



# 21-Day 'Kick Into Action' Teleseries

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

[www.21DaysofAction.com](http://www.21DaysofAction.com)

## Day 16 – Time

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. \_\_\_\_\_

You cannot control time – you can, however, \_\_\_\_\_ your use of time wisely.

How you spend your time shows what you truly \_\_\_\_\_.



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## Your Financial Blueprint

Notes:

**How much have you decided you're worth per hour?**

I've decided I'm worth \_\_\_\_\_ per hour.

Now write down how much you'd love to be earning per year if you were fulfilling your full potential?

At my full potential I'm worth \_\_\_\_\_ per hour.

Think back to yesterday and track back your day by your actions. How much time did you spend moving closer to your most passionate goals?

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How much time did you waste?

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What activities moved you further away from your dreams?

Notes:

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Always be working to \_\_\_\_\_ activities that are not high leveraged.

If you are truly committed and passionate to achieving your goals, then you have to focus on them to the \_\_\_\_\_ of lesser activities.

## Homeplay

1. 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 throughout the day.
3. Do your **Daily 7 Practical Action Steps™** today.
4. Practise the Black Dot exercise throughout the day.