



# 21-Day 'Kick Into Action' Teleseries

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

www.21DaysofAction.com

## Day 7 – Guided Meditation

Notes:

### Checking in with your goal

Remember to rewrite your goal today:

I am so happy and grateful

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### Daily Action

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

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

Science tells us there are 4 different levels of energy, vibrations or frequencies that the mind can be in at any given time

These are \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ & \_\_\_\_\_.

The \_\_\_\_\_ state is associated with worry, anxiety, disharmony, and unease. analytical, logical (conscious mind)



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THE \_\_\_\_\_ state is associated with relaxation, superlearning, focus, light trance, increased serotonin production.

Notes:

\_\_\_\_\_ is associated with a number of very beneficial states. including increased INSIGHTS , creativity, PHOTOGRAPHIC MIND & increased memory abilities!

\_\_\_\_\_ is where we really want to access.

Once here, we can gain dominion over subconscious mechanisms. We can change \_\_\_\_\_ and \_\_\_\_\_ because we are now in the realm where they are stored.

Generally people are asleep in the \_\_\_\_\_ state, but there is evidence that it is possible to remain alert in this state, such as in a very deep level of hypnosis.

\_\_\_\_\_ stimulates the creation of new \_\_\_\_\_ between the right and left hemispheres of your brain, balancing your brain and leading you to a high-performance state scientists call \_\_\_\_\_.

During relaxation/meditation the brain moves into \_\_\_\_\_ and a \_\_\_\_\_ travels through the nervous system.

## 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.