



21-Day 'Kick Into Action' Teleseries

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

www.21DaysofAction.com

Day 8 – The Power of Gratitude

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. _____

Anytime you're not totally energetic, vibrant and alive its because you're doing something to _____ yourself off from _____
_____.

You must learn to _____.

We hold our world together with our _____.



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Gratitude can set up a powerful chain of events that puts you in a _____ to _____ the things that you want.

Notes:

The Three Levels of Gratitude

There are 3 levels of gratitude:

1. The things you are grateful for in your _____
2. The things you are grateful for _____
3. The things you are grateful for in the _____

Whatever you appreciate, _____.

Homeplay

1. Work on the 3 Levels of Gratitude:

If we change the _____ of past events, the _____ disappear.

Level 1:

Level 2:



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Level 3:

Notes:

2. Remember to go into the Theatre of Your Mind and rehearse your Mental Movie.
3. Do your **Daily 7 Practical Action Steps™** today.
4. Practise the Black Dot exercise throughout the day.