



ACTION

Laura
CARROCCI

ACTION

Your future is determined by what you do today.

ACTION

Action is the foundational key to all success.

Pablo Picasso.

OCTOBER 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 were some of the questions you asked yourself and others today?

What is one question that you would like to reframe? e.g. "what is the matter with these people?", or "How will I ever get this done on time?"

Consider the situation and choose a question that would have served you better? Why is this a better question?

Looking at your day tomorrow, what is a good question you can ask yourself that will improve that day? e.g. "How can I do better tomorrow?" or, "How can I love more tomorrow?"

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lc.

e LAURA@LAURACARROCCI.COM
w LAURACARROCCI.COM
p +61 (0) 408 260 208