



21-Day 'Kick Into Action' Teleseries

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

www.21DaysofAction.com

Day 11 – Summary and Practice

Notes:

Checking in with your goal

Remember to rewrite your goal today:

I am so happy and grateful

Review

1. Explain the importance of having a **Clear End Target**:

2. In a few sentences describe the mental movie you're constructing in the **theatre of your mind**.

3. Choose another **major limiting belief** that you've been holding onto and go through the process from day 3 to get rid of it.



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4. Write down the seven most important **action steps** you need to take to achieve your objectives **today**, listed in order of importance:

Notes:

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

Brainstorm: What other actions could you take today to further your goal that you are currently not taking? Make a list of these actions below.

5. Having worked on your **self-image** over the last 10 days, Describe how you now see yourself at this point in your life?

6. What is the importance of **Attention**?



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7. What is the importance of **Relaxation**?

Notes:

8. Describe the power of Gratitude?

9. Why is the **comfort zone** the danger zone?

10. How can you best **manage your emotions**?

Homeplay

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