



Change your Rituals Change your Live!



LADY
LOG

Mae Belteyn

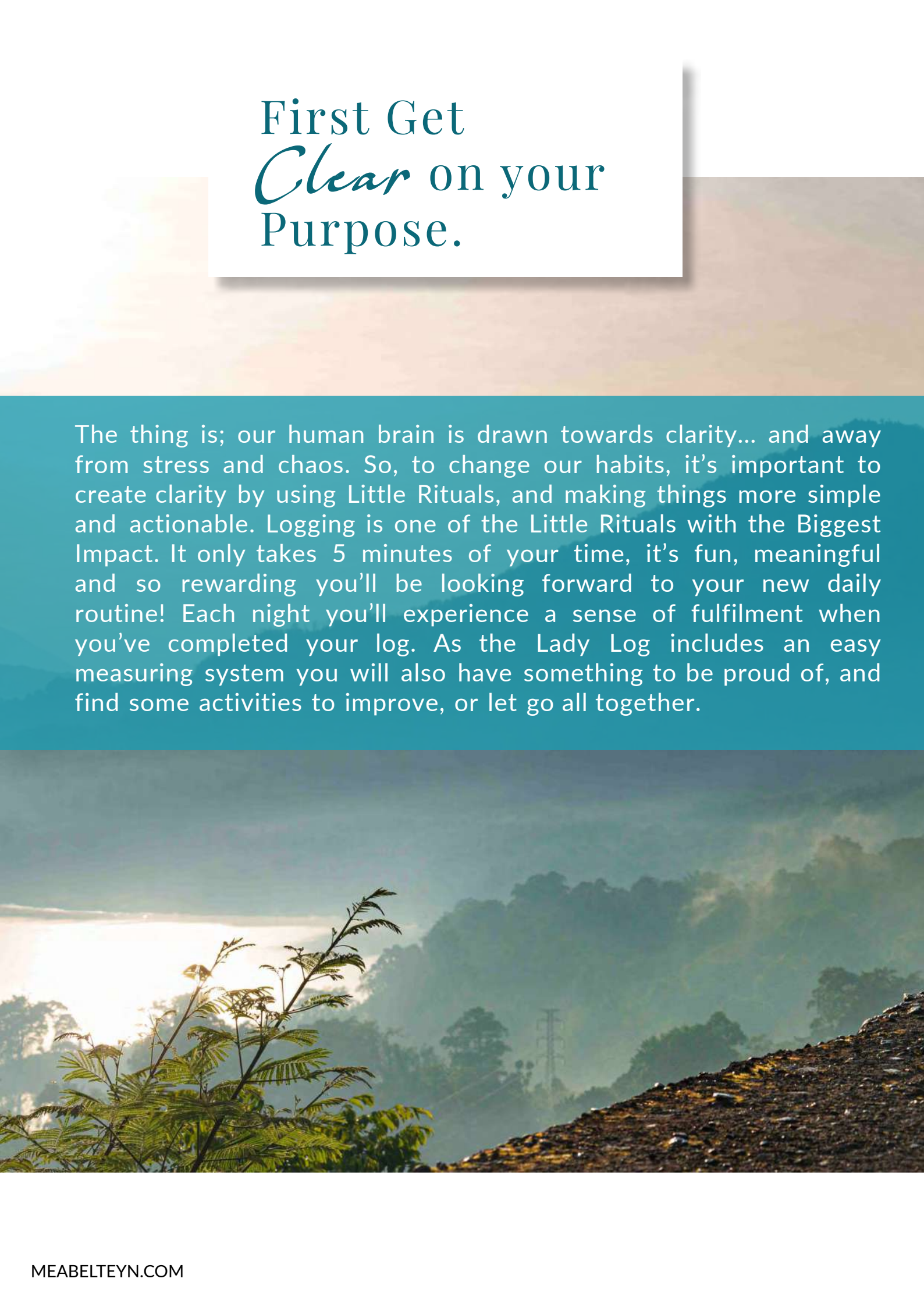




“You’re here to live your
purpose. Change your
Rituals, Change your *Life*.
Let’s do this! Together”.

Welcome!

I’m so happy you’re here, and you’ve downloaded your free introduction version of the Lady Log. Just for doing so I know you’re an action taker, and you’re probably the kind that is a soulshaker & gamechanger too. Right?! Well, this Ritual Tracker will help and support you in creating your own Ritual Routine so it will be easy, fun and effortless for you to install your Healthy Habits starting today!



First Get *Clear* on your Purpose.

The thing is; our human brain is drawn towards clarity... and away from stress and chaos. So, to change our habits, it's important to create clarity by using Little Rituals, and making things more simple and actionable. Logging is one of the Little Rituals with the Biggest Impact. It only takes 5 minutes of your time, it's fun, meaningful and so rewarding you'll be looking forward to your new daily routine! Each night you'll experience a sense of fulfilment when you've completed your log. As the Lady Log includes an easy measuring system you will also have something to be proud of, and find some activities to improve, or let go all together.



Find & Follow
your *Own*
Rhythm

This free version of the Lady Log covers the Core Rituals only

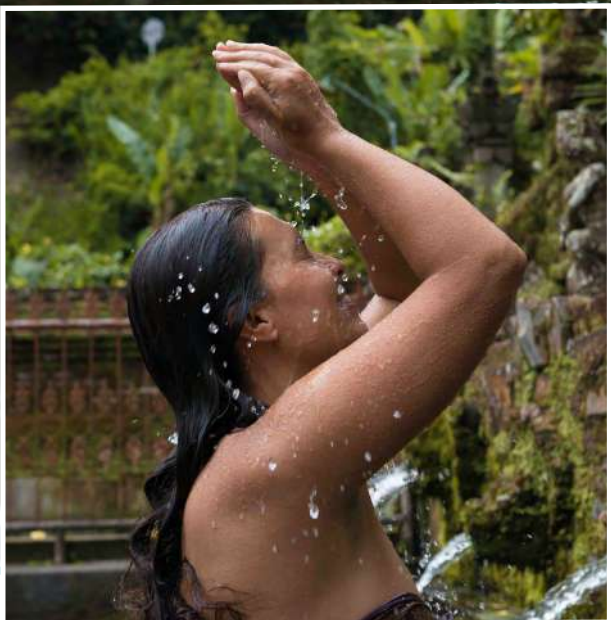
And that's a good thing actually, because it will help you to focus on getting your foundation in check before choosing and creating new Little Rituals to easily achieve goals in other areas. The Core Rituals are about eliminating stress, finding and following your own rhythm and increasing your energy by doing so. See, in today's world, most people don't have these basic rituals in place.

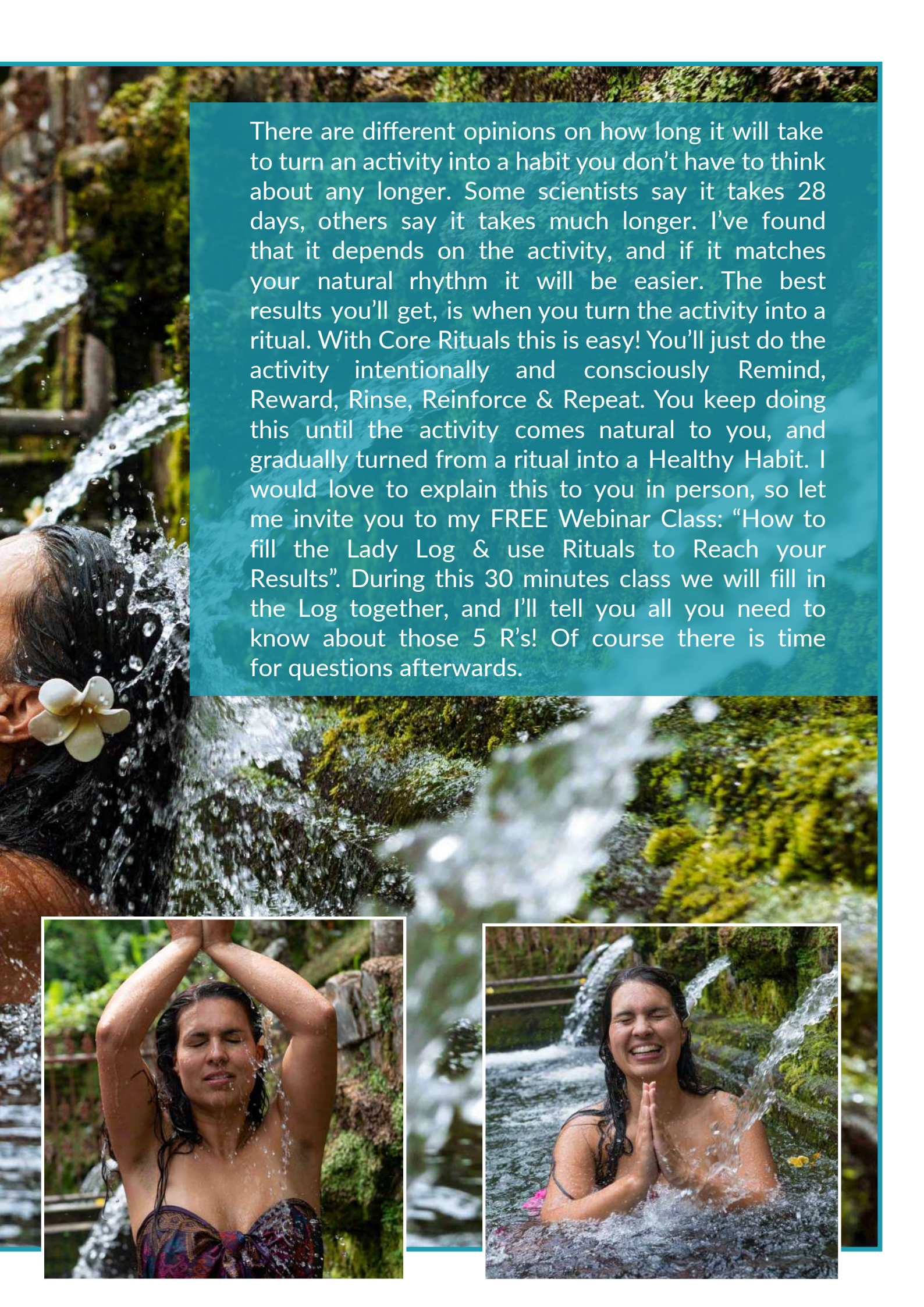




Due to electric lighting, the internet, mobile phones, Netflix and all, lots of things are on demand 24/7... and so are you. It has become hard to follow a natural rhythm, and most of us have lost our own personal rhythm with it. When you have your Core Rituals in place, you are naturally setting yourself up for success because you are restoring your personal rhythm. It's like the foundation that will carry and support all the rituals that you want to built on top. Practicing your Core Rituals will also boost your confidence and commitment, as you get to celebrate all the small wins every time you do them.

REMIND,
REWARD,
RINSE
REINFORCE
&
REPEAT





There are different opinions on how long it will take to turn an activity into a habit you don't have to think about any longer. Some scientists say it takes 28 days, others say it takes much longer. I've found that it depends on the activity, and if it matches your natural rhythm it will be easier. The best results you'll get, is when you turn the activity into a ritual. With Core Rituals this is easy! You'll just do the activity intentionally and consciously Remind, Reward, Rinse, Reinforce & Repeat. You keep doing this until the activity comes natural to you, and gradually turned from a ritual into a Healthy Habit. I would love to explain this to you in person, so let me invite you to my FREE Webinar Class: "How to fill the Lady Log & use Rituals to Reach your Results". During this 30 minutes class we will fill in the Log together, and I'll tell you all you need to know about those 5 R's! Of course there is time for questions afterwards.



I know! You skipped a few pages, checked the Tracker Circles and you're probably thinking: "That's great, Mae... But, fifteen rituals? How on earth do I find the time to do all that?!" I totally understand! And please know you're not alone! I still struggle living in our rat race society. Sometimes I feel like one of those eight armed goddesses, passionately struggling to keep all 'balls' flying through the air. My life is a beautiful mess - probably just like yours. The last thing we need is more things to add to our 'to-do'-list...

But trust me, day after day, rituals are my saving grace... My catalyst for change. They give a meaningful structure to my days and truly transformed my Pain to Power. I know it sounds like a lot, but we're talking about Little Rituals here! Filling in the Lady Log will not take you more than 5 minutes, and will end up saving you time. Promised!

I empower Heart Driven & Purpose Powered women, who want to grow, make a difference AND have fun. That's why I created this Lady Log for you. Yes... for YOU! You're here for a reason. You're ready to take Personal Leadership over your life so you will have more balance and energy to do the things you're born for.

So, make yourself a nice herbal tea, get comfy and let me teach you how to use The Lady Log.

If you haven't done so already hop over to The Lady Leaders Academy for my FREE mini-course "Little Rituals to Live the Life you Love". My gift to you!

button [Click & Access the mini-course!]

If you've already watched the videos there and you're ready to deep dive into The Lady Log, it's time to join my 30 minutes online class. We will fill in the Log together, and I'll teach you how easy it is to use this life changing journal.

FREE Webinar Class: "How to fill the Lady Log & use Rituals to Reach your Results"

Button [Click & Save your Seat]



nae Beltey



The Ritual Route

START ROUTE KICK OFF 1

What do you want to achieve this month? Use the R.A.P. to Rock keymodel to define it:

R. ESULT

A. MBITION

P. LAN OF ACTION

Sub-result week 1

Sub-result week 2

Sub-result week 3

Sub-result week 4

Now pick the Little Rituals that would help you to reach your results. It's best if they match the sub-results written in your Plan of action. Just list the Little Rituals you've chosen below, and don't forget to write down the Reminder to trigger your Ritual & the Reward for completing it.

Rituals

Reminder

Reward

1.
2.
3.

YOU

1.
2.
3.

LOVER

1.
2.
3.

MOTHER

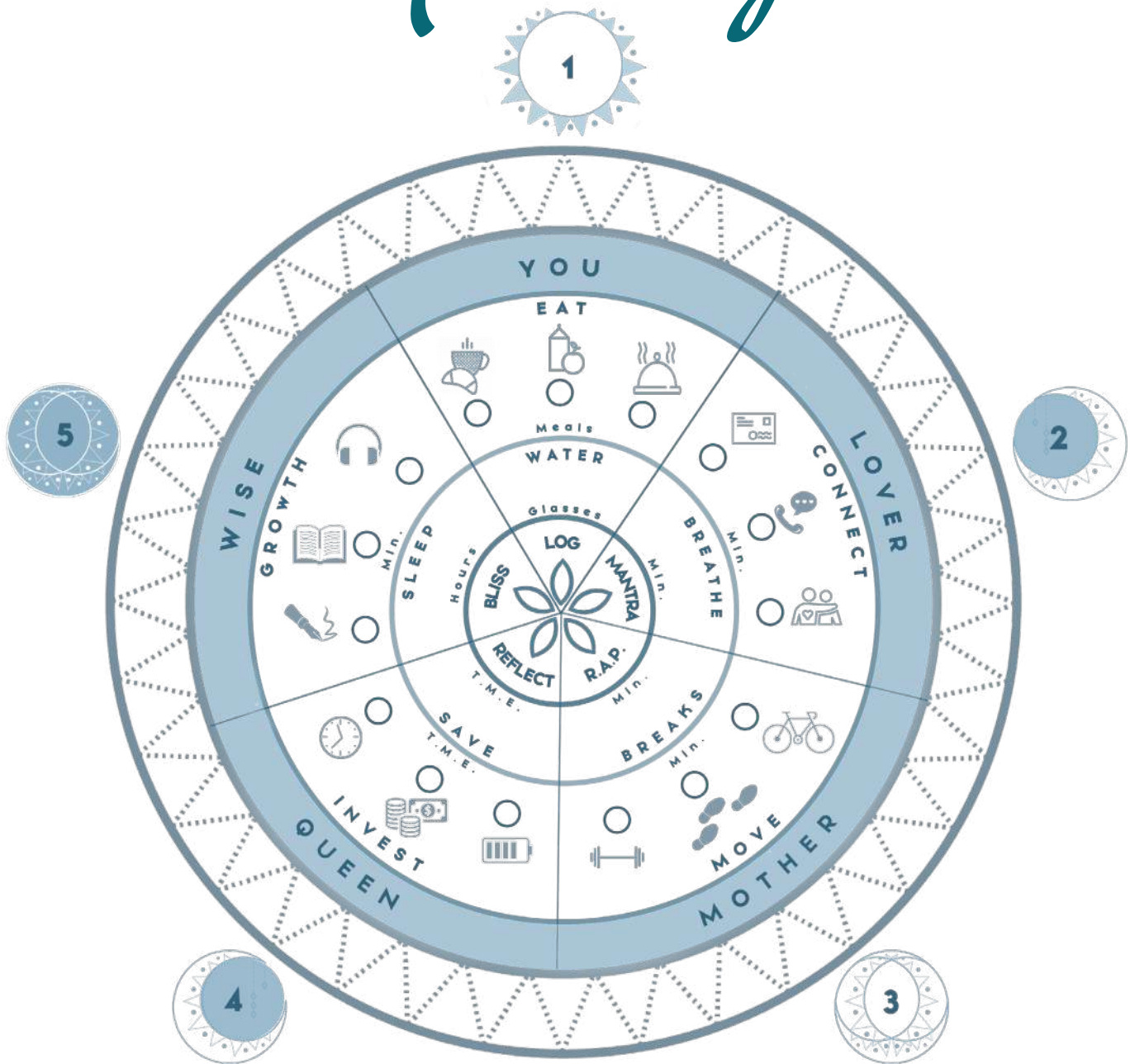
1.
2.
3.

QUEEN

1.
2.
3.

WISE

Monday



Assess your achievements, take a moment to experience how they make you feel and Rinse

Rinse & Reinforce

CORE RITUALS

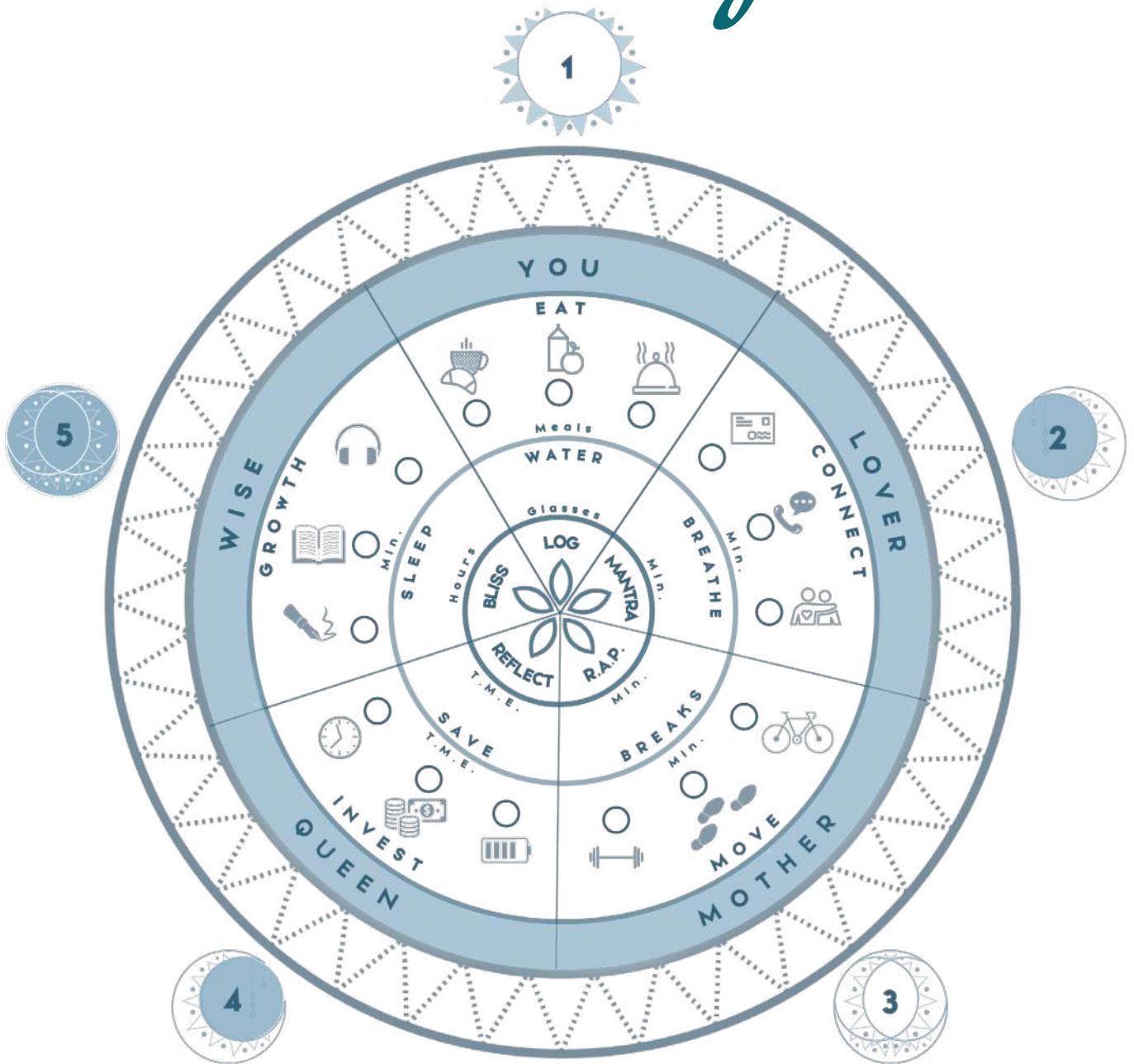
LOVED ONES

LITTLE THINGS

LARGER THAN LIFE

Track your Little Rituals, start in the center and work outwards

Tuesday



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Rinse & Reinforce

CORE RITUALS

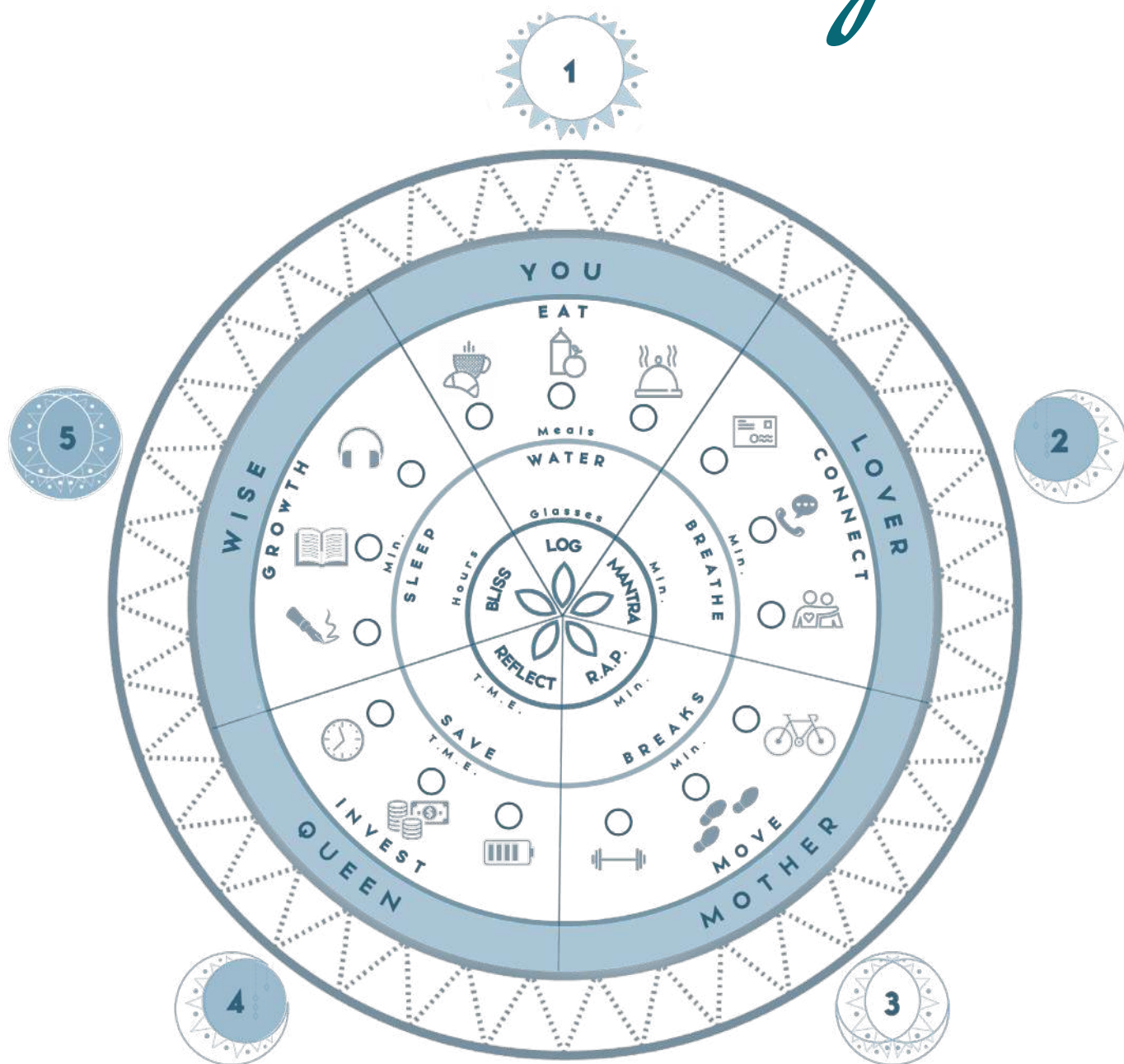
LOVED ONES

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Track your Little Rituals, start in the center and work outwards

Wednesday



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Rinse & Reinforce

CORE RITUALS

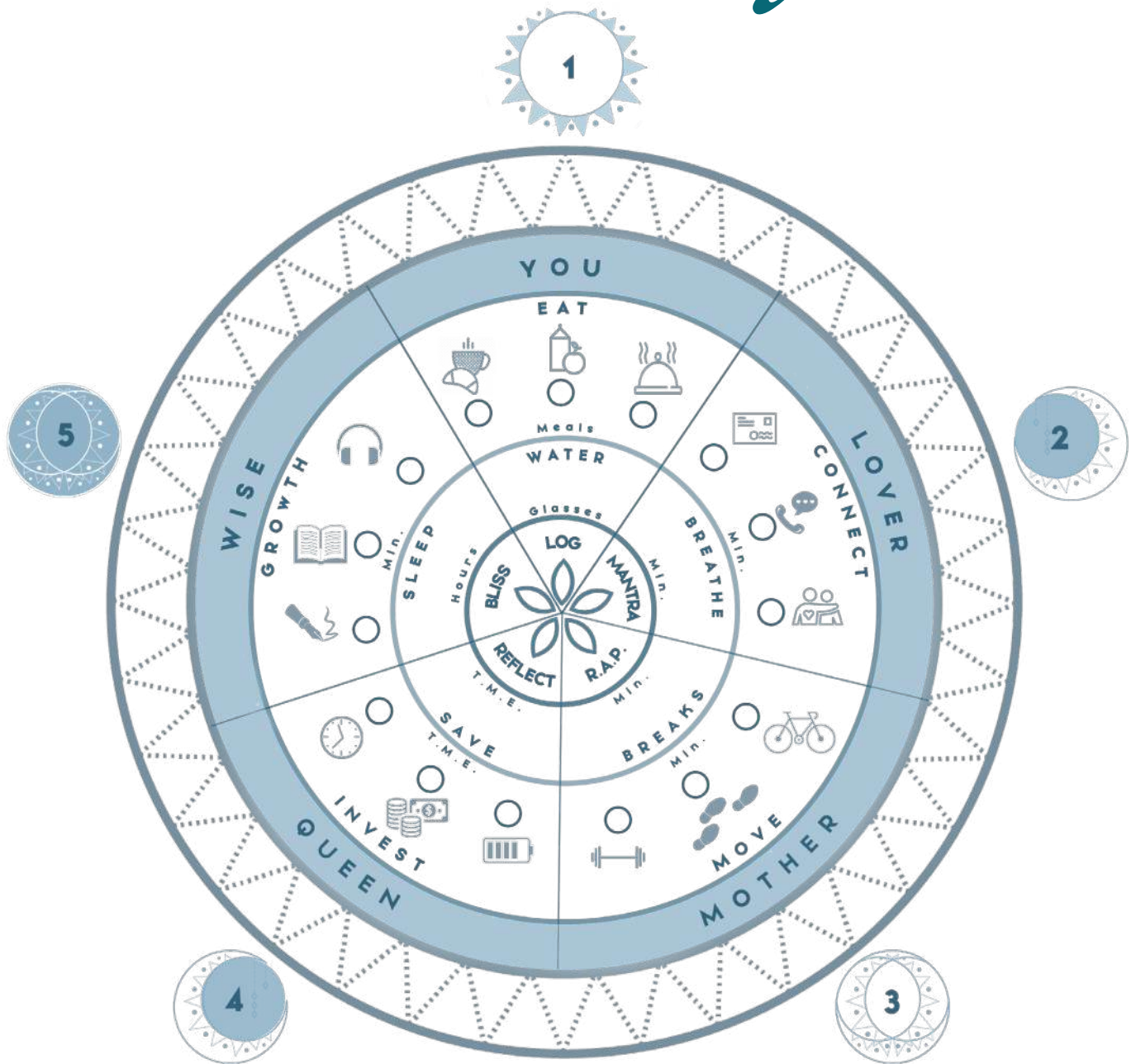
LOVED ONES

LITTLE THINGS

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Track your Little Rituals, start in the center and work outwards

Thursday



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Rinse & Reinforce

CORE RITUALS

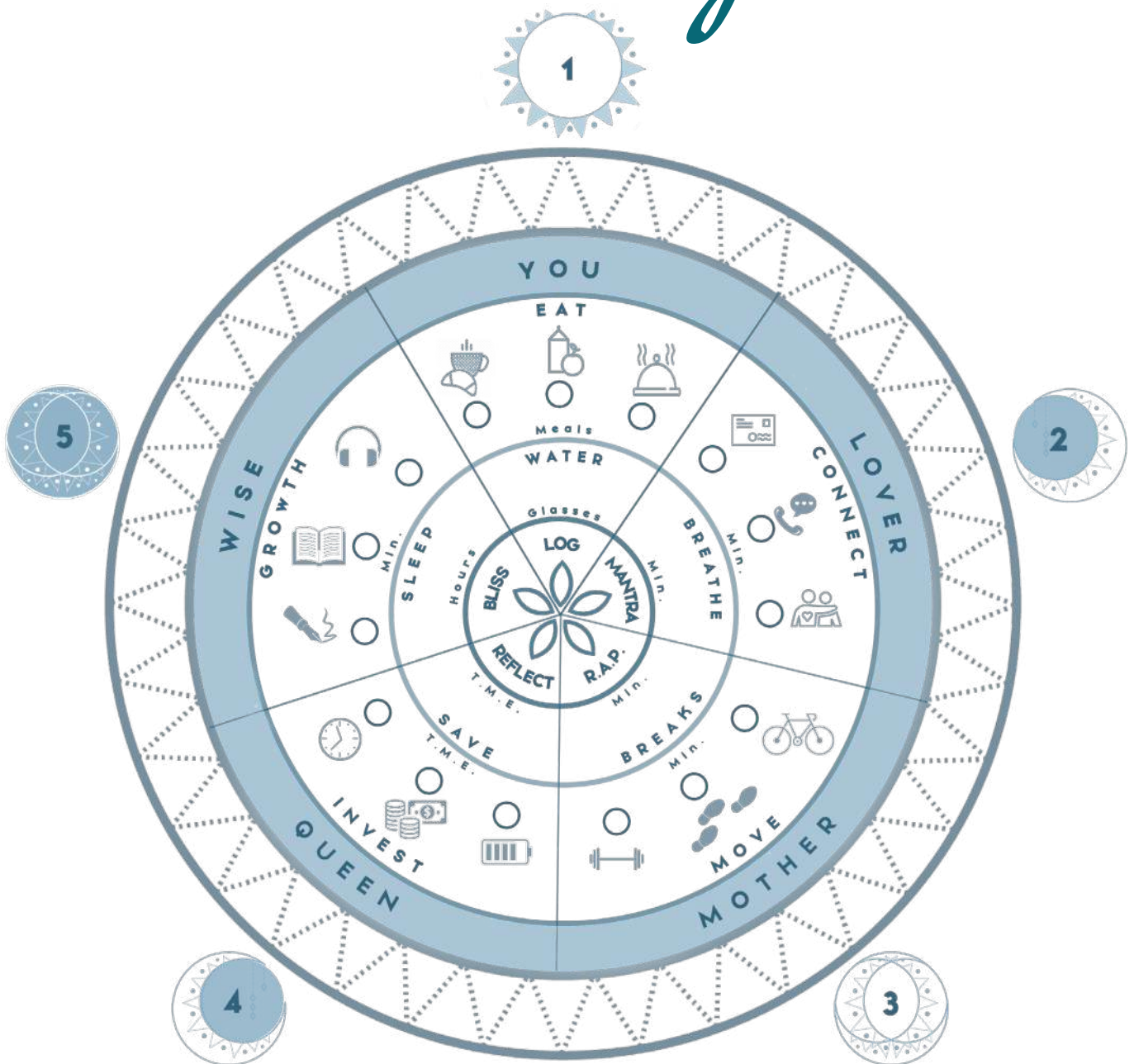
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Friday



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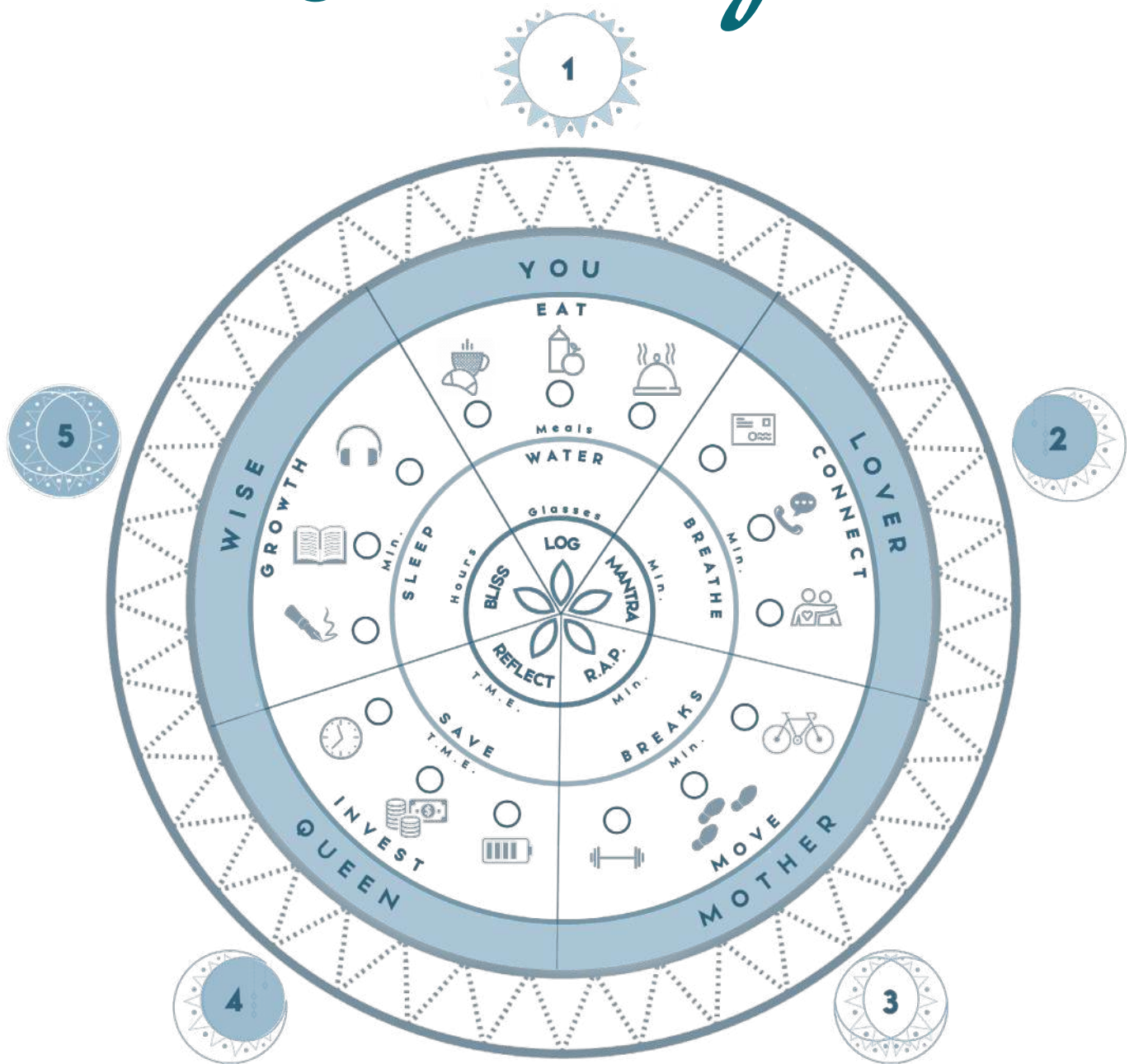
LOVED ONES

LITTLE THINGS

LARGER THAN LIFE

Track your Little Rituals, start in the center and work outwards

Saturday



Assess your achievements, take a moment to experience how they make you feel and Rinse

Rinse & Reinforce

CORE RITUALS

LOVED ONES

LITTLE THINGS

LARGER THAN LIFE

Track your Little Rituals, start in the center and work outwards

Weekly Route

RE-EVALUATE YOUR RESULTS, RINSE & REINFORCE

RESULTS

Review last week Results. On a scale from 1 to 5 how succesful have you been?

Unsuccesful 1 2 3 4 5 Very succesful

RINSE

Take a moment to exeperience how your results make you feel

What are your TOPS

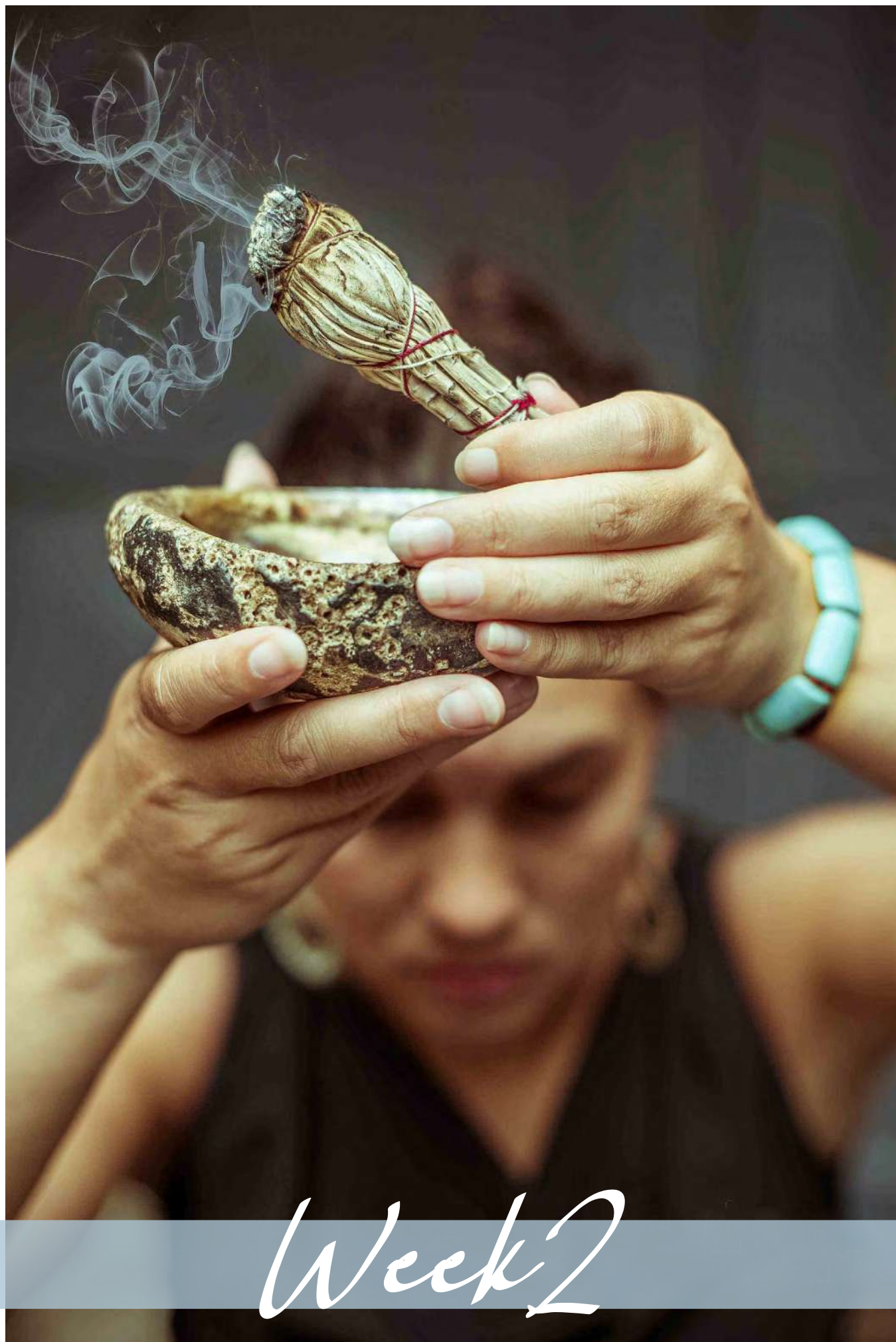
What are your TIPS?

Did you Rinse? YES/NO

REINFORCE

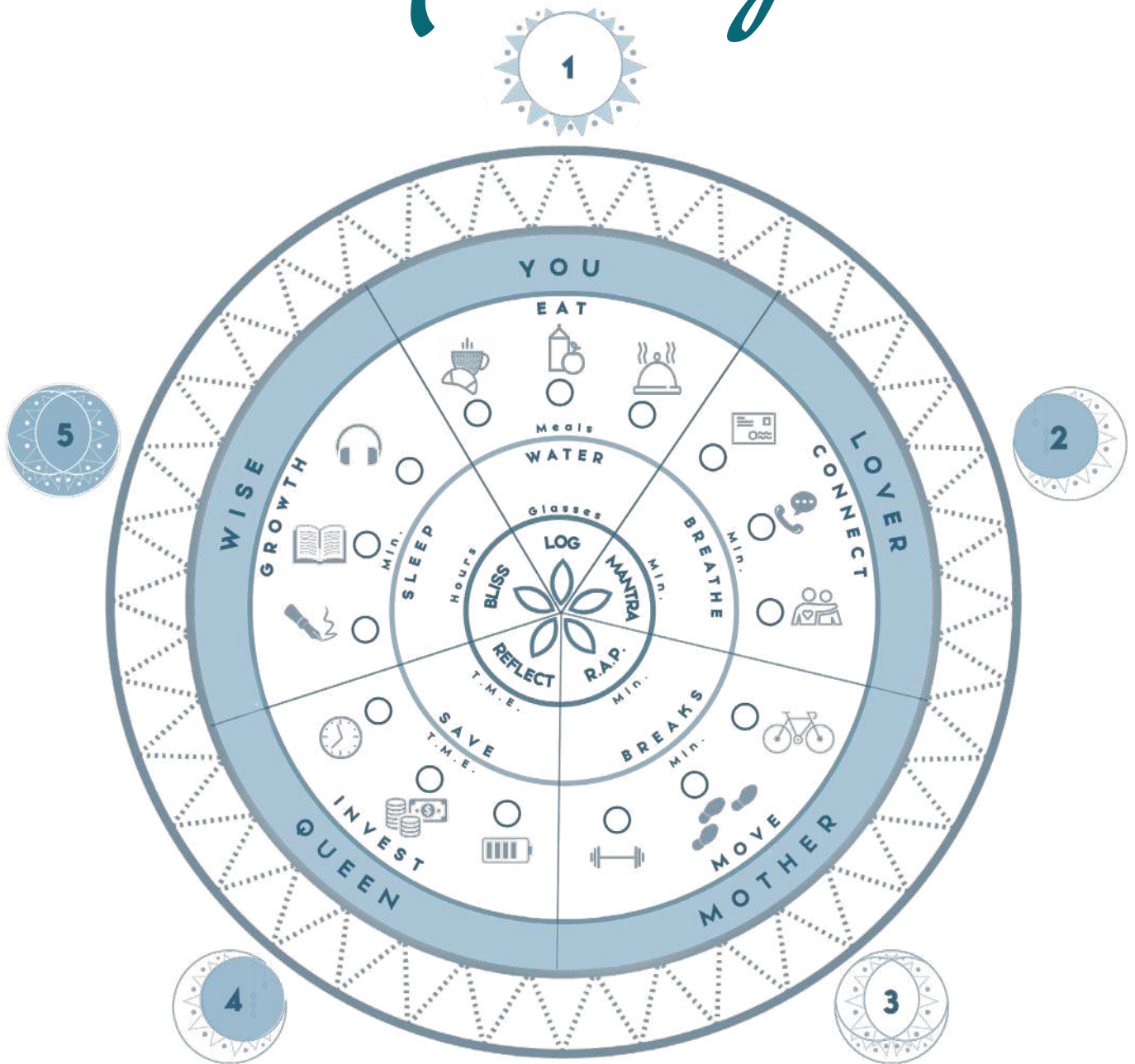
Celebrate your achievements, take a moment to be grateful for your results & Reinforce

Notes



Week 2

Monday



Assess your achievements, take a moment to experience how they make you feel and Rinse

Rinse & Reinforce

CORE RITUALS

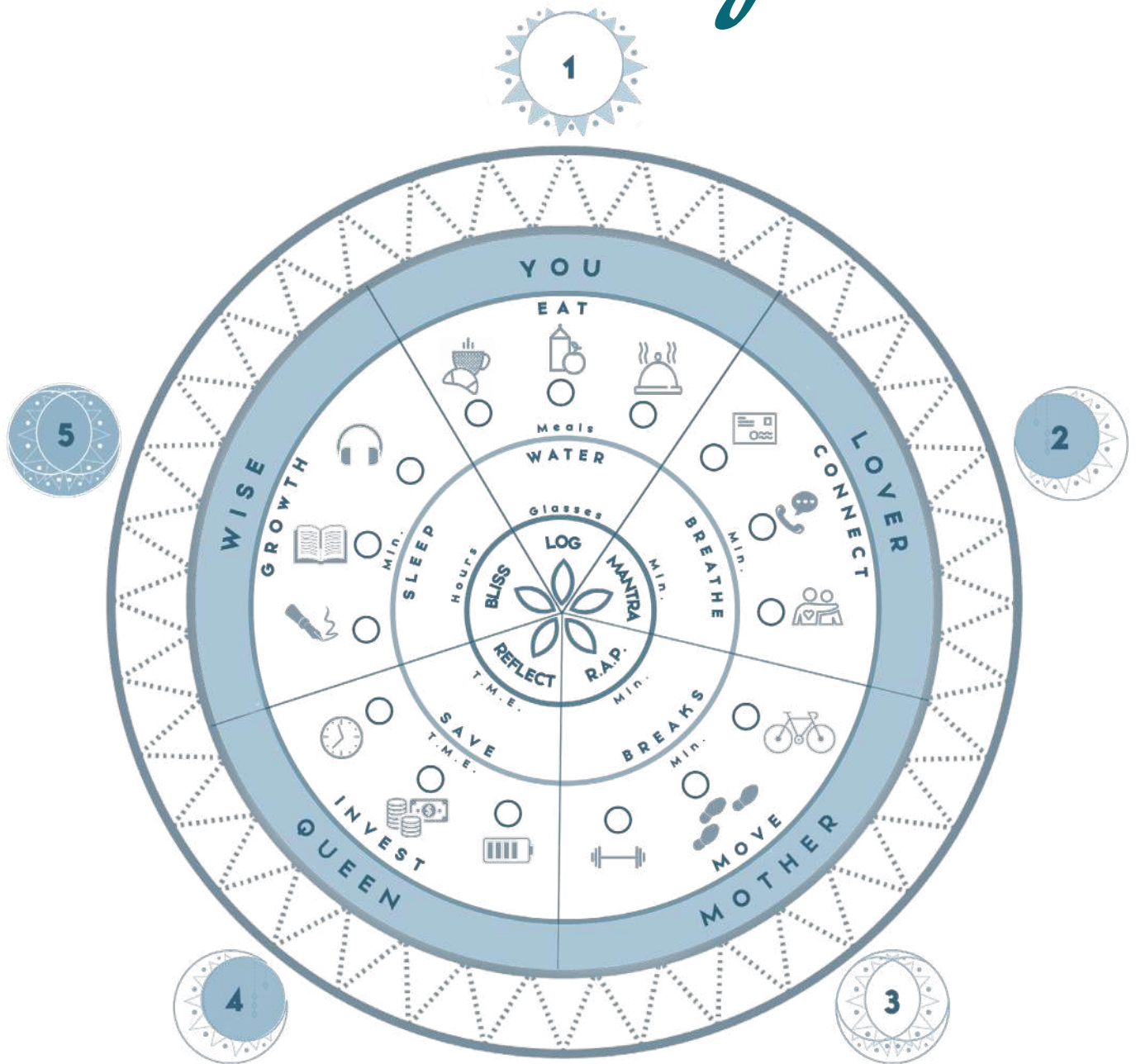
LOVED ONES

LITTLE THINGS

LARGER THAN LIFE

Track your Little Rituals, start in the center and work outwards

Tuesday



Assess your achievements, take a moment to experience how they make you feel and Rinse

Rinse & Reinforce

CORE RITUALS

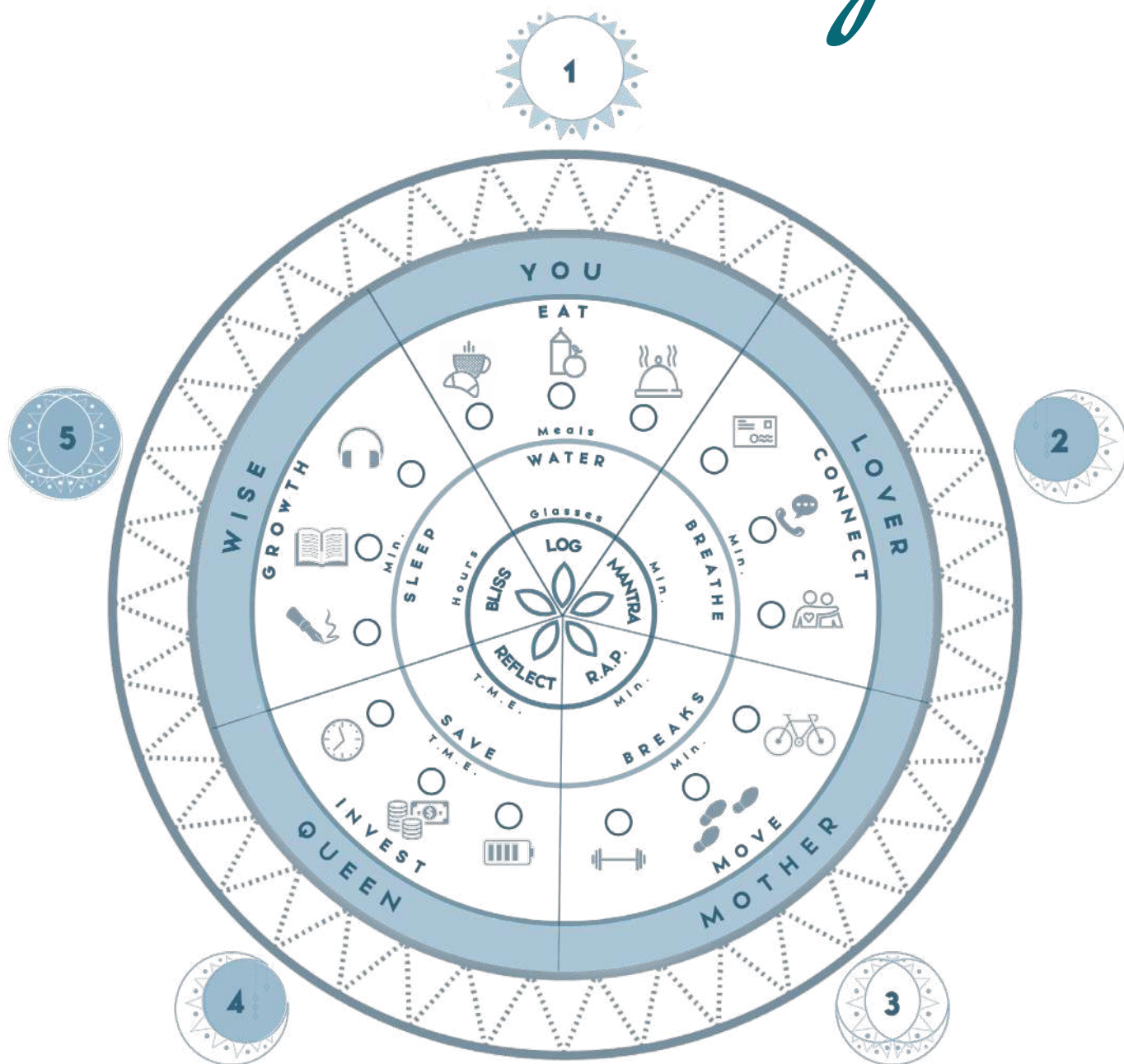
LOVED ONES

LITTLE THINGS

LARGER THAN LIFE

Track your Little Rituals, start in the center and work outwards

Wednesday



Assess your achievements, take a moment to experience how they make you feel and Rinse

Rinse & Reinforce

CORE RITUALS

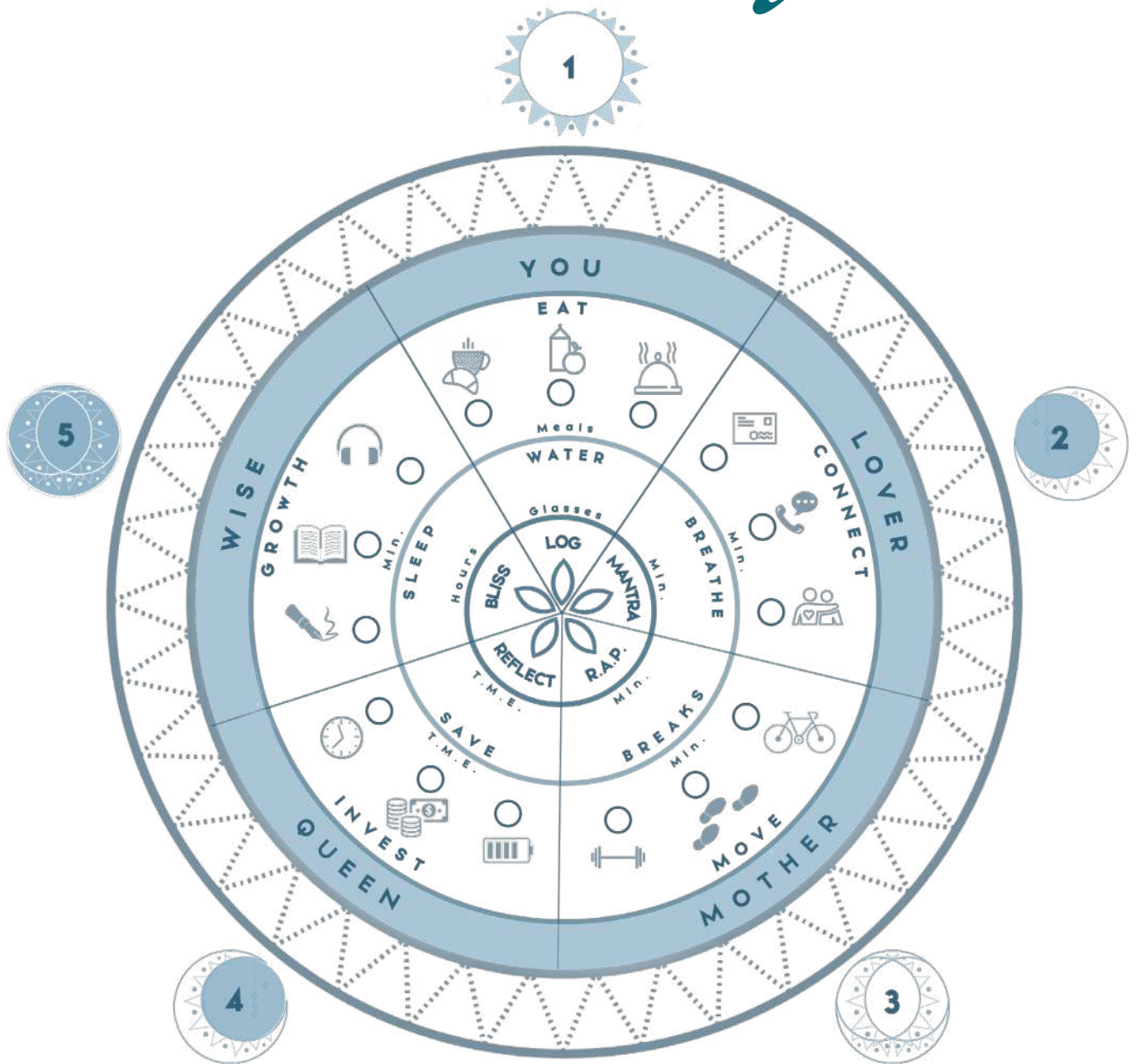
LOVED ONES

LITTLE THINGS

LARGER THAN LIFE

Track your Little Rituals, start in the center and work outwards

Thursday



Assess your achievements, take a moment to experience how they make you feel and Rinse

Rinse & Reinforce

CORE RITUALS

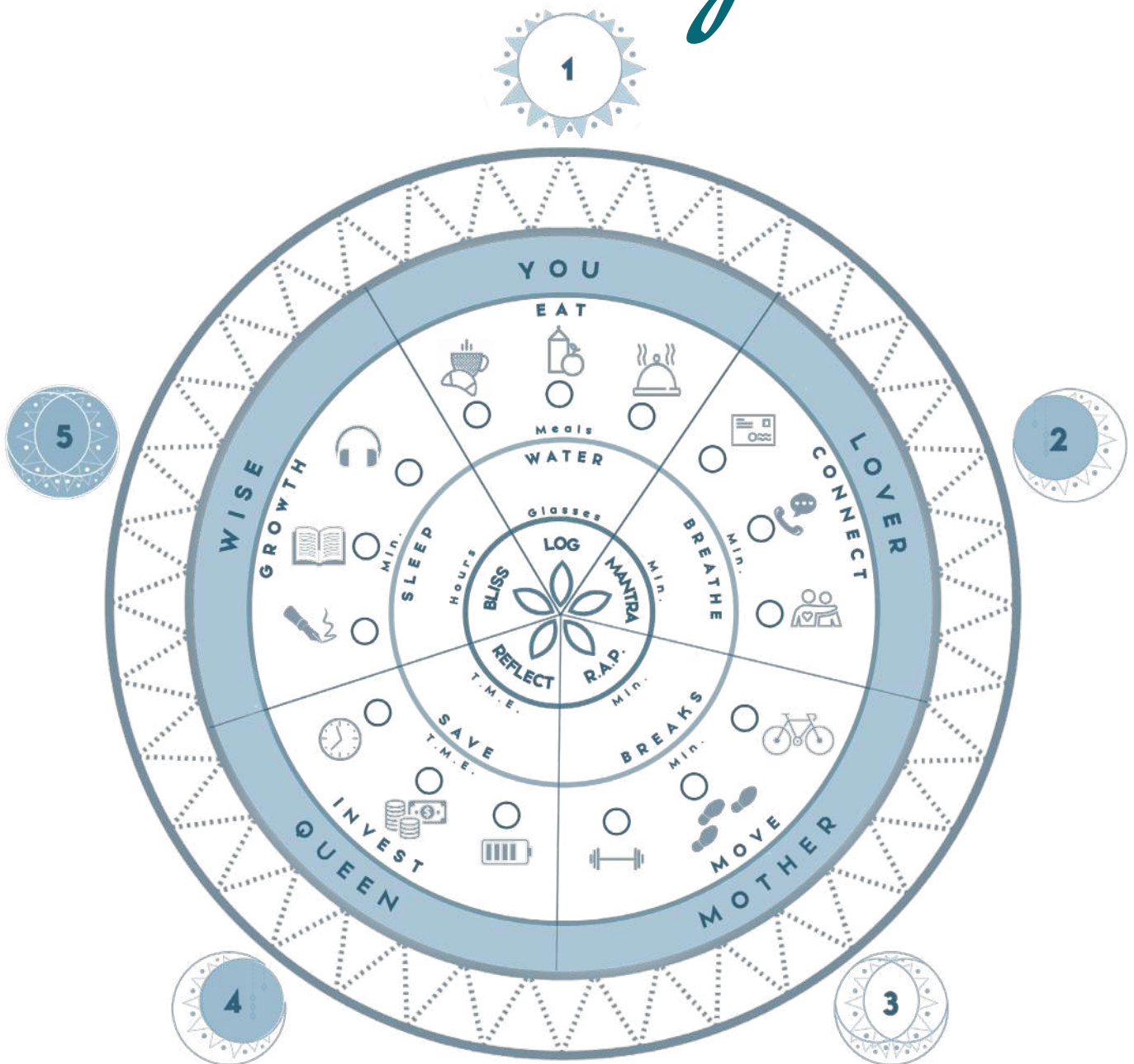
LOVED ONES

LITTLE THINGS

LARGER THAN LIFE

Track your Little Rituals, start in the center and work outwards

Friday



Assess your achievements, take a moment to experience how they make you feel and Rinse

Rinse & Reinforce

CORE RITUALS

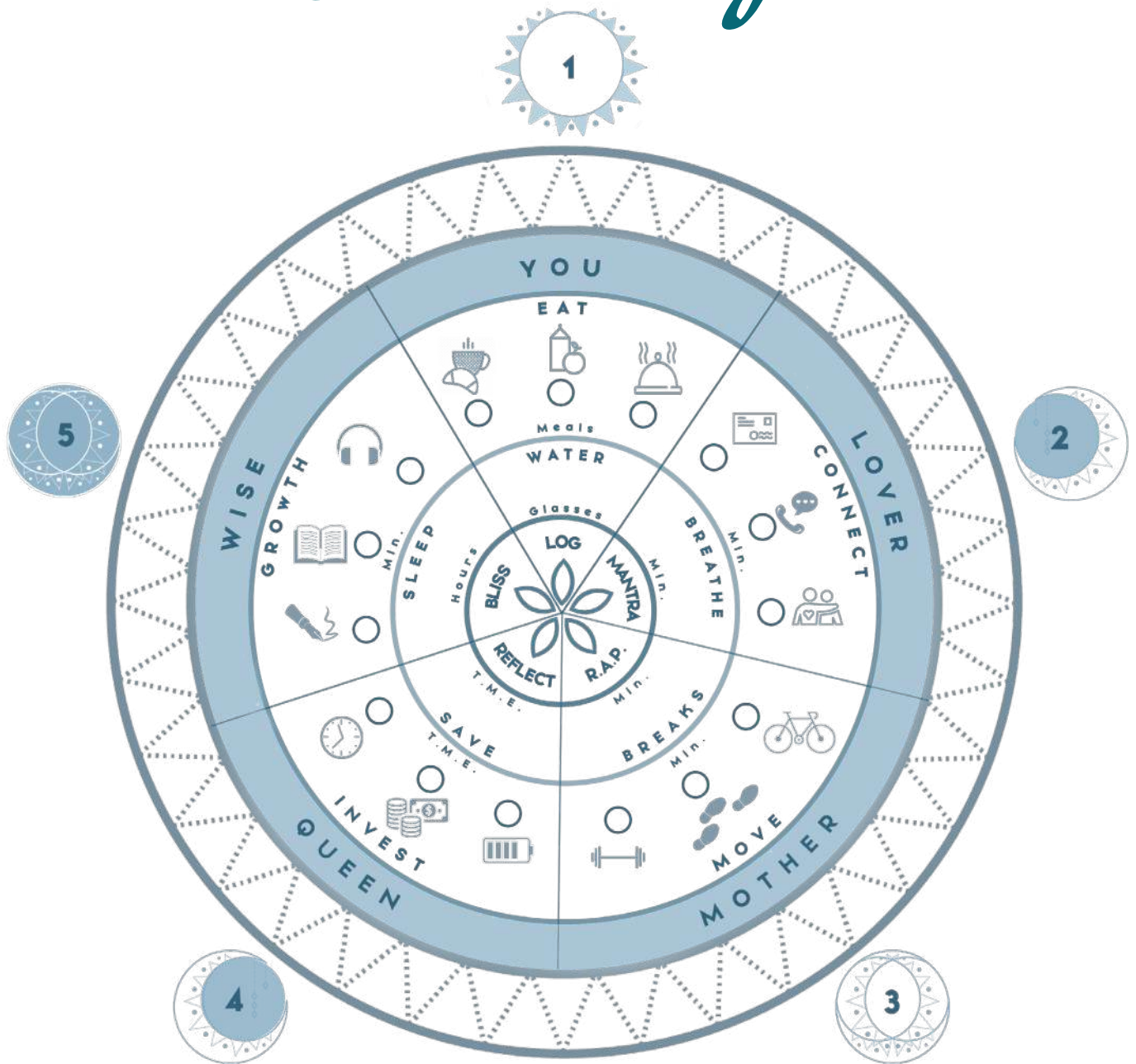
LOVED ONES

LITTLE THINGS

LARGER THAN LIFE

Track your Little Rituals, start in the center and work outwards

Saturday



Assess your achievements, take a moment to experience how they make you feel and Rinse

Rinse & Reinforce

CORE RITUALS

LOVED ONES

LITTLE THINGS

LARGER THAN LIFE

Track your Little Rituals, start in the center and work outwards

Weekly Route

RE-EVALUATE YOUR RESULTS, RINSE & REINFORCE

RESULTS

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Unsuccesful 1 2 3 4 5 Very succesful

RINSE

Take a moment to exeperience how your results make you feel

What are your TOPS

What are your TIPS?

Did you Rinse? YES/NO

REINFORCE

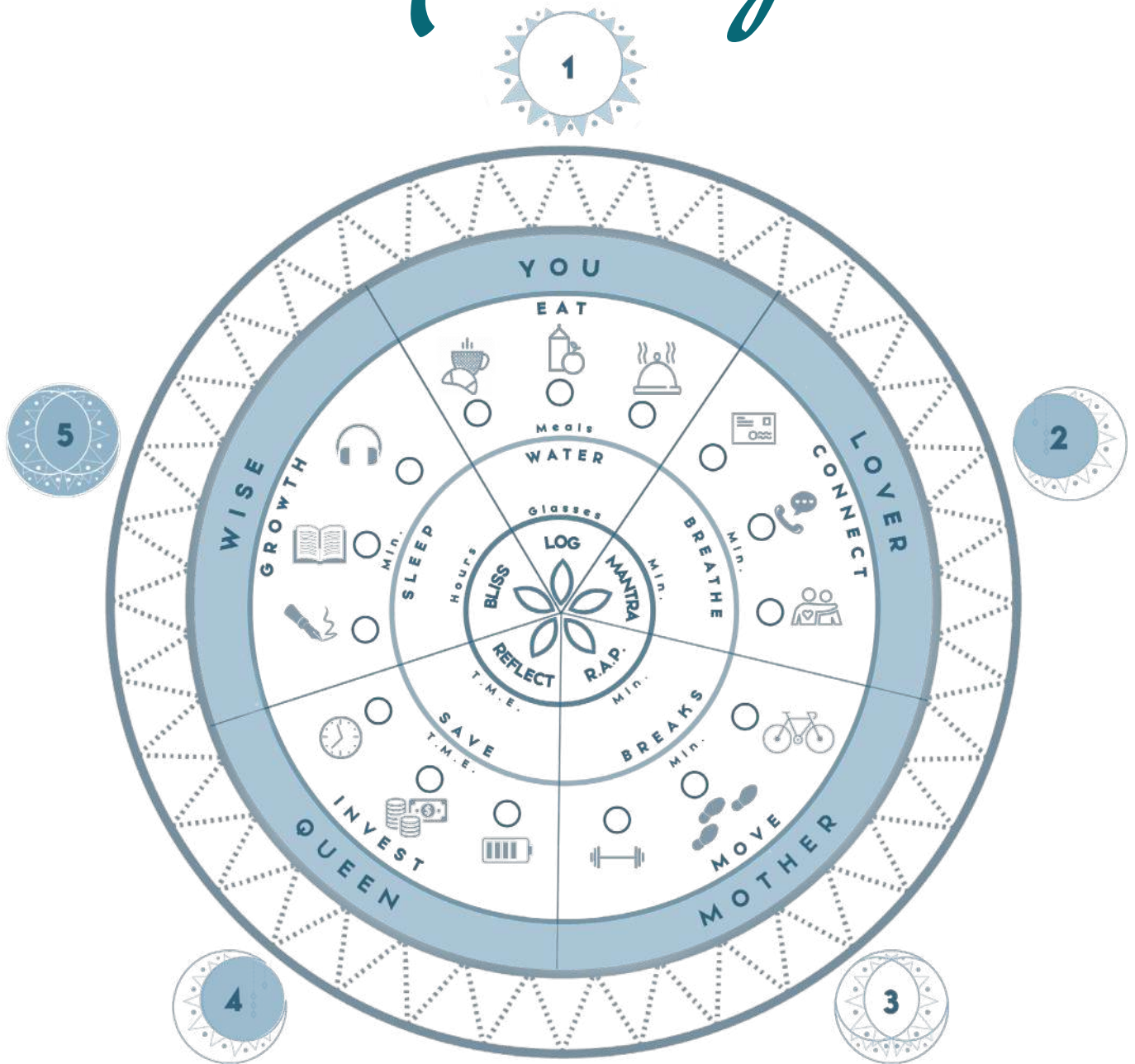
Celebrate your achievements, take a moment to be grateful for your results & Reinforce

Notes



Week 3

Monday



Assess your achievements, take a moment to experience how they make you feel and Rinse

Rinse & Reinforce

CORE RITUALS

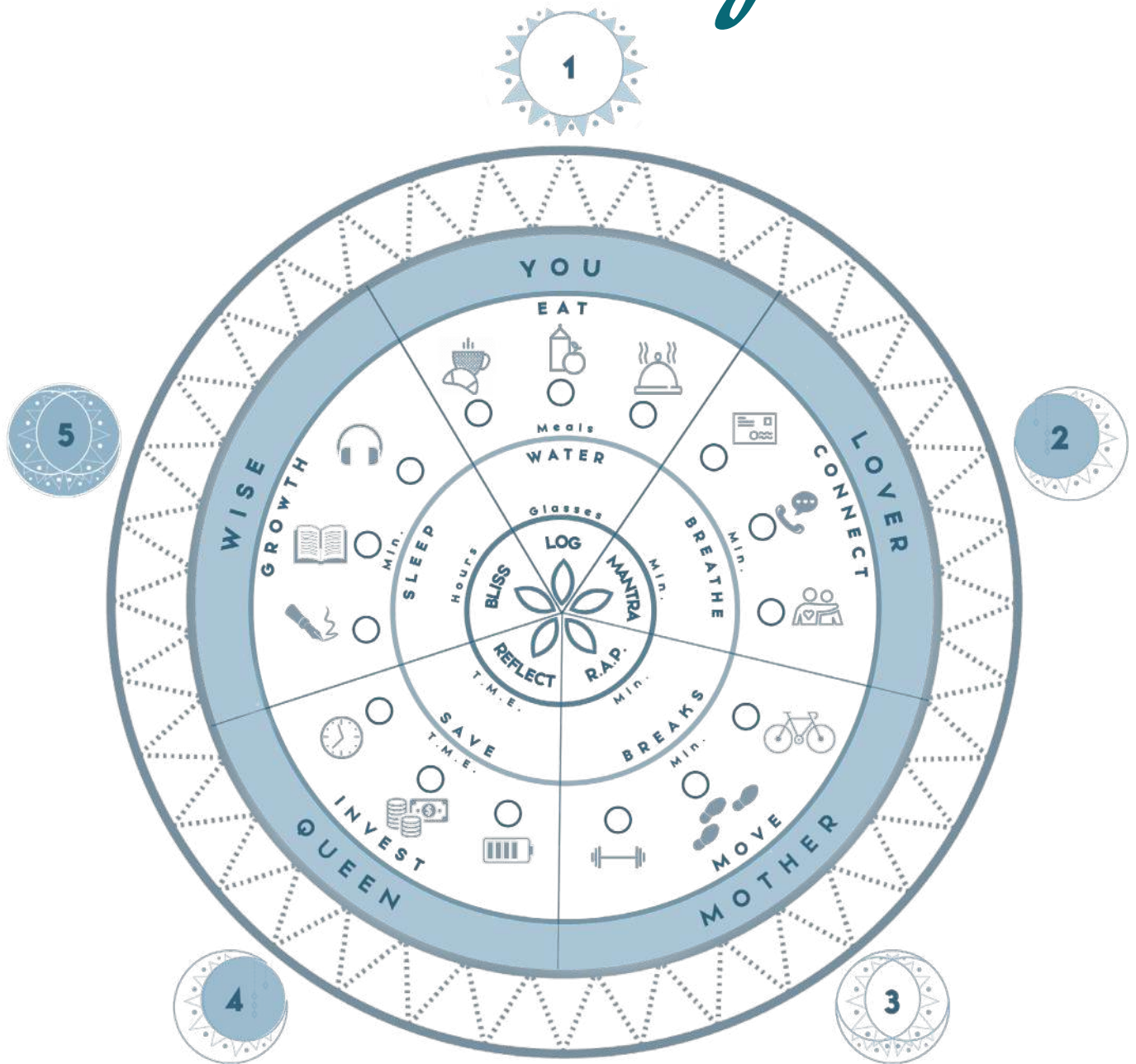
LOVED ONES

LITTLE THINGS

LARGER THAN LIFE

Track your Little Rituals, start in the center and work outwards

Tuesday



Assess your achievements, take a moment to experience how they make you feel and Rinse

Rinse & Reinforce

CORE RITUALS

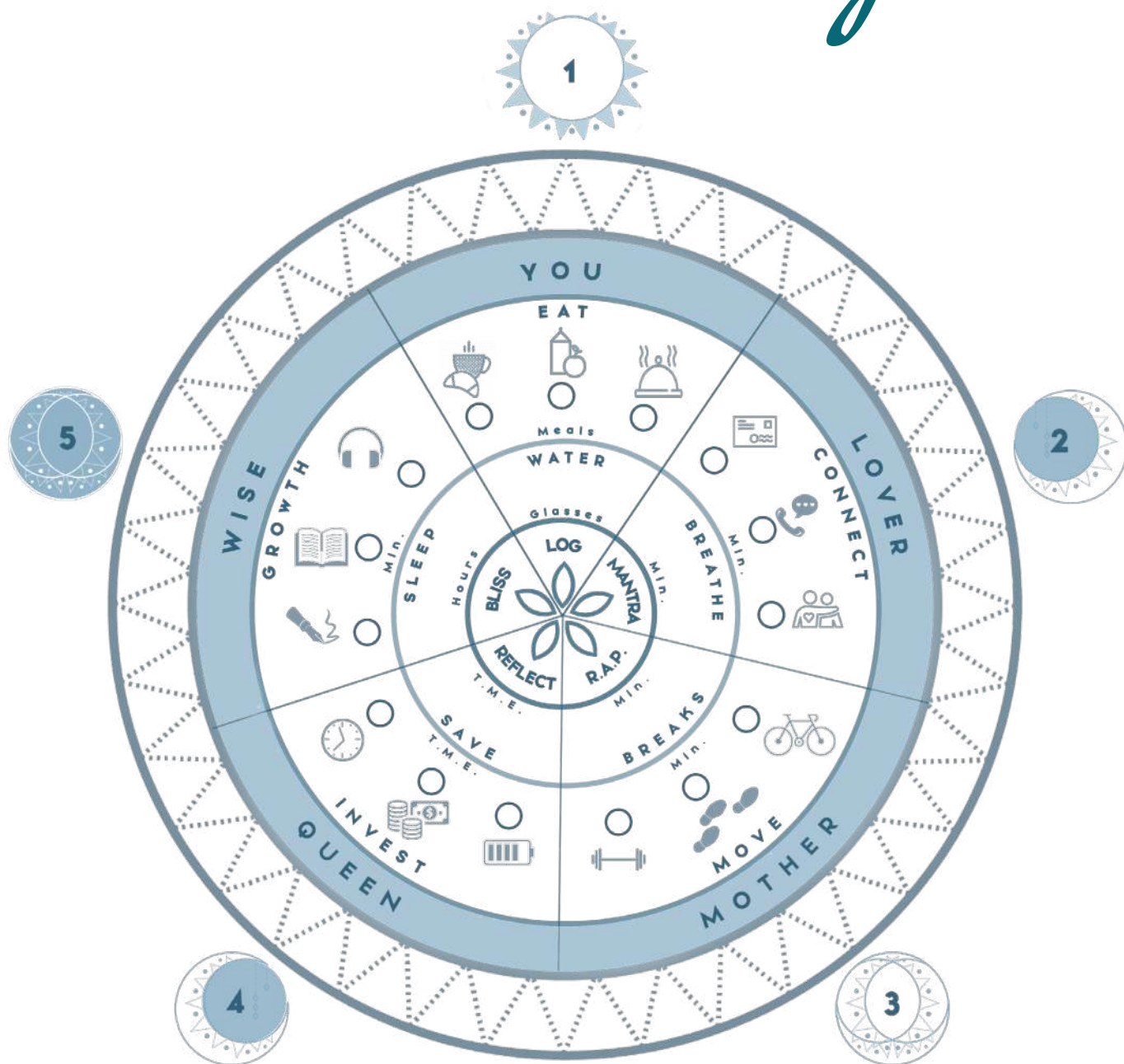
LOVED ONES

LITTLE THINGS

LARGER THAN LIFE

Track your Little Rituals, start in the center and work outwards

Wednesday



Assess your achievements, take a moment to experience how they make you feel and Rinse

Rinse & Reinforce

CORE RITUALS

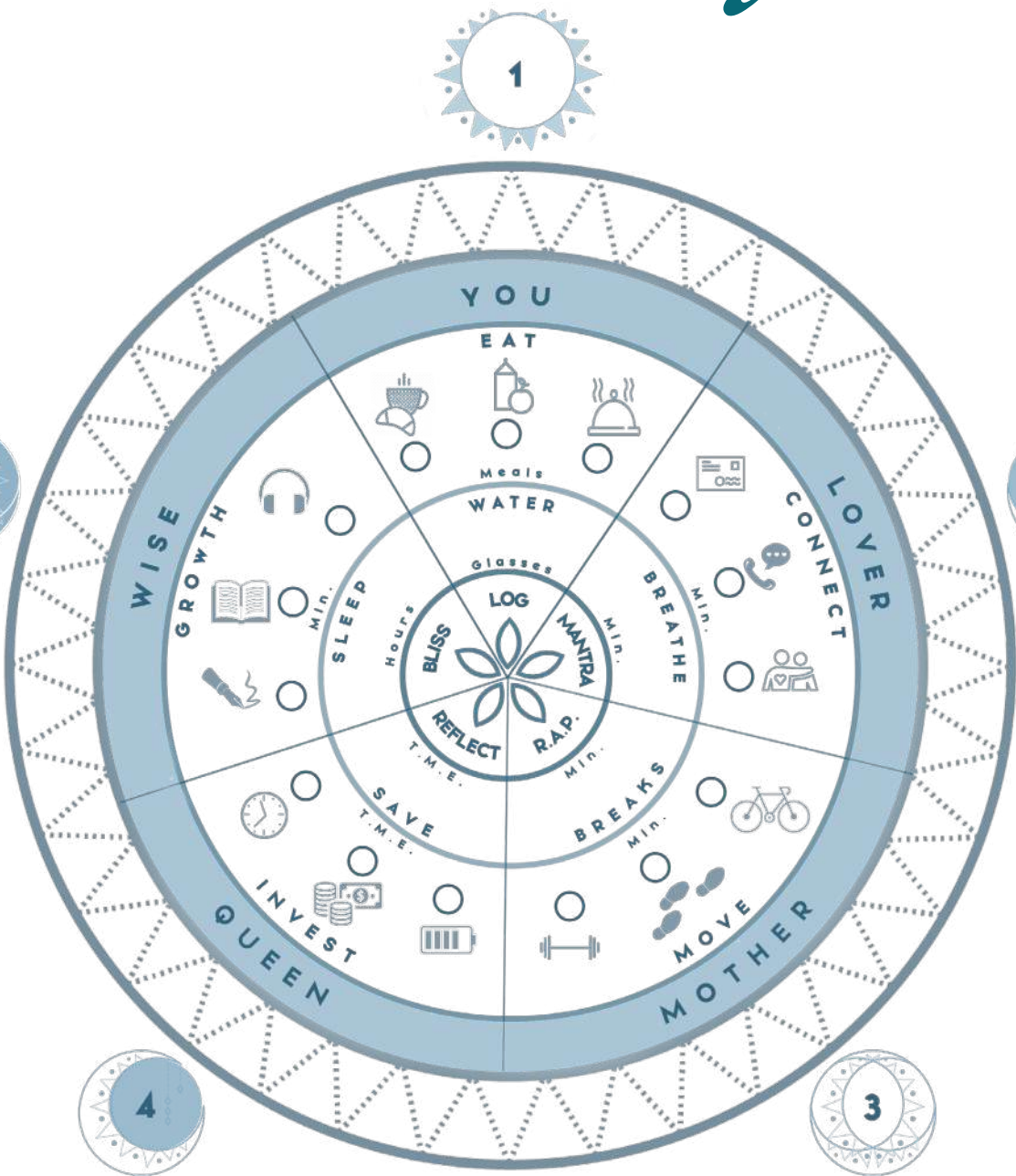
LOVED ONES

LITTLE THINGS

LARGER THAN LIFE

Track your Little Rituals, start in the center and work outwards

1 hursdag



Assess your achievements, take a moment to experience how they make you feel and Rinse

Rinse & Reinforce

CORE RITUALS

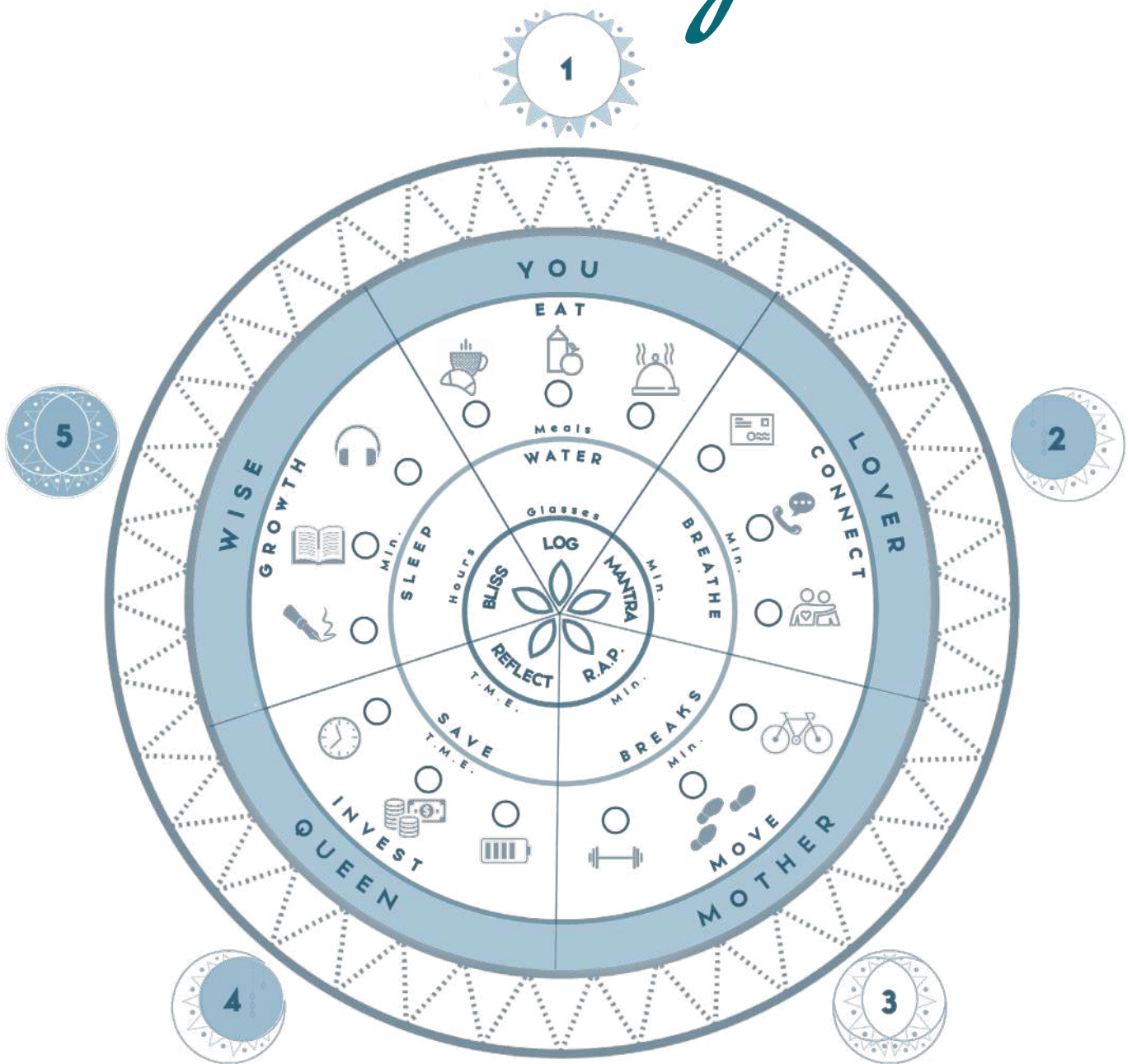
LOVED ONES

LITTLE THINGS

LARGER THAN LIFE

Track your Little Rituals, start in the center and work outwards

Friday



Assess your achievements, take a moment to experience how they make you feel and Rinse

Rinse & Reinforce

CORE RITUALS

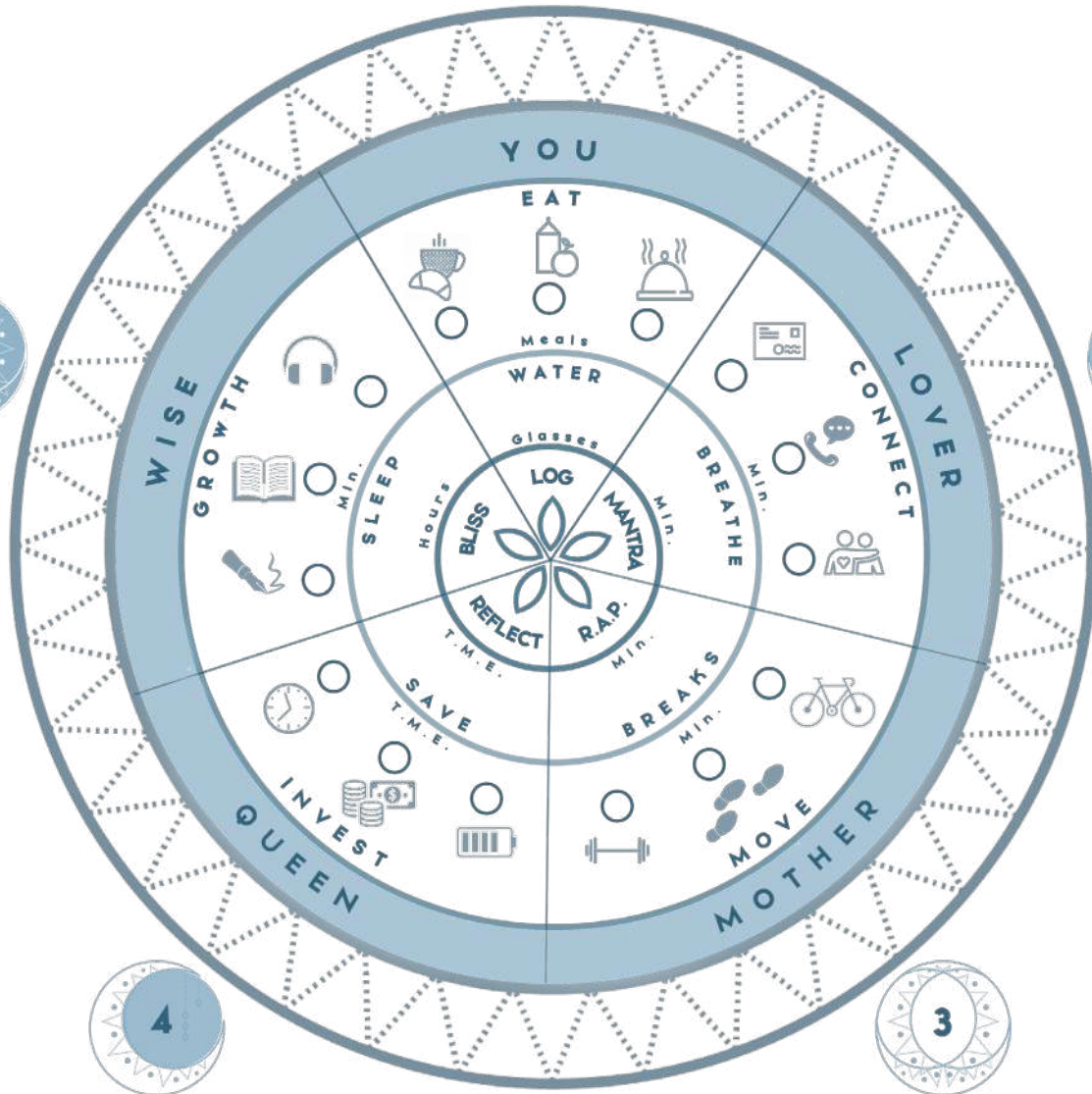
LOVED ONES

LITTLE THINGS

LARGER THAN LIFE

Track your Little Rituals, start in the center and work outwards

Saturday



Rinse & Reinforce

CORE RITUALS

LOVED ONES

LITTLE THINGS

LARGER THAN LIFE

Track your Little Rituals, start in the center and work outwards

Weekly Route

RE-EVALUATE YOUR RESULTS, RINSE & REINFORCE

RESULTS

Review last week Results. On a scale from 1 to 5 how succesful have you been?

Unsuccesful 1 2 3 4 5 Very succesful

RINSE

Take a moment to exeperience how your results make you feel

What are your TOPS

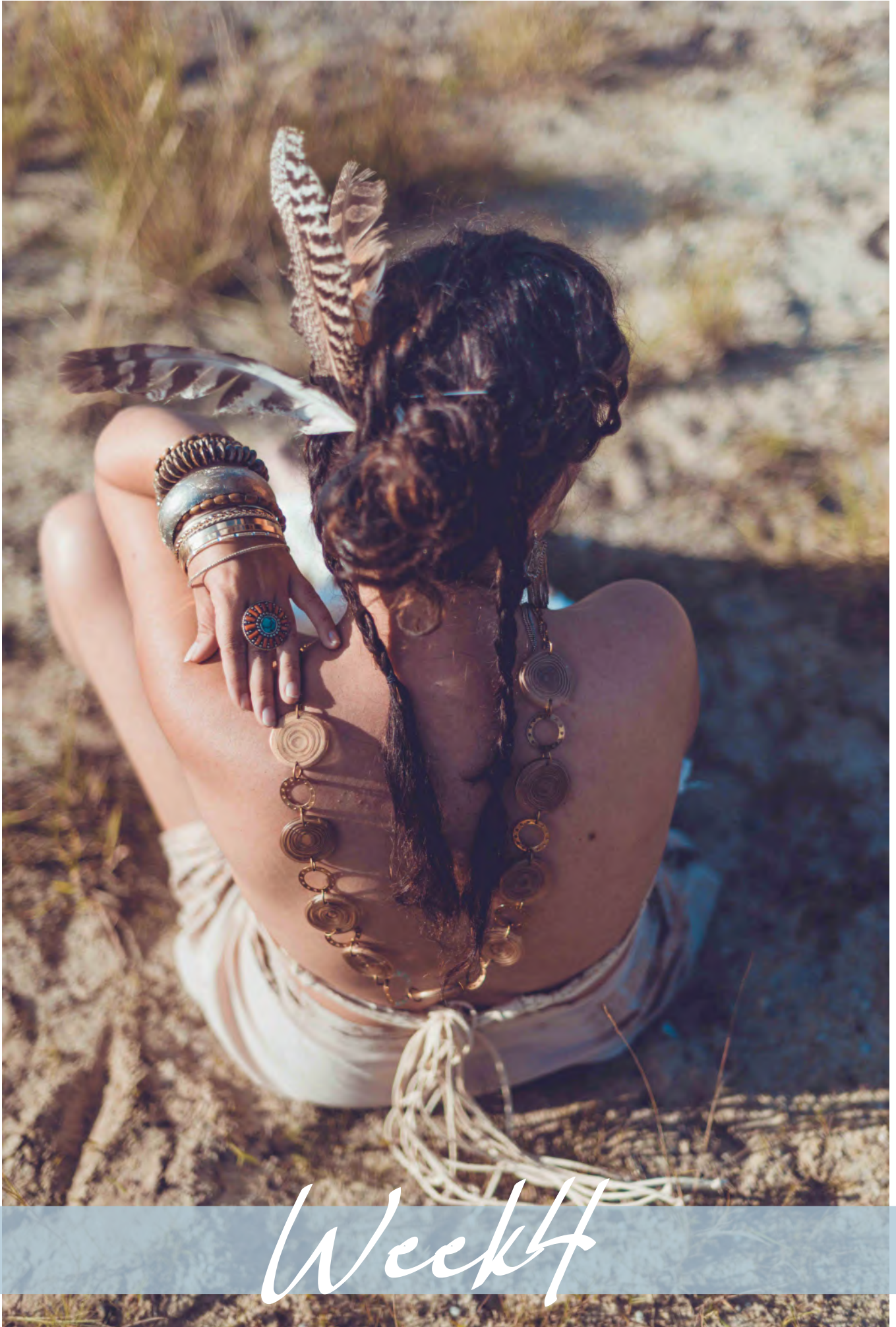
What are your TIPS?

Did you Rinse? YES/NO

REINFORCE

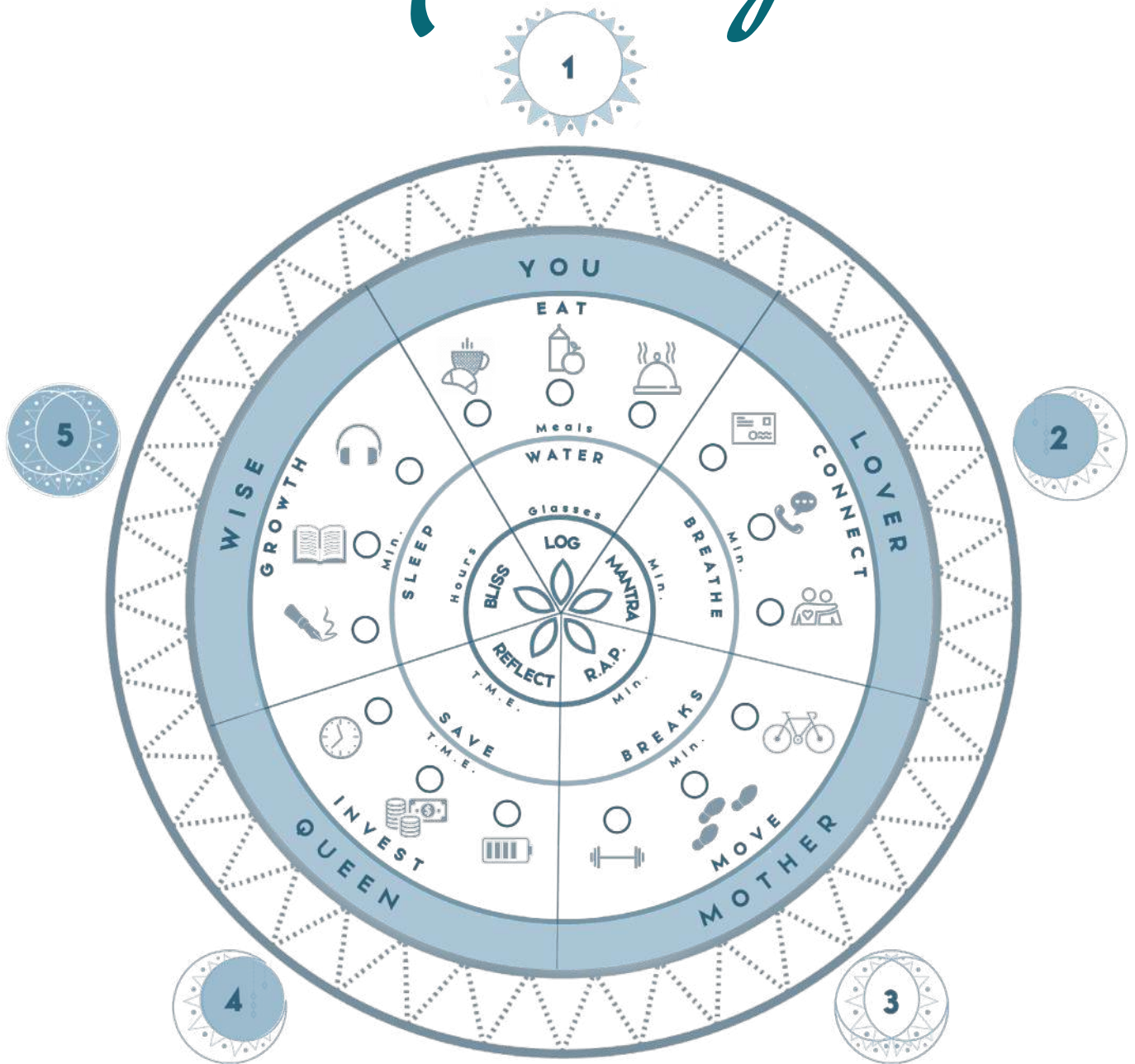
Celebrate your achievements, take a moment to be grateful for your results & Reinforce

Notes



Week 4

Monday



Assess your achievements, take a moment to experience how they make you feel and Rinse

Rinse & Reinforce

CORE RITUALS

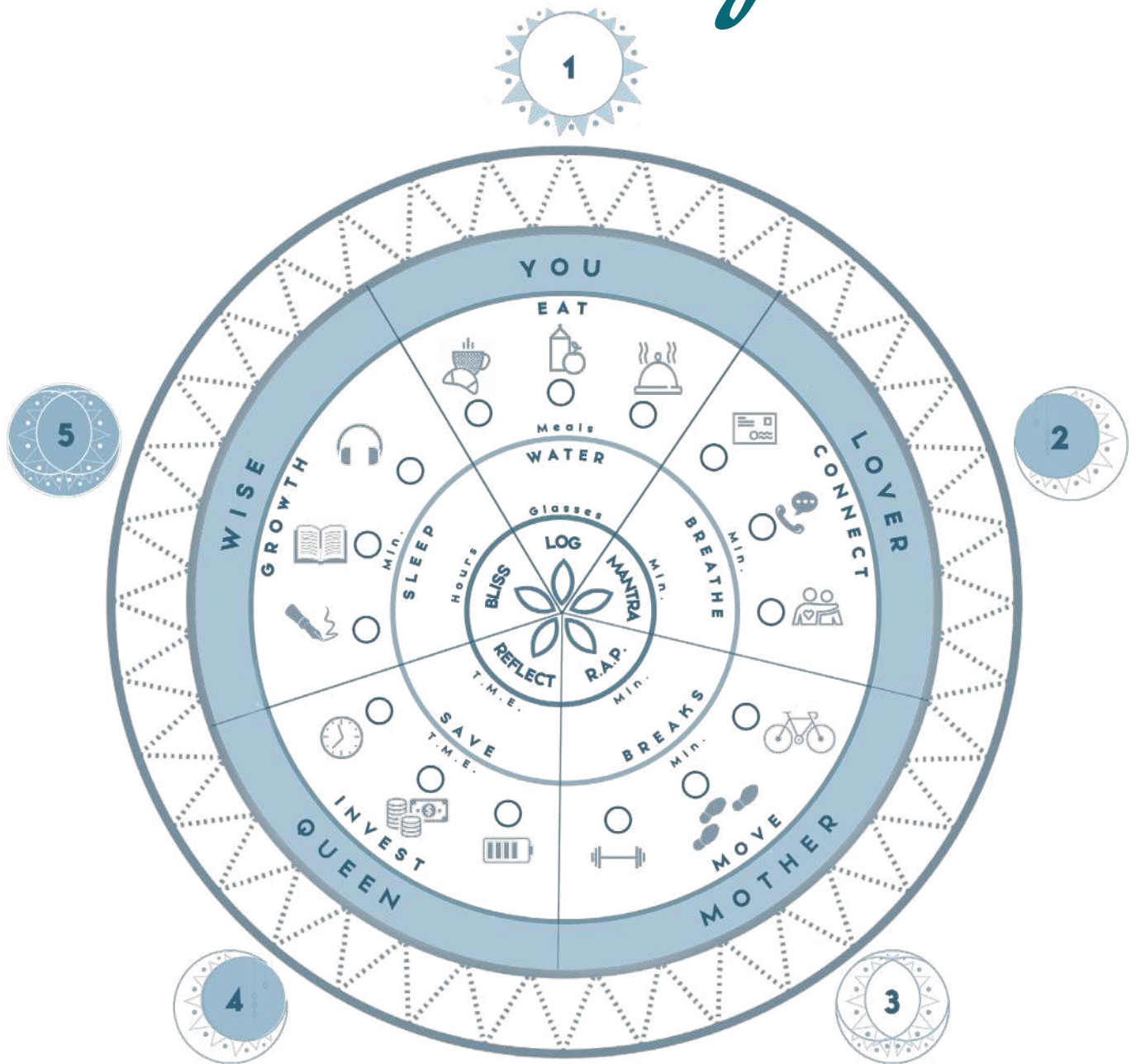
LOVED ONES

LITTLE THINGS

LARGER THAN LIFE

Track your Little Rituals, start in the center and work outwards

Tuesday



Assess your achievements, take a moment to experience how they make you feel and Rinse

Rinse & Reinforce

CORE RITUALS

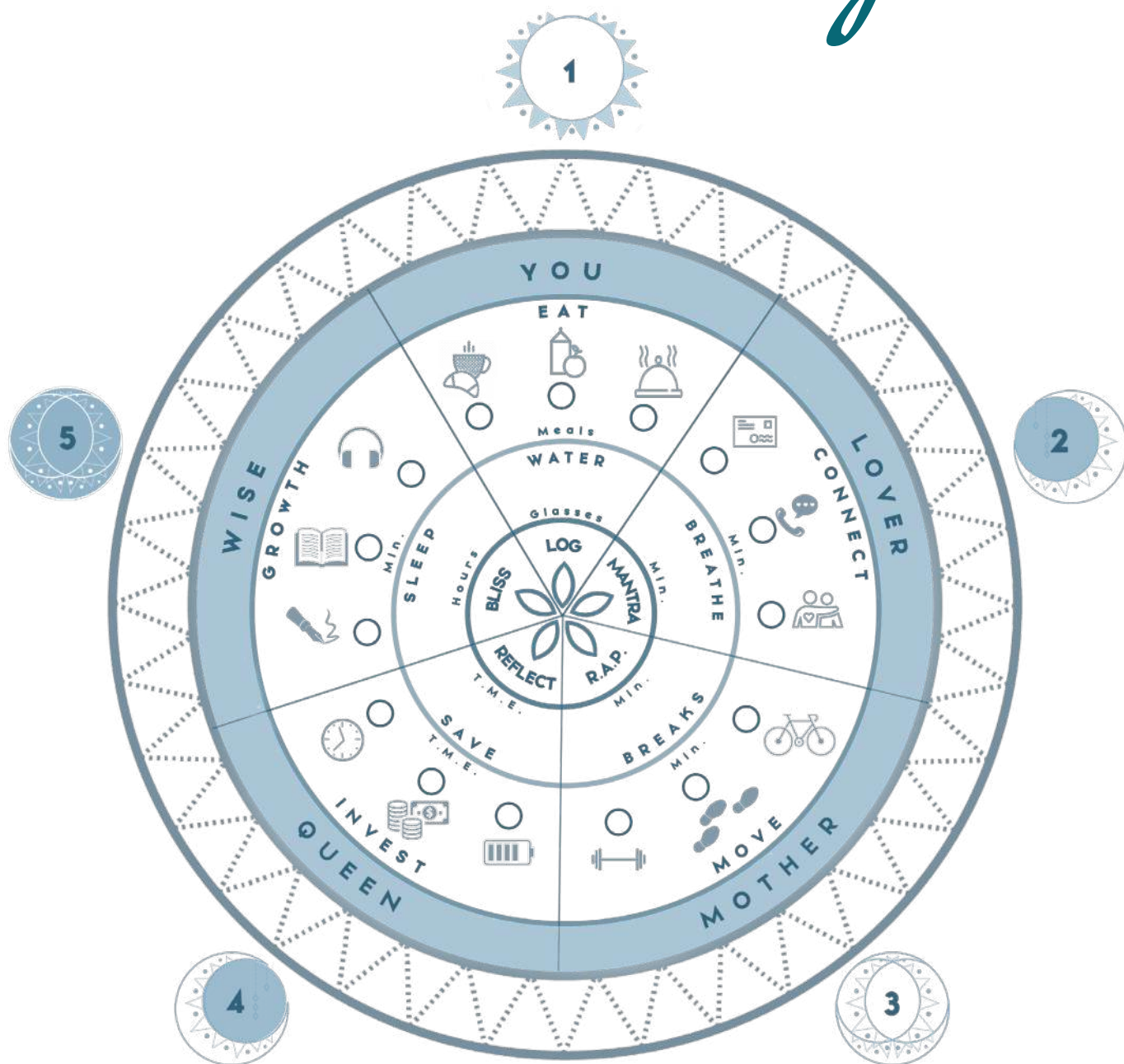
LOVED ONES

LITTLE THINGS

LARGER THAN LIFE

Track your Little Rituals, start in the center and work outwards

Wednesday



Assess your achievements, take a moment to experience how they make you feel and Rinse

Rinse & Reinforce

CORE RITUALS

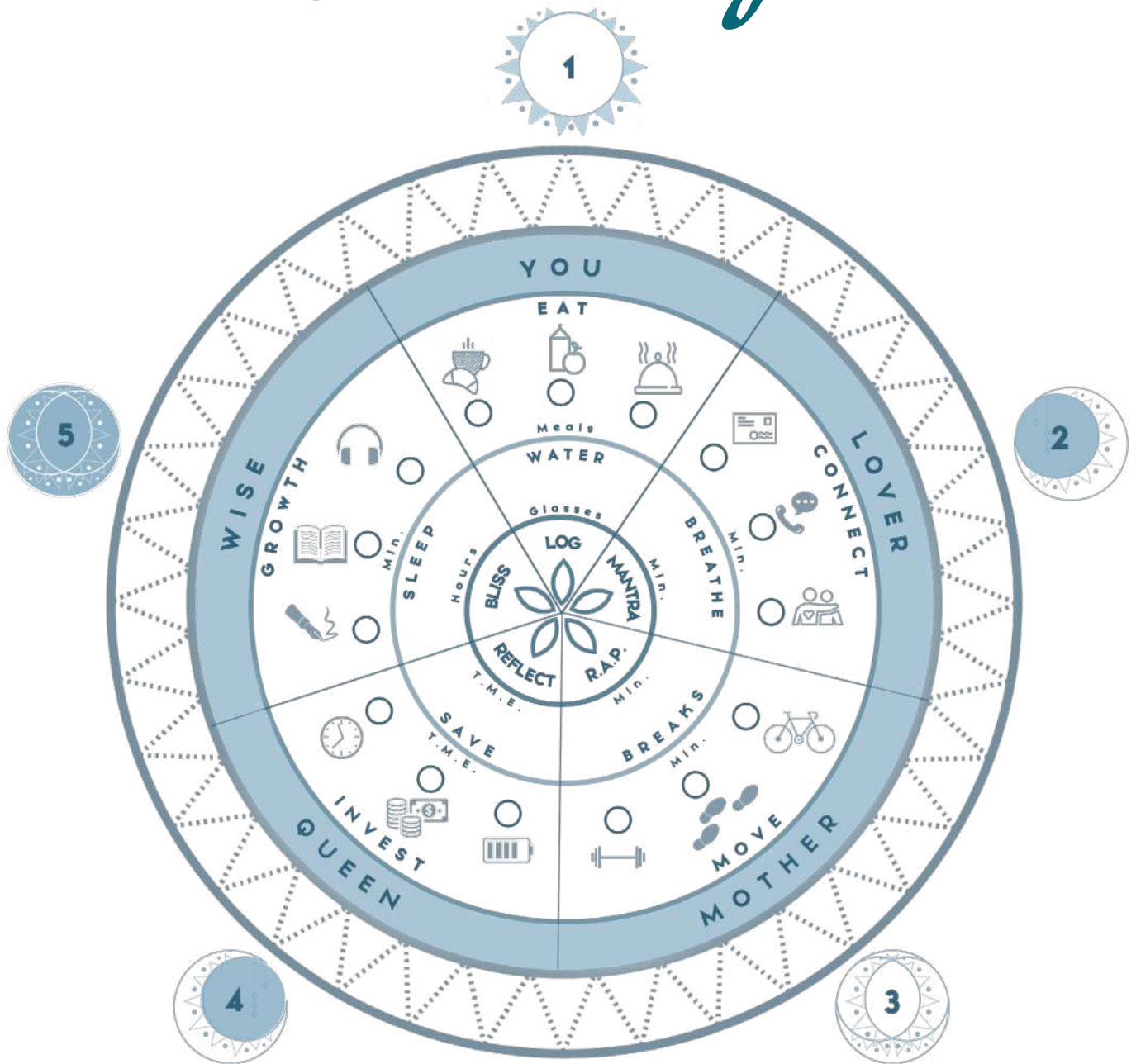
LOVED ONES

LITTLE THINGS

LARGER THAN LIFE

Track your Little Rituals, start in the center and work outwards

Saturday



Assess your achievements, take a moment to experience how they make you feel and Rinse

Rinse & Reinforce

CORE RITUALS

LOVED ONES

LITTLE THINGS

LARGER THAN LIFE

Track your Little Rituals, start in the center and work outwards

Weekly Route

RE-EVALUATE YOUR RESULTS, RINSE & REINFORCE

RESULTS

Review last week Results. On a scale from 1 to 5 how succesful have you been?

Unsuccesful 1 2 3 4 5 Very succesful

RINSE

Take a moment to exeperience how your results make you feel

What are your TOPS

What are your TIPS?

Did you Rinse? YES/NO

REINFORCE

Celebrate your achievements, take a moment to be grateful for your results & Reinforce

Notes

Monthly Route

RE-EVALUATE YOUR RESULTS, RINSE & REINFORCE

RESULTS

Review last month Results. On a scale from 1 to 5 how succesful have you been?

Unsuccesful 1 2 3 4 5 Very succesful

1 - 2

You've tried, but it didn't work for you at all. This is NOT a time to give up, it just means you haven't found the rituals or the timing yet to fit your natural rhythm. Before you do anything, look at your Ambition, WHY did you want to achieve your results? Get yourself an accountability partner or write a pledge in which you commit to yourself to really go for it next month. Is your motivation strong enough to try again and this time really focus? Ask yourself if it would be easier for you when you make some adjustments to the rituals, or if you need to let them go all together and try a different one? Remember... changing your habits isn't easy, but when you make them easy, fun and meaningful you will get there!

3 - 4

Great job! You are making real progress. Some of the rituals are starting to come naturally to you, others might require some improvements. If you're confident, you could experiment with what would happen if you stopped using 'active Reminders'. Just don't skip the Rewards just yet, this Reinforcement will get you to a 5-next time! Keep going, you're rocking it!

5

Yes!! Big celebration, reward yourself for achieving your results. This little party will make it even easier to achieve next month's new Little Rituals! Your brain will remember the reward, internal desire or passion is awakened, and your brain will want to create the reward-winning circumstances again. Telling your friends and family about your achievement will do the same thing and will keep you accountable for keeping up the good work!

GRADE YOUR CORE RITUALS

1.
2.
3.

YOU

1.
2.
3.

LOVER

1.
2.
3.

MOTHER

1.
2.
3.

QUEEN

1.
2.
3.

WISE

1-2 = Healthy Habit?! Not in a long shot!
3-4 = Not yet a Healthy Habit, but getting there
5 = Turned into a Healthy Habit

RINSE

Take a moment to experience how your results make you feel

What are your TOPS

.....

.....

.....

.....

What are your TIPS?

.....

.....

.....

Did you Rinse? YES/NO

REINFORCE

Celebrate your achievements, take a moment to be grateful for your results & Reinforce by writing down your 3 biggest insights.

1.
2.
3.

REPEAT

Congratulations, you completed a whole month of Lady Logging! You've completed your Core Rituals, possibly you're also adding Little Rituals and tracked, measured and celebrated them! Now it's time to plan your next Ritual Route on the next page and get ready for another month of Lady Logging!

Notes

Celebrate

CELEBRATE THE LITTLE
THINGS AS MUCH AS THE BIG
CHANGES THAT COME FROM
THEM!

Wow! You've completed a whole month of practicing Core Rituals! A massive accomplishment deserving to be celebrated. I'm sure by now you have seen changes in yourself, in your day, at home and at work! You probably have more free time, and your body is well rested, healthy and full of energy. Perhaps you talked to friends you haven't seen for ages and connected with your loved ones on a whole other level. Maybe you started your own business, or found another way to find financial freedom and share your wealth to help others. Making a contribution, using your talents brings you a deep fulfillment, and you truly feel connected to something that's bigger than yourself. You have grown so much!

You took **PERSONAL LEADERSHIP** over your life, took responsibility and really showed up.

I'm so happy for you!



REACH YOUR RESULTS

But you know what?! Don't take my word for it. Let's integrate and celebrate this journey you've completed the proper way! With a ritual of course! This time we're taking it up a nodge, over the last month you worked with Core Rituals, but there are more elaborate Little Rituals too. As you probably know by now Core Rituals are about creating a strong foundation to build new more elaborate rituals on top. You are now ready to choose and create new Little Rituals for your new goals! Little Rituals are about making little changes, and repeat them over and over again... until you Reach your Results.





Now it's time for you to reinforce and integrate the changes you've made last year, so I've prepared a special Transformation Ritual for you! It's my gift to you, and to make it easy accessible I created a guided meditation with a little "prep note" for you. This way you can do it all by yourself, so you really can dive deep, right there and then in the comfort of your own home. The 'prep note' tells you exactly how to prepare and what to get ready before you start.

Hey... wait! Mae, what if I did NOT reach my results? I'm still struggling, I want to do the rituals, but there was always a BUT... Can I still do this Celebration Ritual? NO!

It sounds kinda harsh, but it's of no use. This Celebration Ritual is especially designed for you when you are ready. It works with all the results that are achieved, so if you didn't... there is just nothing to work with.

But...

No worries. Giving up is not an option! There is something else you can do! Just enter your name and email and I'll get you some help.



*Yes! I'm ready for my
Celebration Ritual*
CLICK HERE!



*Yes! I could use some
help!*
CLICK HERE!