



21-Day 'Kick Into Action' Teleseries

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

www.21DaysofAction.com

Day 6 – The Power of Attention

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. _____

Napoleon Hill said that the secret to success is a
_____ individual with a _____.

The more _____ you give to anything, the more
information appears in your consciousness.

The truth is you must keep your _____ on the _____ to the
_____ of what's going on around you.



21-Day 'Kick Into Action' Teleseries

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

www.21DaysofAction.com

"_____ are those frightful things you see when you take your eyes off your _____" - Henry Ford

Notes:

"It's always the _____ that fails first, not the _____" – Arnold Schwarzenegger

John D. Rockefeller's secret to success is that he could _____ all of his _____, _____ & _____ on just one thing for a full _____ without _____.

Exercise: The Black Dot

Make this focusing exercise a part of your daily routine. The more you practice the better you will get at it.

Learn to value the state of _____ above all else. It will breathe life into every area of your life.

Combine the _____ formula with the Black Dot exercise.

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.
3. Practise the Black Dot exercise throughout the day.