



21-Day 'Kick Into Action' Teleseries

Please Print This Worksheet And Have It With You During The Call

www.21DaysofAction.com

Day 5 – Your Self-Image

Notes:

Checking in with your goal

Remember to rewrite your goal today:

I am so happy and grateful

Daily Action

Write down your **Daily 7 Practical Action Steps™** for today:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Your Self-Image

Your Self – Image is the way you see yourself in your imagination. The reason your self-image is so powerful is because your behaviors and actions will almost never deviate from your internal _____ / _____.



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Notes:

UPGRADING YOUR MINDSET

The Character Traits I would like to **upgrade** are:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Take a moment and write out your NEW SELF-IMAGE below:

Homeplay

1. Remember to go into the Theatre of Your Mind and rehearse your Mental Movie.
2. Do your Daily 7 Practical Action Steps™ today.