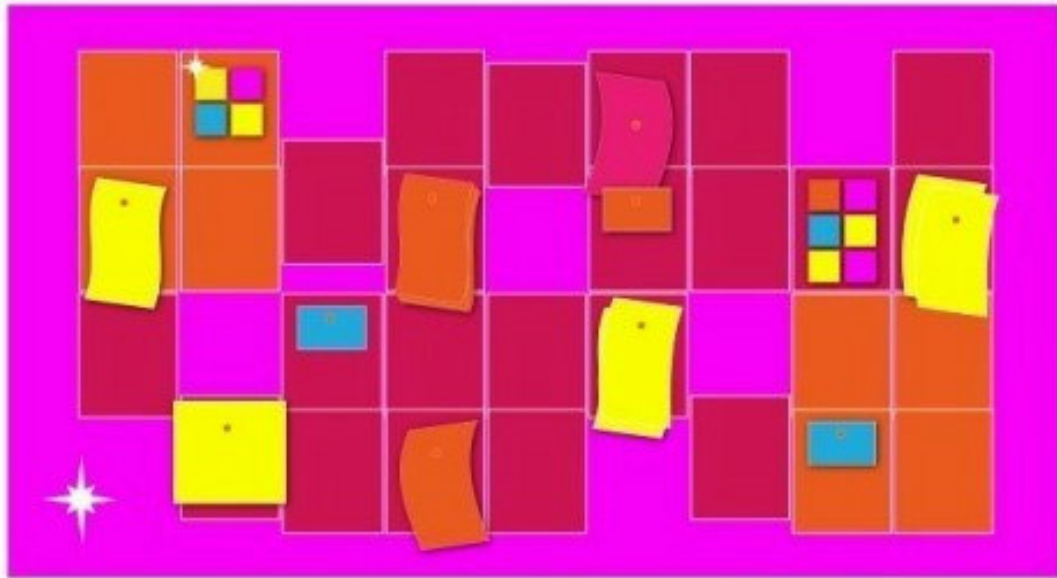
---

---

August 4

Fun time!

You get to make an inspiration (vision) board!



## How to make an Inspiration Board

Grab the free ebook here:

<http://taraburner.com/motivating-thoughts/free-44-page-how-to-make-an-inspiration-vision-board-ebook-with-graphics.php>

Seeing your goals helps you accomplish them!

August 5

Build up the courage to be YOU!



Full post is at <http://taraburner.com/motivating-thoughts/courage-to-be-and-own-all-of-who-you-are.php>

I want you to write 10 words that describe who you are...your values,  
what you stand for, what you're about:

---

---

---

---

---

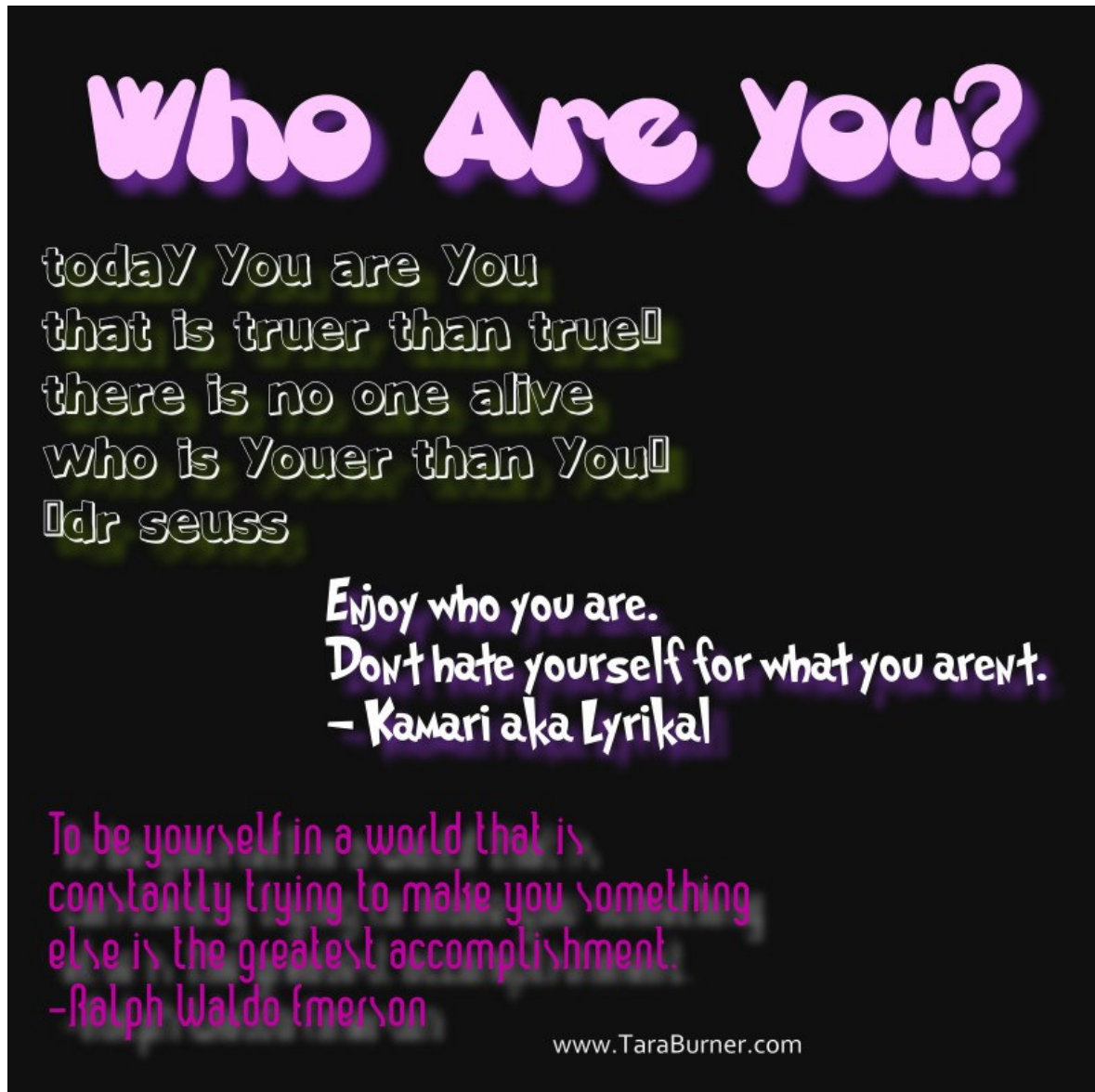
---

---

August 6

Yes, more about YOU!

After all, this month is about YOU and what YOU are going to accomplish!



The full post and some looks into who I am are at:

<http://taraburner.com/misc/who-are-you-2.php>

Do you allow others to see the real you? Or are you still hiding behind their perception of who you are? Focus on being genuinely you today!



August 7



You're on day 7...one week into the challenge.

How's it going?

Be honest.

Write down what you've done to take action to this point towards accomplishing your goals.

---

---

---

---

Seeing your progress in writing helps you acknowledge that you ARE in fact making progress even if it's not apparent in the physical realm.

August 8



**One reason people resist change is that they focus on what they have to GIVE UP, rather than what they have to GAIN!  
~Rick Godwin**

[WWW.TARABURNER.COM](http://WWW.TARABURNER.COM)

Write down a few of the things you're going to GAIN by what you'll be accomplishing this month!

---

---

---

---

August 9

Today you have some physical homework to do!

Because you can't accomplish your goals and make progress unless your body is healthy as well!

So, today I want you to do at least 20 minutes of physical exercise. You don't need any special equipment or to belong to a gym.

Check out <http://taraburner.com/health-wellness/fitness-spotlight-body-weight-workouts.php> for some ideas if you want to try something different than the normal walking, jogging, biking, swimming.



Write down what physical activity(ies) you did for at least 20 minutes today

---

---

---

August 10

Today's another day focused on healthy lifestyles...because point blank if you're not healthy, you won't be functioning to your best or fullest ability.



# A healthy lifestyle leads to:

[www.TaraBurner.com](http://www.TaraBurner.com)



- Improved health
- Stronger Immune system
- Weight loss
- Loss in inches
- Positive attitude
- Better outlook on life
- More energy
- Enthusiasm
- Joy



List a few things you are doing or will start doing to live a healthier lifestyle (ie: eat clean, exercise 3x a week, stay positive)

---

---

---

August 11

Some visual motivation for you to keep on going and know you've got this!

You are making progress!  
You're improving every single day!

## RECIPE FOR RESULTS

1 CUP MOTIVATION  
1 CUP DETERMINATION  
1 CUP DEDICATION  
1 CUP EXCITEMENT  
0 GIVING UP  
0 CUP DENIAL  
0 CUP EXCUSES

WWW.TARABURNER.COM



Write down how you're feeling today...physically, mentally and/or spiritually:

---

---

---

August 12



I want you to **do at least 5 of the things listed here** and mark off which ones you did!

Start every day off with a healthy breakfast.

Get enough sleep.

Have an attitude of gratitude and expectation.

Be social...connect with others (online and offline).

Take care of your body...it's the only one you'll get.

Exercise daily.

Stay hydrated (drink plenty of water, helps body & brain).

Smile 😊

Be kind to others.

Don't procrastinate...your future is not going to wait...it's happening now!

Be organized...a cluttered life equals cluttered scattered results.

Strive to learn something new every day.

Even when it'd appear things are going wrong, stay optimistic knowing the tide will change.

Know that you have a purpose-discover it and work towards it.

Make a plan on how you'll achieve your goals.

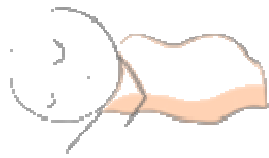
Spend time daily in prayer or meditation...seek direction and wisdom.

Don't hang on to the past, learn from it and move forward.

August 13

Unwind today!  
You're approaching the half way point.  
Relax....

## how to relax / get rid of stress



take a nap

read a  
book



smile



deep  
breathing



watch clouds  
(or stargaze)



meditate

interact with animals



You can't be 'on' 24/7, 365 days a year.  
You need to relax, unwind, distress.

Tell me how you relaxed today:

---

---

August 14

Mid month reminder to love yourself!  
No matter how much (or how little) progress you've made so far this month... LOVE YOURSELF!



Write 5 things you love about yourself!

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_



August 15



You're half way there!  
Keep going!

Take note of where you were on August 1<sup>st</sup> and where you are now.

Write down your progress:

---

---

---

August 16

Stay positive!

You're in the 2<sup>nd</sup> half of the month now.

Don't let wrong thoughts creep into your mind.



Go read the post at <http://taraburner.com/motivating-thoughts/steps-on-being-positive.php> and come back here and comment on what you're doing to stay positive!

---

---

---

---

August 17



What did you do today to make progress towards your accomplishments?

Remember visually seeing it helps you stay on track!

---

---

---

---

August 18

**TODAY I WILL!**

Stay positive  
Be Happy  
Be Kind-even to those who aren't kind to me  
Ignore the nay-sayers & haters  
Do what I have to do  
Forgive  
Smile  
Love  
Stay focused  
Seek peace  
Remain calm  
Exercise  
Eat Healthy  
Believe  
and...  
Make today a great day!

[www.TaraBurner.com](http://www.TaraBurner.com)

Do at least 5 of the things listed and write down which ones you did:

---

---

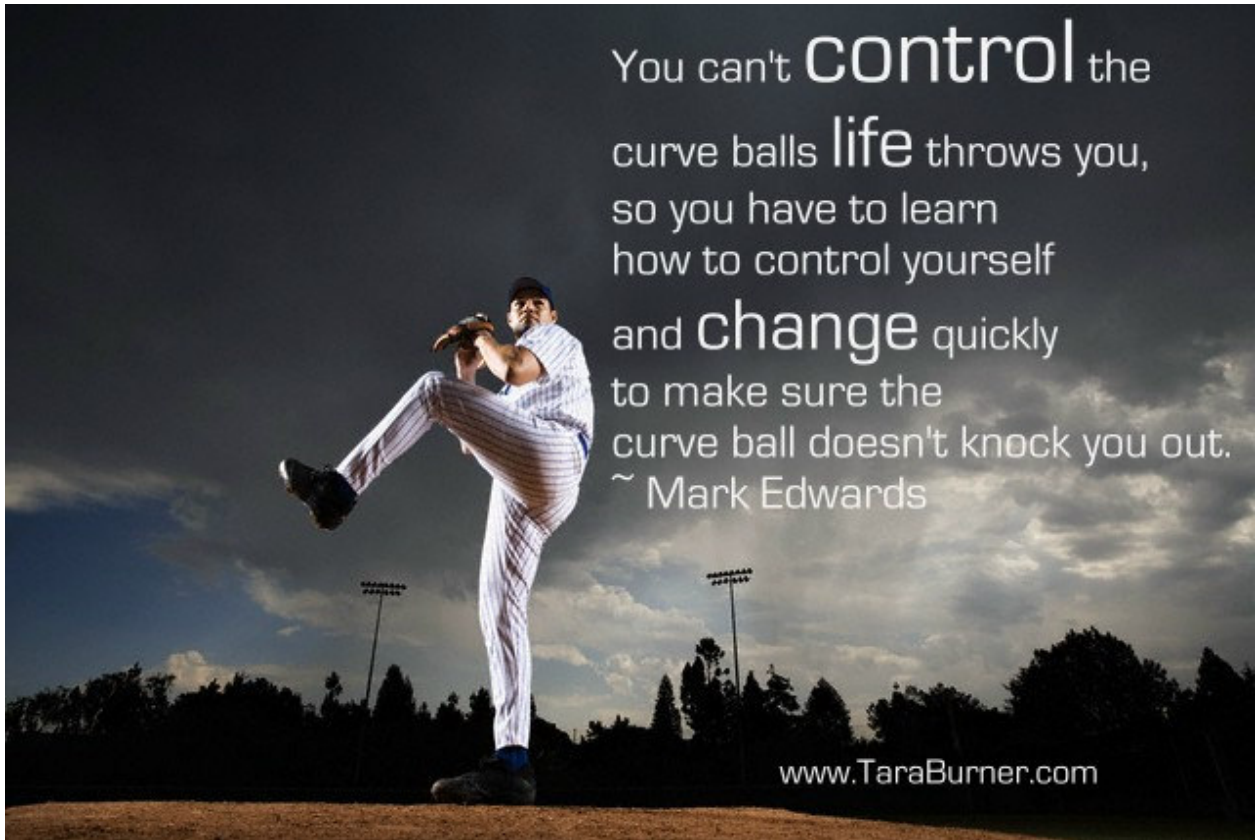
---

---

---

---

August 19



What *curve balls* have been thrown your way during this challenge so far?

---

---

How did you keep from getting knocked out by that *curve ball*?

---

---

If you need help with curve balls...email me [tara@taraburner.com](mailto:tara@taraburner.com) I'm here to help you! Or tweet it at @taraburner and use #accomplishedaugust in your tweet

August 20

If you slip in your journey and start to feel discouraged or upset, don't worry...get up do a few of the things below, get refocused, be happy, and get back on that path to accomplishment!

## Simple Easy Ways To Be Happy



Get rid of the - (negative) and stay + (positive)

Do something you enjoy! DAILY!



Let the past go-live in the now!  
Take action! Don't just sit around.





Don't stress-it won't help any!

Enjoy life experiences - not "things"



Eat healthy -  
(good food makes for a happy body & moods)



Spend time outside enjoying nature!

Exercise! Endorphins make you happy!



www.TaraBurner.com

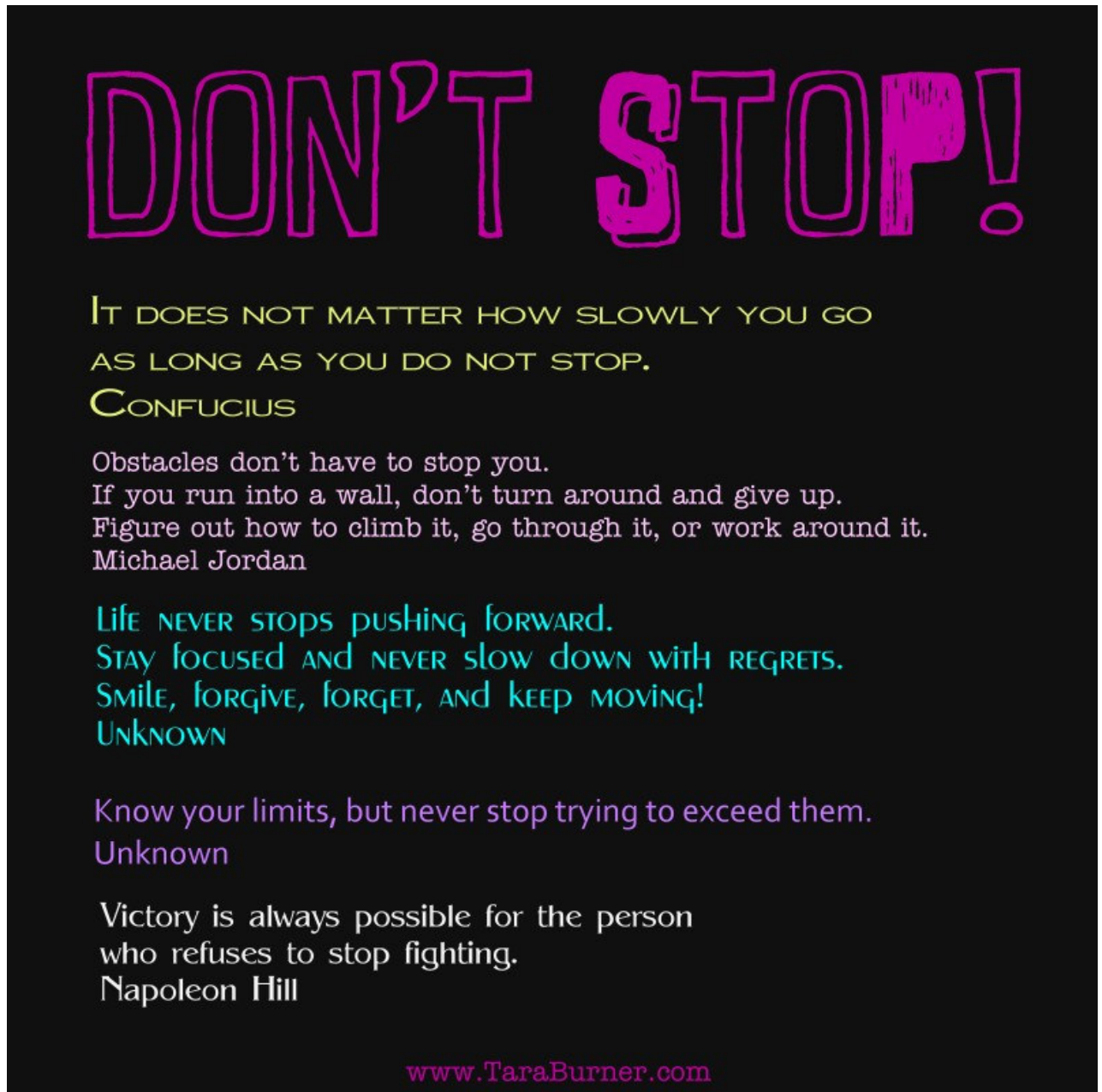
What did you do today that **made you happy?**

---

---

August 21

3 weeks now! You're doing great!



Focus on the quotes and KEEP GOING! 10 more days til the end of the month!

August 22

Don't forget the quote on the fortune cookie!



(actual fortune in one of my fortune cookies...proof-y'all should recognize my rings on my fingers by this point if you follow my blog or me anywhere on line!)

Sometimes what you initially thought you wanted, isn't really what you wanted.

We've got 9 days left so make sure what you're working on accomplishing is what you really want and **GO FOR IT!**

What do you WANT?!

---

---



August 23

Reminder to be yourself!

Don't try to be someone else or something that you're not!

You won't be happy in the long run and your life is YOURS!



List a few things that you enjoy doing and go do them!

---

---

---

---

August 24



You've planned...  
You've taken action for 23 days now...

What results have you seen to this point this month?

---

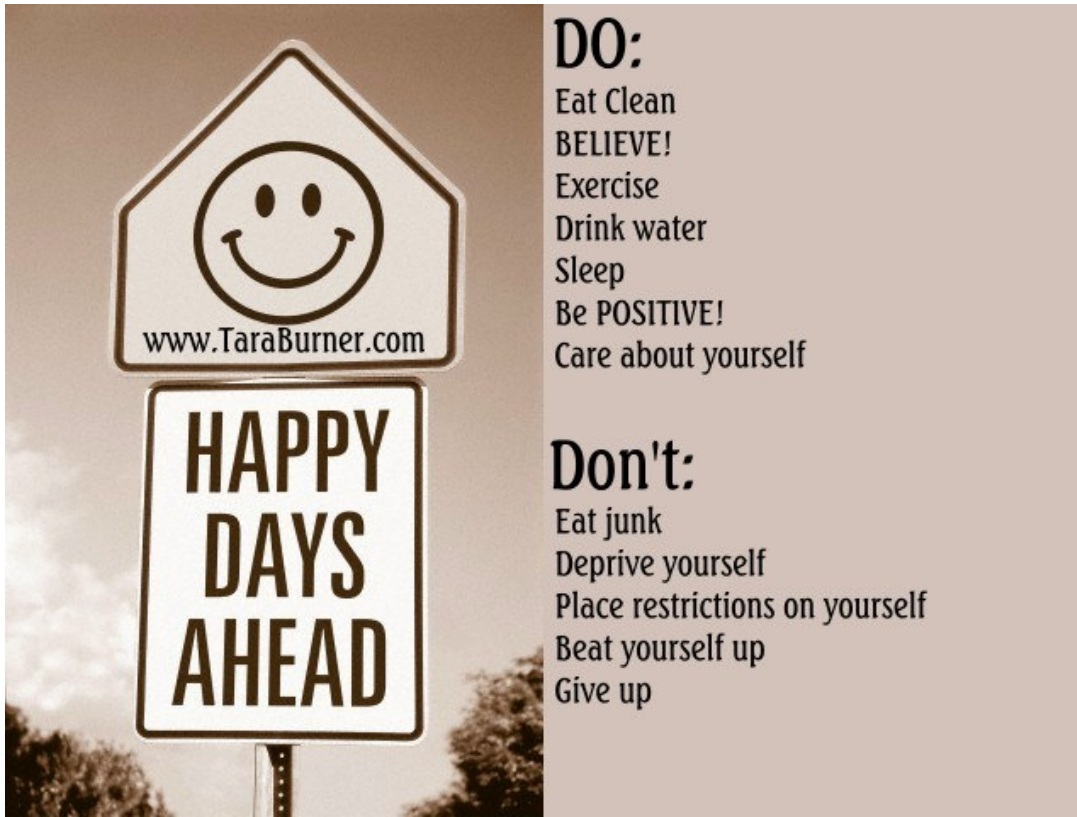
---

---

---

---

August 25



Accomplishing your goals requires more than just physical or mental focus on that specific goal.

Every area of your life, your thoughts all come into play in what you can do and how well you do it.

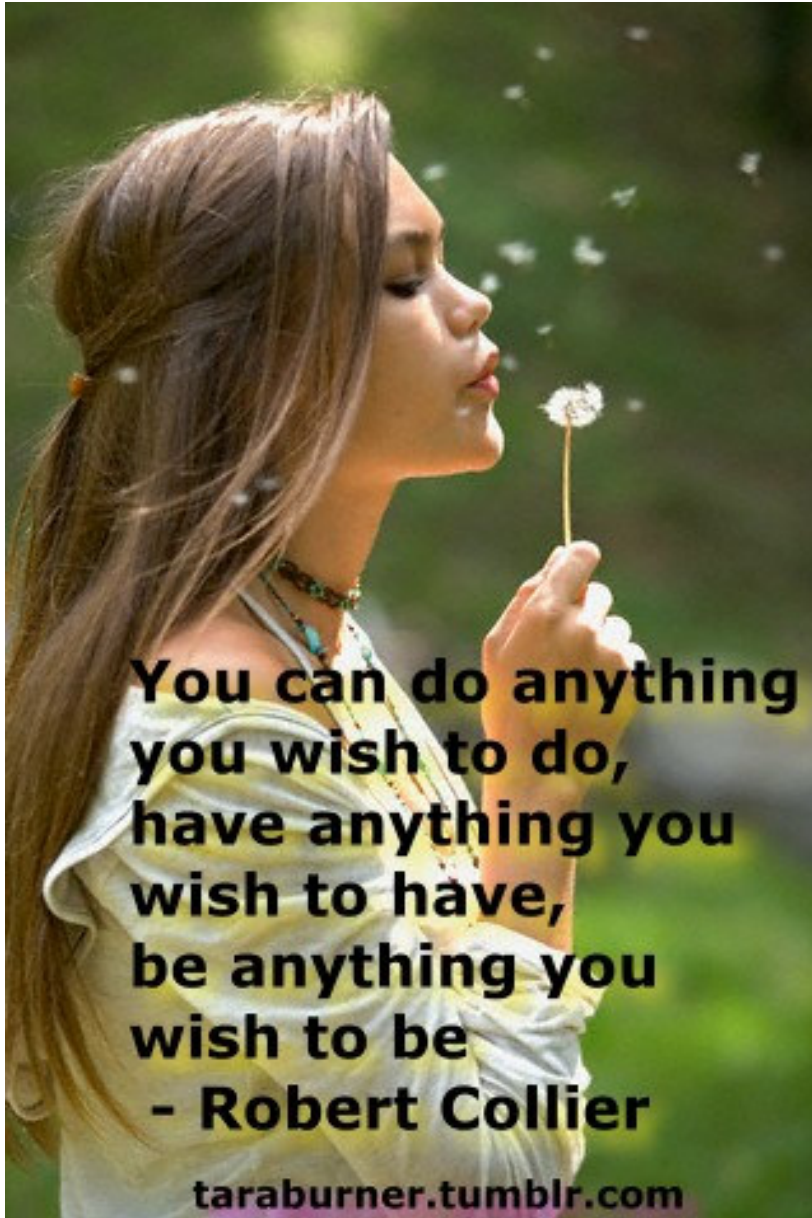
**Do at least 3 things under the DO category:**

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

August 26



Are the things you're working on accomplishing conducive to the quote above? \_\_\_\_\_

Stay focused on that and KNOW it!  
Memorize this quote!  
Live it!

August 27

# REMINDER TO SELF:

REPEAT THE FOLLOWING DAILY...

I AM BLESSED

I AM WONDERFULLY MADE

I AM UNIQUE

I AM MYSELF

I AM TRUE TO WHO I AM

I AM HAPPY

I AM LOVED

I AM WORTHY

I AM NEEDED

I AM SUCCESSFUL

I AM HEALTHY

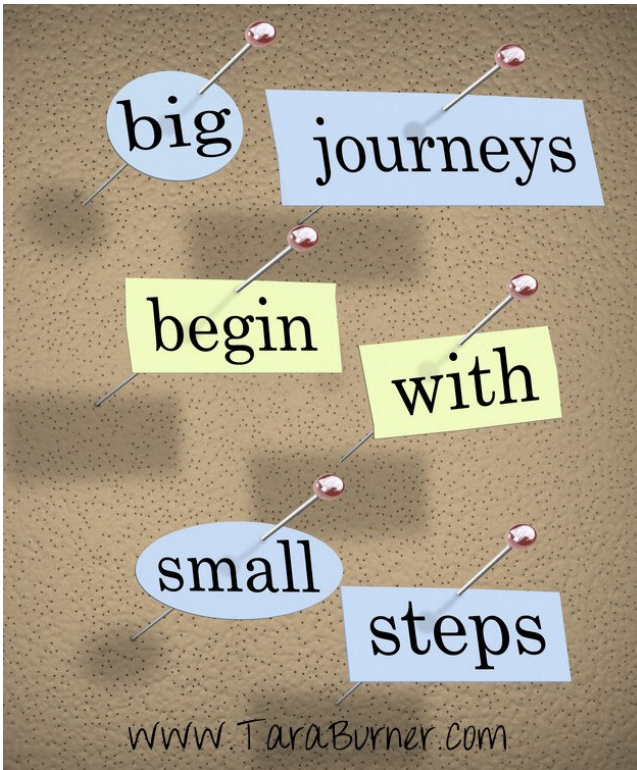
I AM LIVING THE LIFE I WAS MEANT TO

I AM EXACTLY WHERE I'M SUPPOSED TO BE

[WWW.TARABURNER.COM](http://WWW.TARABURNER.COM)

Repeat the above 3 times (or more) and really **BELIEVE!**

August 28



The end of August quickly approaches.  
Your journey isn't over.  
Yes, you've made progress.  
You've accomplished that!  
Yet, the journey continues.  
Remember to constantly take steps that will make you happy and lead you towards the life you want!

What will you do when this challenge is over?

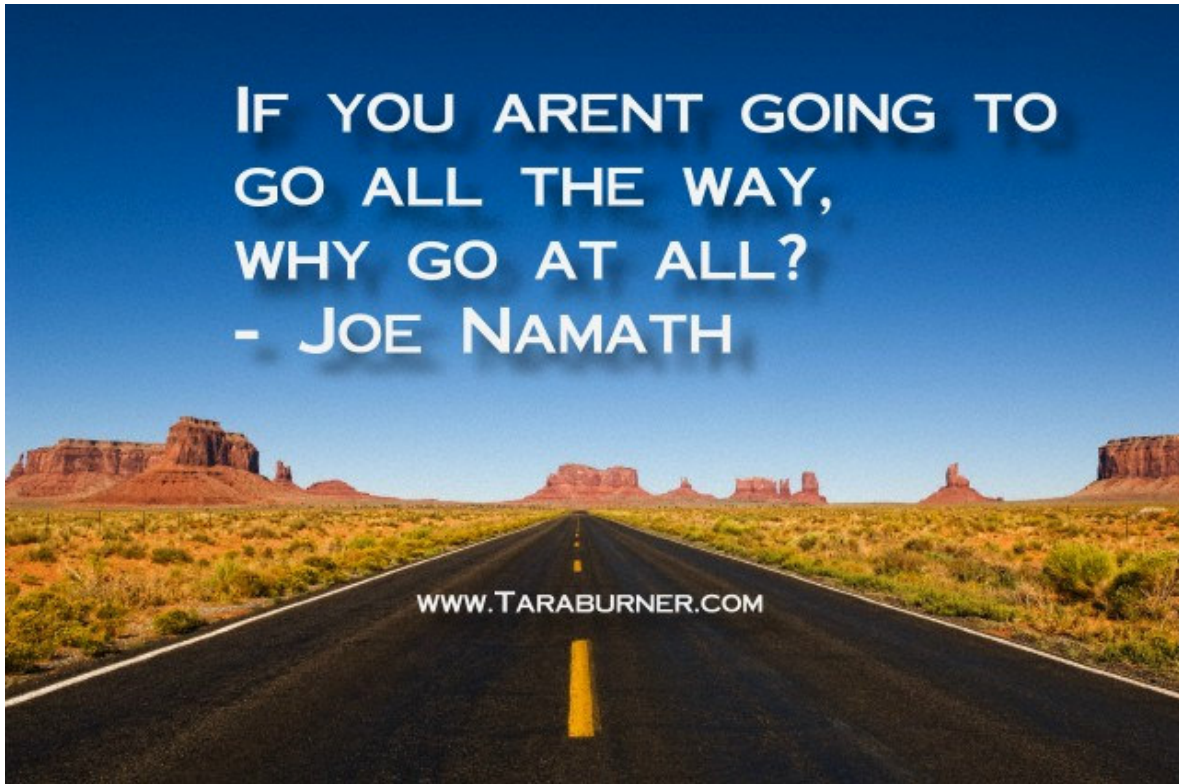
---

---

---

---

August 29



**You've got this!**

Don't give up now.

You're in the home stretch and I don't want to see you backslide or ease off now.

Stay focused and **go all the way!**

Write a few benefits you're experiencing by making progress and accomplishing your goals:

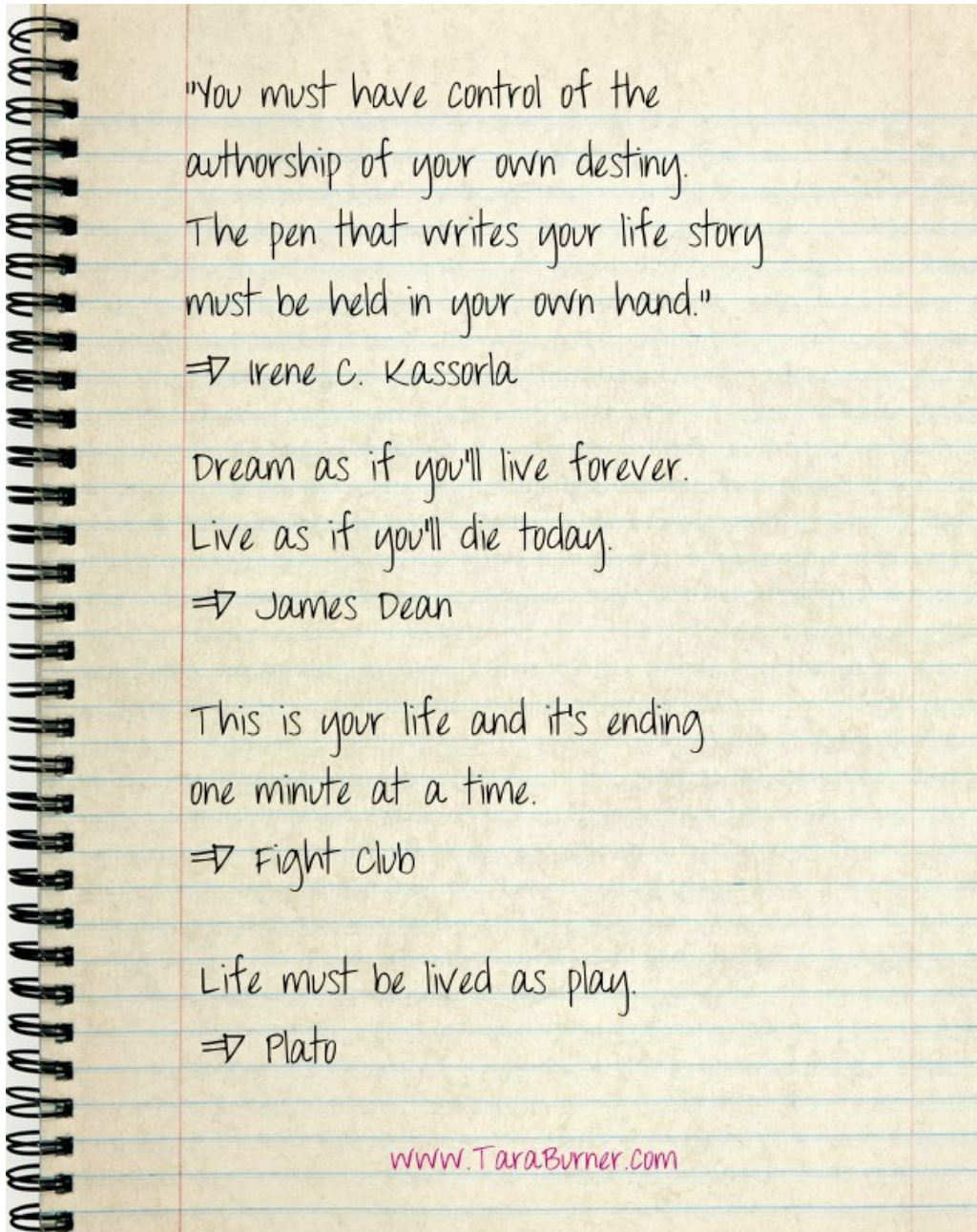
---

---

---

---

August 30



Full post is at <http://taraburner.com/motivating-thoughts/writing-your-life-story-what-are-you-writing.php>

What are YOU doing today to really **LIVE**?! \_\_\_\_\_

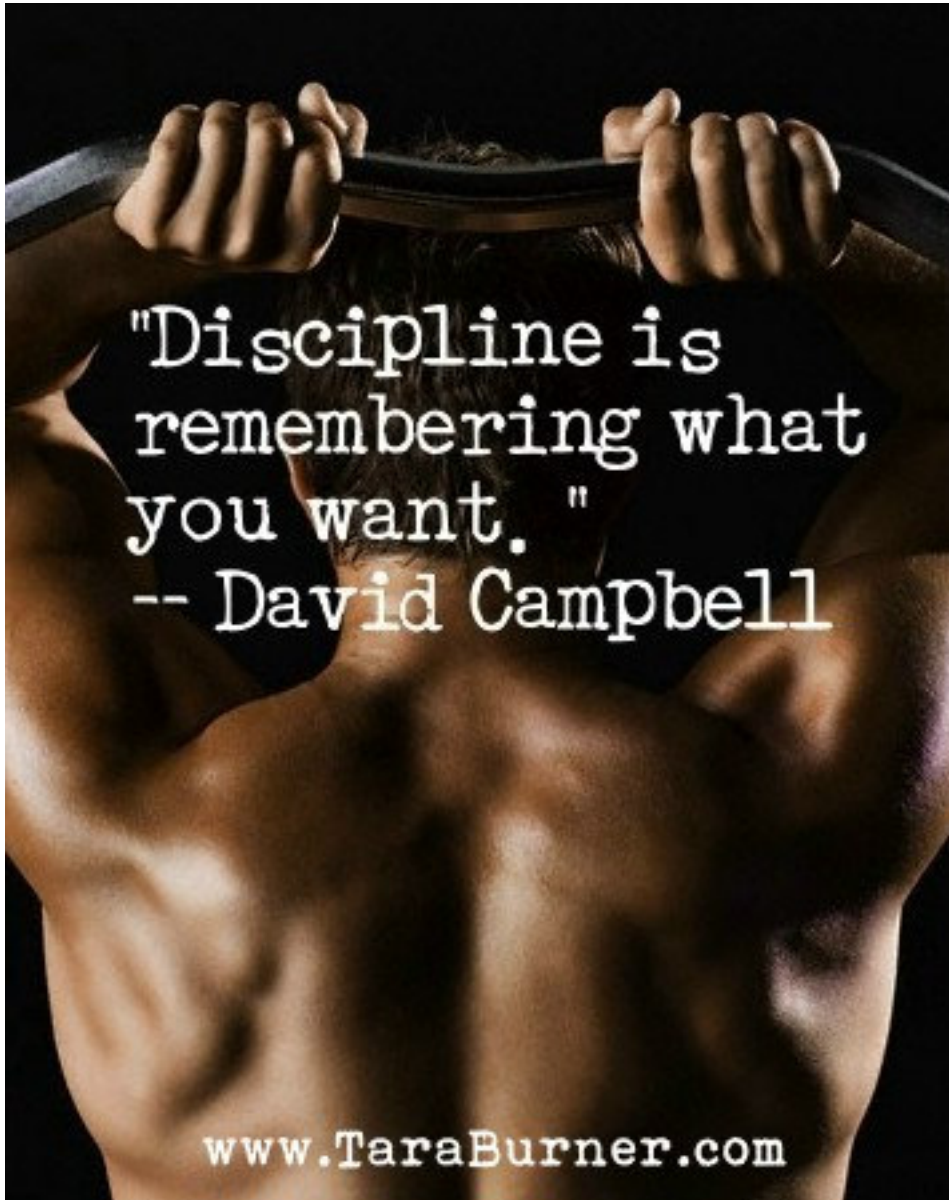
---



August 31

The month is at an end, you've made progress! Woot!!!

Now leave with this thought...



Remember the above quote when you want to quit or give up!

Conclusion:

**You did it!**

I know you would!

Congrats!

**You ROCK!**

If you need additional help or support email me at [tara@taraburner.com](mailto:tara@taraburner.com)

I do offer inspiration coaching, wellness coaching and other services at <http://www.taraburner.com/services>

**Now ENJOY your life and having accomplished your goals!**

