

6 Week Action Program Chart

Instructions: Put a check mark as you do each exercise as shown on the sample for Day One under *Played Achieving Intimacy*. Do your best to do each exercise every day. *Keeping* your commitment to do the exercises will assure your success!

WEEK 1	Mon (1)	Tues (2)	Wed (3)	Thurs (4)	Fri (5)	Sat (6)	Sun (7)
Played <i>Achieving Intimacy</i>	✓						
Read 1 <i>Love Power</i>							
Meditated							
Made Daily Journal Entry							
Believed My <i>Love Power</i>							
Treated Myself							

WEEK 2	Mon (1)	Tues (2)	Wed (3)	Thurs (4)	Fri (5)	Sat (6)	Sun (7)
Played <i>Achieving Intimacy</i>							
Made Daily Journal Entry							
Read 1 <i>Love Power</i>							
Meditated							
Believed My <i>Love Power</i>							
Treated Myself							

WEEK 3	Mon (1)	Tues (2)	Wed (3)	Thurs (4)	Fri (5)	Sat (6)	Sun (7)
Played <i>Achieving Intimacy</i>							
Read 1 <i>Love Power</i>							
Meditated							
Made Daily Journal Entry							
Believed My <i>Love Power</i>							
Treated Myself							

Love Secrets, Falling in Love & Staying in Love

WEEK 4	Mon (1)	Tues (2)	Wed (3)	Thurs (4)	Fri (5)	Sat (6)	Sun (7)
Played <i>Achieving Intimacy</i>							
Read 1 <i>Love Power</i>							
Meditated							
Made Daily Journal Entry							
Believed My <i>Love Power</i>							
Treated Myself							

WEEK 5	Mon (1)	Tues (2)	Wed (3)	Thurs (4)	Fri (5)	Sat (6)	Sun (7)
Played <i>Achieving Intimacy</i>							
Read One <i>New Thought</i>							
Meditated							
Made Daily Journal Entry							
Believed My <i>Love Power</i>							
Treated Myself							

WEEK 6	Mon (1)	Tues (2)	Wed (3)	Thurs (4)	Fri (5)	Sat (6)	Sun (7)
Played <i>Achieving Intimacy</i>							
Read 1 <i>Love Power</i>							
Meditated							
Made Daily Journal Entry							
Believed My <i>Love Power</i>							
Treated Myself							

For your convenience and for keeping the pages of your book clean, please download a copy of the *6 Week Action Program Chart* at www.marriage-works.ca and go to the *Love Secrets* downloads.