



WEEKLY CALENDER:

# Oola Business Builders

FITNESS, FINANCE, FAMILY, FIELD, FAITH, FRIENDS, FUN



Write down your small daily goals to get you to your OolaOne.

<p>mon</p> <p>goal achieved <input type="checkbox"/></p> <p><input type="checkbox"/> Oil diffused:</p> <p><input type="checkbox"/> Topical oil used:</p>	<p>tues</p> <p>goal achieved <input type="checkbox"/></p> <p><input type="checkbox"/> Oil diffused:</p> <p><input type="checkbox"/> Topical oil used:</p>	<p>wed</p> <p>goal achieved <input type="checkbox"/></p> <p><input type="checkbox"/> Oil diffused:</p> <p><input type="checkbox"/> Topical oil used:</p>	<p>thur</p> <p>goal achieved <input type="checkbox"/></p> <p><input type="checkbox"/> Oil diffused:</p> <p><input type="checkbox"/> Topical oil used:</p>	<p>fri</p> <p>goal achieved <input type="checkbox"/></p> <p><input type="checkbox"/> Oil diffused:</p> <p><input type="checkbox"/> Topical oil used:</p>	<p>sat</p> <p>goal achieved <input type="checkbox"/></p> <p><input type="checkbox"/> Oil diffused:</p> <p><input type="checkbox"/> Topical oil used:</p>	<p>sun</p> <p>goal achieved <input type="checkbox"/></p> <p><input type="checkbox"/> Oil diffused:</p> <p><input type="checkbox"/> Topical oil used:</p>
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ENVISION YOURSELF  
**DEBT FREE**  
 &  
**CROSSING**  
 THINGS OFF YOUR  
**BUCKET LIST**

YOU HAVE A HOPE AND A FUTURE AHEAD OF YOU

IF ONLY  
 YOU WILL WALK THE ROAD IT TAKES TO GET THERE

YOU ARE A  
**Diamond Rising**

**Step 1:** Fill out the Oola Wheel for the week (see your Oola mini for the questions)

**Step 2:** What is your OolaOne goal that you're working on?

**Step 3:** List the 3 important business tasks for this day

**Step 4:** Get at least 1 class a week on the calendar (even if it's with 1 person) Sharing oils = freedom

**Step 5:** Write down one of the time management tips you're going to implement this week

**Step 6:** Make a few small goals to get to the one large goal you have, write them down:

**Step 7:** Speak life over your business! (what is one thing you've said or heard today—that was positive business talk?)

**Oola Accelerators**

(circle the one you need most this week):

- Gratitude
- Love
- Discipline
- Integrity
- Passion
- Humility
- Wisdom

**Oola Blockers**

(circle the one you need to overcome):

- Fear
- Guilt
- Anger
- Self-sabotage
- Laziness
- Envy
- Focus



LIVE  
 OOLA