

# QUEST FOR DEEP JOY

## 12-WEEK PLAN

### WEEK 1

Setting the  
12-week goal  
– process & risks  
– your big WHY

### WEEK 2

### WEEK 3

### WEEK 4

### WEEK 5

### WEEK 6

### WEEK 7

### WEEK 8

### WEEK 9

### WEEK 10

### WEEK 11

### WEEK 12 & READY !!!

Your Roadmap,  
Your North Star,  
Your Daily Plan

Learning Plan