



21-Day 'Kick Into Action' Teleseries

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

www.21DaysofAction.com

Day 9 – The Comfort Zone

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. _____

One of the great secrets of success is to be able to leave your comfort zone and go out into the _____.

As soon as we set a goal or choose a direction in life, _____ are inevitable.

If you're not growing, you're _____.



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Most people stay in the comfort zone - it's their attempt to stay in _____ and avoid any _____ and _____ in their life.

Notes:

Outside the comfort zone is where our _____ is shaped.

Successful people know there is no such thing as _____, only _____.

The only thing that's constant is _____.

You cannot control events, but you can control how you _____ to them. This is one of the great secrets to life – you get to control the _____ of events.

Embracing _____ will cause you to find a certain _____ in them that will eventually allow you to succeed at anything.

Winners identify the required _____ and exceed it.

When expanding your comfort zone, always look for _____ to ensure that you're moving in the right direction.

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.