



ACTION

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ACTION

Your future is determined by what you do today.

ACTION

Action is the foundational key to all success.

Pablo Picasso.

AUGUST DAILY ACTION WORKBOOKS

There is a very big difference between learning/listening and doing.

Coaching gives you, perspective, new ideas, tools and strategies.

The only way you will ever see a difference in your life is by implementing these ideas, and that requires intentional practice.

Please be intentional.

Honour yourself.

Do the daily journals.

Trust me, it's a good idea.

I recommend you do these journals each evening before bed.

They will take about 10-15 min at most.

WEEK 1 - DAY 1

What is your purpose? Just chose one please. Less drama the better. One sentence that sums up how you want to show up in this world.

Do you believe you are good enough?

How does your answer to the question above impact on how you show up every day, on how you live?

If how we act is determined by how we are thinking, how can you see that striving and aspiring to be 'better' than you already are impacting on how you show up in your life?

How would you live today if you were already good enough? What would you be thinking, feeling and doing today?

DAY 2

What is your purpose? Re write it here for today.

When do you feel most at peace with yourself?

When are you most likely to forget that you are good enough, in what circumstances?

How are you 'trying' to be good enough?

If you are enough, there is no 'better' to be, how would you spend your days? What would you be doing? Why?

DAY 3

What is your purpose?

Why is this purpose important to you?

What does it give you?

How is it enough?

If you were living that purpose what would be different about your life?

DAY 4

What is your purpose?

How has your past brought you to this purpose?

What are the values that drive this purpose?

What are your highest priorities right now?

Are they aligned with this purpose?

DAY 5

What is your purpose?

How can this purpose better show up in your everyday ordinary life?

How can this purpose fuel your relationships with others?

How can this purpose fuel your relationship with yourself?

What is one thing you can do today that aligns with your purpose?

DAY 7

What is your purpose?

What inspires this purpose?

Who inspires this purpose?

What makes you the perfect person to take on this purpose?

WEEK 3

DAY 15

What is your purpose?

What area of your life today/tomorrow will you focus on expressing this purpose within? e.g. health, relationships, career, parenting.

How will you live your purpose within that area of your life today/tomorrow?

Describe what emotions will drive this action?

Describe how you will think in order to drive this action?

DAY 16

What is your purpose?

What area of your life today/tomorrow will you focus on expressing this purpose within? e.g. health, relationships, career, parenting.

How will you live your purpose within that area of your life today/tomorrow?

Describe what emotions will drive this action?

Describe how you will think in order to drive this action?

DAY 17

What is your purpose?

What area of your life today/tomorrow will you focus on expressing this purpose within? e.g. health, relationships, career, parenting.

How will you live your purpose within that area of your life today/tomorrow?

Describe what emotions will drive this action?

Describe how you will think in order to drive this action?

DAY 18

What is your purpose?

What area of your life today/tomorrow will you focus on expressing this purpose within? e.g. health, relationships, career, parenting.

How will you live your purpose within that area of your life today/tomorrow?

Describe what emotions will drive this action?

Describe how you will think in order to drive this action?

DAY 19

What is your purpose?

What area of your life today/tomorrow will you focus on expressing this purpose within? e.g. health, relationships, career, parenting.

How will you live your purpose within that area of your life today/tomorrow?

Describe what emotions will drive this action?

Describe how you will think in order to drive this action?

DAY 20

What is your purpose?

What area of your life today/tomorrow will you focus on expressing this purpose within? e.g. health, relationships, career, parenting.

How will you live your purpose within that area of your life today/tomorrow?

Describe what emotions will drive this action?

Describe how you will think in order to drive this action?

DAY 21

What is your purpose?

What area of your life today/tomorrow will you focus on expressing this purpose within? e.g. health, relationships, career, parenting.

How will you live your purpose within that area of your life today/tomorrow?

Describe what emotions will drive this action?

Describe how you will think in order to drive this action?

WEEK 4

DAY 22

What is your purpose?

What are the challenges you faced today that took you off your purpose? That rattled you?

How were you thinking and feeling about these challenges?

What was the result?

How could you have managed this differently?

Describe how you will live your purpose tomorrow?

DAY 23

What is your purpose?

What are the challenges you faced today that took you off your purpose? That rattled you?

How were you thinking and feeling about these challenges?

What was the result?

How could you have managed this differently?

Describe how you will live your purpose tomorrow?

DAY 24

What is your purpose?

What are the challenges you faced today that took you off your purpose? That rattled you?

How were you thinking and feeling about these challenges?

What was the result?

How could you have managed this differently?

Describe how you will live your purpose tomorrow?

DAY 25

What is your purpose?

What are the challenges you faced today that took you off your purpose? That rattled you?

How were you thinking and feeling about these challenges?

What was the result?

How could you have managed this differently?

Describe how you will live your purpose tomorrow?

DAY 26

What is your purpose?

What are the challenges you faced today that took you off your purpose? That rattled you?

How were you thinking and feeling about these challenges?

What was the result?

How could you have managed this differently?

Describe how you will live your purpose tomorrow?

DAY 27

What is your purpose?

What are the challenges you faced today that took you off your purpose? That rattled you?

How were you thinking and feeling about these challenges?

What was the result?

How could you have managed this differently?

Describe how you will live your purpose tomorrow?

DAY 28

What is your purpose?

What are the challenges you faced today that took you off your purpose? That rattled you?

How were you thinking and feeling about these challenges?

What was the result?

How could you have managed this differently?

Describe how you will live your purpose tomorrow?

DAY 29

What is your purpose?

What are the challenges you faced today that took you off your purpose? That rattled you?

How were you thinking and feeling about these challenges?

What was the result?

How could you have managed this differently?

Describe how you will live your purpose tomorrow?

DAY 30

What is your purpose?

What are the challenges you faced today that took you off your purpose? That rattled you?

How were you thinking and feeling about these challenges?

What was the result?

How could you have managed this differently?

Describe how you will live your purpose tomorrow?

DAY 31

What is your purpose?

What are the challenges you faced today that took you off your purpose? That rattled you?

How were you thinking and feeling about these challenges?

What was the result?

How could you have managed this differently?

Describe how you will live your purpose tomorrow?

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