

Your
SUCCESS SUNDAY
GUIDE

+ LINKS TO MY FAVORITE
CROCKPOT RECIPES



Let's ditch the Sunday Scaries and
start crushing our goals

BY PAIGE TRUETT

If you want to actually hit your weekly goals and not have to rely on self control so much, then you need this guide in your life.

Not just in my own personal life but also in many of my clients success stories, they won at their goals not because it was by luck or chance but because they PLANNED to win at them. This guide is going to help you get started on your own personal transformation journey and actually start hitting those goals and making sure that taking care of the body God gave you happens each week. .



important tip

Success goes to the DOERS. So remind yourself this does not have to be all or nothing. Start using what time you have (even if it is only 5 minutes) to set yourself up to succeed. Don't let the week control you. You control it.

Once you start implementing any of these ideas into your weekly routine, please shoot me a DM on instagram (@thebalancedpaige) and share your win with me!



3 Quick Benefits of Success Sunday

1. Less decision fatigue. We all have about a million tasks and decisions to make each week. Having a plan for the week will take the guess work out and help you feel more in control.
2. You will have all the self control you need. When we have a plan, it is easier to stick to the plan than just hoping to have the will power or “winging” it.
3. You will save time. You will spend less time preparing food, making multiple grocery store trips, and wasting time trying to make a decision.



The best way to predict success is to create the habits that make it inevitable.

Here are 7 ways to outdo the Sunday Scaries:

1. Simply sitting down, looking at the week ahead, and making a plan for your meals, your Bible studies, and your workouts/walks that fits into your schedule can be a GREAT place to start. .
 2. Schedule in when you are going to get your movement, workouts, walks, etc in. Make it an appointment on your calendar.
 3. Spend 5-10 minutes prepping an easy breakfast (like overnight oats- I can make 4-5 in 5 minutes) or an easy lunch like wraps or sandwiches.
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4. If you have more time, spend 30-45 minutes prepping all breakfasts, lunches, and washing veggies and fruits for the week. Check out my [Quick & Easy Meal Prep Guide](#) for ideas.
 5. Lay out your workouts clothes, work clothes, and any other items needed for the week all on Sunday.
 6. Invite a friend, family member, or coworker to join you in planing and prepping or by simply just holding each other accountable.
 7. REST TODAY. We will have less energy, more stress, and less will power if we are not making sure we are recharging our bodies through intentional rest.
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Favorite Crockpot Recipes for those busy weeks

Soup Recipes

[Creamy High Protein Chicken](#)

[Enchilada Soup](#)

[Lasagna Soup](#)

[Taco Soup \(with beef\)](#)

[Beef Vegetable Soup](#)

Chicken Recipes

[Crockpot Italian Chicken & Mushroom
Recipe](#)

[Crockpot BBQ Pulled Chicken](#)

[Southwest Chicken](#)

Beef Recipes

[Slow Cooker Steak Fajitas](#)

[Slow Cooker Garlic Butter Beef Bites
w/Potatoes](#)

[Crockpot Beef & Broccoli](#)

Favorite Instant Pot Recipes

[Instant Pot Beef Roast](#)

[Instant Pot Honey Garlic Chicken](#)

[Instant Pot Burrito Bowls](#)

Conclusion and Next Steps

Like I said, **success comes to the doers**. This guide is only good if you take action and actually implement a few of the suggestions I mentioned.

Which one will you choose to do this Sunday? Let me know on IG which one you are starting with 😊



I help Christian women over 30 transform their relationship with their bodies—from frustration to seeing themselves as strong, fueled, and beautifully created by God—without extreme workouts or cutting carbs.

If you need a coach in your corner, let's chat ☎ Fill out the application and I will get back with you shortly.

Thank you!

hello@thebalancedpaige.com
www.thebalancedpaige.com
