



21-Day 'Kick Into Action' Teleseries

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

www.21DaysOfAction.com

Day 14 – The Power of NOW

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 greatest capacities you can develop is to to apply as much _____ as possible to the _____, switching out of the _____.

According to research you would begin to enter into 'The _____'

Research shows if you stay in the flow for much longer periods of time that it is the secret to lasting _____.



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Notes:

The greatest danger to all Limiting Beliefs, Reactive Patterns and Negative Programs such as Fear, Depression, Worry, Loneliness, Low Self Esteem, etc, is the _____.

Homeplay

1. Practice being in the NOW by using the _____.

These are:

Take a walk 'in the NOW' for 10 – 20 minutes a day.

2. Remember to go into the Theatre of Your Mind and update and rehearse your Mental Movie.

3. Do your **Daily 7 Practical Action Steps™** today.

4. Practise the Black Dot exercise throughout the day.