



21-Day 'Kick Into Action' Teleseries

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

www.21DaysofAction.com

Notes:

Day 20 – Are You Using the Winner’s or Loser’s Mindset?

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. _____

1. Winners _____

The Loser’s Mindset is to _____

Rate your level out of 10: _____



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2. Winners _____

The Loser's Mindset is to _____

Rate your level out of 10: _____

3. Winners _____

The Loser's Mindset is to _____

Rate your level out of 10: _____

4. Winners _____

The Loser's Mindset is to _____

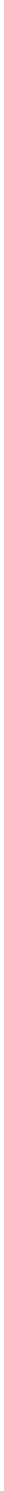
Rate your level out of 10: _____

5. Winners _____

The Loser's Mindset is to _____

Rate your level out of 10: _____

Notes:





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6. Winners _____

The Loser's Mindset is to _____

Rate your level out of 10: _____

7. Winners _____

The Loser's Mindset is to _____

Rate your level out of 10: _____

8. Winners _____

The Loser's Mindset is to _____

Rate your level out of 10: _____

9. Winners _____

The Loser's Mindset is to _____

Rate your level out of 10: _____

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10. Winners _____

Notes:

The Loser's Mindset is to _____

Rate your level out of 10: _____

11. Winners _____

The Loser's Mindset is to _____

Rate your level out of 10: _____

12. Winners _____

The Loser's Mindset is to _____

Rate your level out of 10: _____

13. Winners _____

The Loser's Mindset is to _____

Rate your level out of 10: _____



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14. Winners _____

The Loser's Mindset is to _____

Rate your level out of 10: _____

15. Winners _____

The Loser's Mindset is to _____

Rate your level out of 10: _____

16. Winners _____

The Loser's Mindset is to _____

Rate your level out of 10: _____

17. Winners _____

The Loser's Mindset is to _____

Rate your level out of 10: _____

Notes:





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18. Winners _____

The Loser's Mindset is to _____

Rate your level out of 10: _____

19. Winners _____

The Loser's Mindset is to _____

Rate your level out of 10: _____

20. Winners _____

The Loser's Mindset is to _____

Rate your level out of 10: _____

21. Winners _____

The Loser's Mindset is to _____

Rate your level out of 10: _____

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: