



21-Day 'Kick Into Action' Teleseries

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

www.21DaysofAction.com

Day 18 – The Art of Reframing

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. _____

Your experience of life is primarily affected by the _____ you give it.

Researchers in the relatively new science of psycho-cybernetics have found that the most powerful person in any group is the one with the most _____.



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Every _____, every _____ and every _____ carries with it the seed of an equivalent or a greater benefit.

The Law of Polarity states that everything has an _____, with something amazing will come something of a _____.

WE CAN CHOOSE TO FOCUS ON THE THING THAT IS GOING TO MOST _____ US.

OR WE CAN CHOOSE THE THING THAT WILL _____ OURSELVES AND OUR LIVES.

WHENEVER YOU SET A NEW DIRECTION IN LIFE, ALL THINGS HAVE TO _____ TO SUPPORT THIS.

The good gardener puts their energy into the _____ and pulls out the _____ and throws them away. The average person does the exact opposite. They water the _____ and then wonder why their garden is such a disappointment.

The secret is to put all your _____ on what you want to _____.

In turn give no _____ on what you want to _____.

When good happens to you and those around you _____.

Notes:



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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.

Notes: