



ACTION

Laura  
CARROCCI

# **ACTION**

Your future is determined by what you do today.

# ACTION

*Action is the foundational key to all success.*

*Pablo Picasso.*

## NOVEMBER 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

### MORNING

What is your aspiration for yourself today?

e.g.    may I be calm  
          may I be kind  
          may I be free

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How can you be a friend to yourself today? What can you do today that is a sign of kindness toward yourself?

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### EVENING

Journal your thoughts right now. Don't censor, just free write about your day, where you are at, how you are thinking, feeling and showing up. What is going on, what matters, what is challenging you etc.

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## DAY 2

### MORNING

What is your aspiration for yourself today?

e.g.    may I be calm  
          may I be kind  
          may I be free

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How can you be a friend to yourself today? What can you do today that is a sign of kindness toward yourself?

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### EVENING

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## DAY 3

### MORNING

What is your aspiration for yourself today?

e.g.    may I be calm  
          may I be kind  
          may I be free

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How can you be a friend to yourself today? What can you do today that is a sign of kindness toward yourself?

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### EVENING

Journal your thoughts right now. Don't censor, just free write about your day, where you are at, how you are thinking, feeling and showing up. What is going on, what matters, what is challenging you etc.

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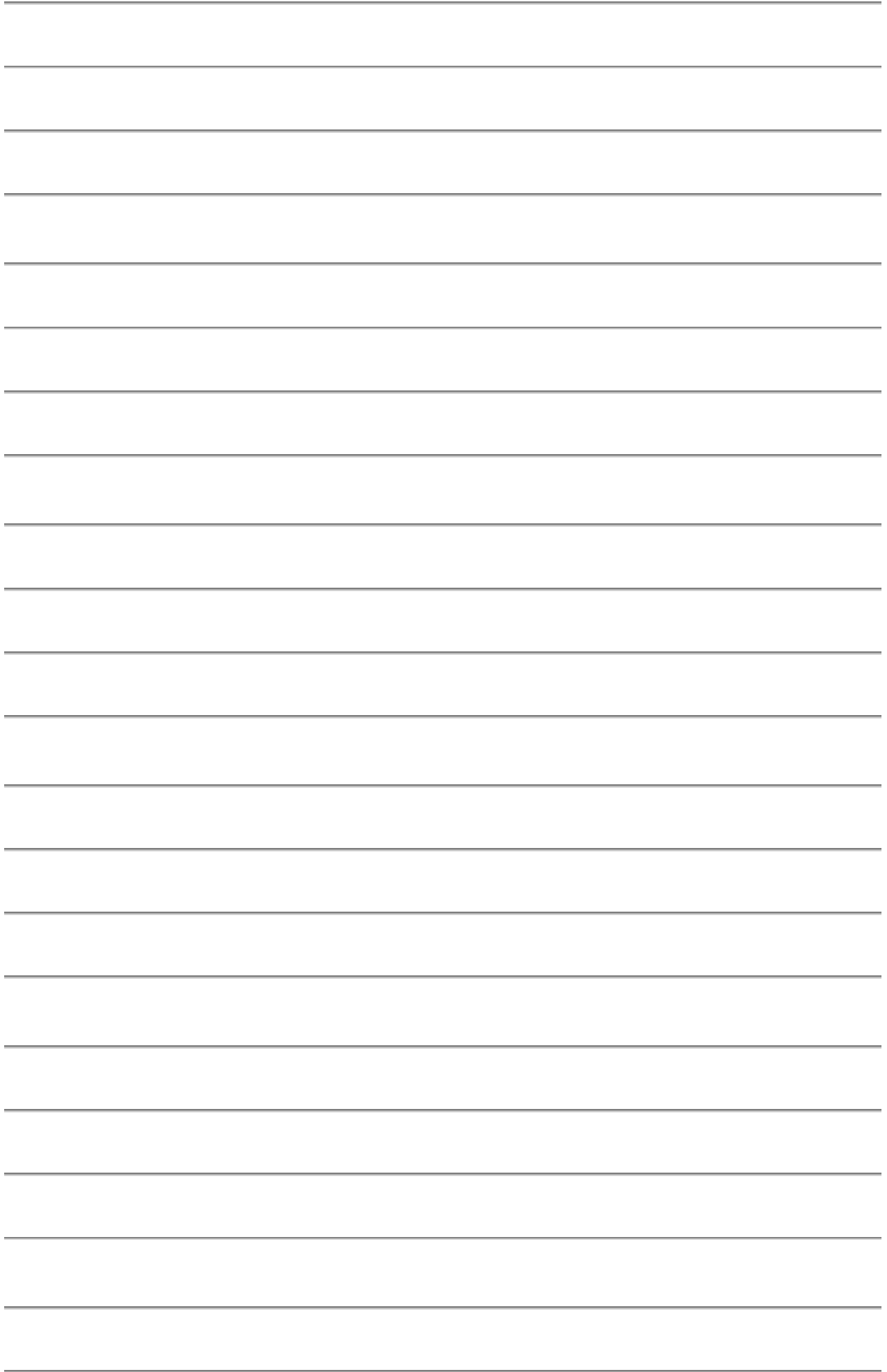
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## DAY 4

### MORNING

What is your aspiration for yourself today?

e.g.    may I be calm  
          may I be kind  
          may I be free

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How can you be a friend to yourself today? What can you do today that is a sign of kindness toward yourself?

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### EVENING

Journal your thoughts right now. Don't censor, just free write about your day, where you are at, how you are thinking, feeling and showing up. What is going on, what matters, what is challenging you etc.

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## DAY 5

### MORNING

What is your aspiration for yourself today?

e.g.    may I be calm  
          may I be kind  
          may I be free

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How can you be a friend to yourself today? What can you do today that is a sign of kindness toward yourself?

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### EVENING

Journal your thoughts right now. Don't censor, just free write about your day, where you are at, how you are thinking, feeling and showing up. What is going on, what matters, what is challenging you etc.

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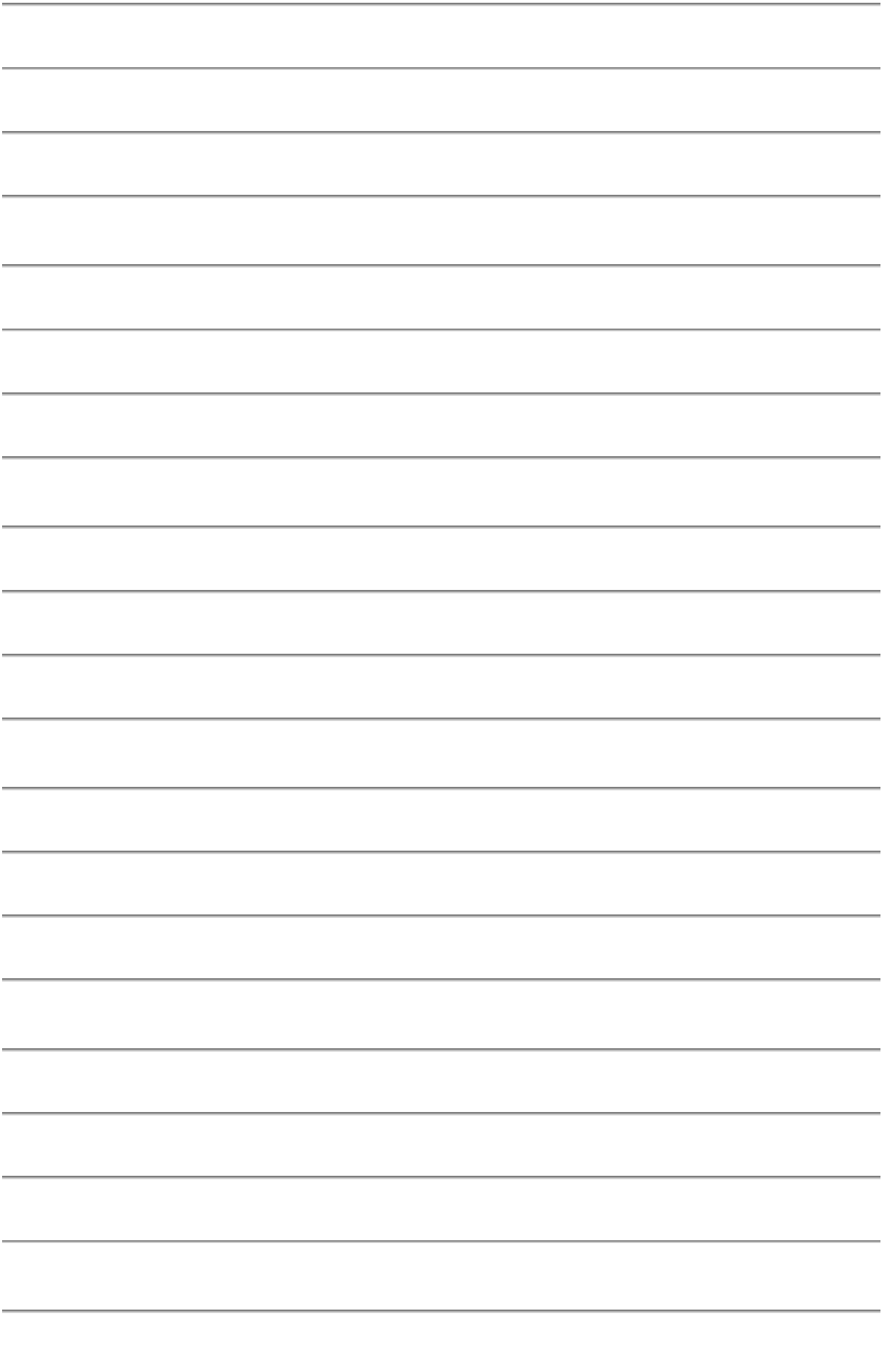
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## DAY 6

### MORNING

What is your aspiration for yourself today?

e.g.    may I be calm  
          may I be kind  
          may I be free

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How can you be a friend to yourself today? What can you do today that is a sign of kindness toward yourself?

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### EVENING

Journal your thoughts right now. Don't censor, just free write about your day, where you are at, how you are thinking, feeling and showing up. What is going on, what matters, what is challenging you etc.

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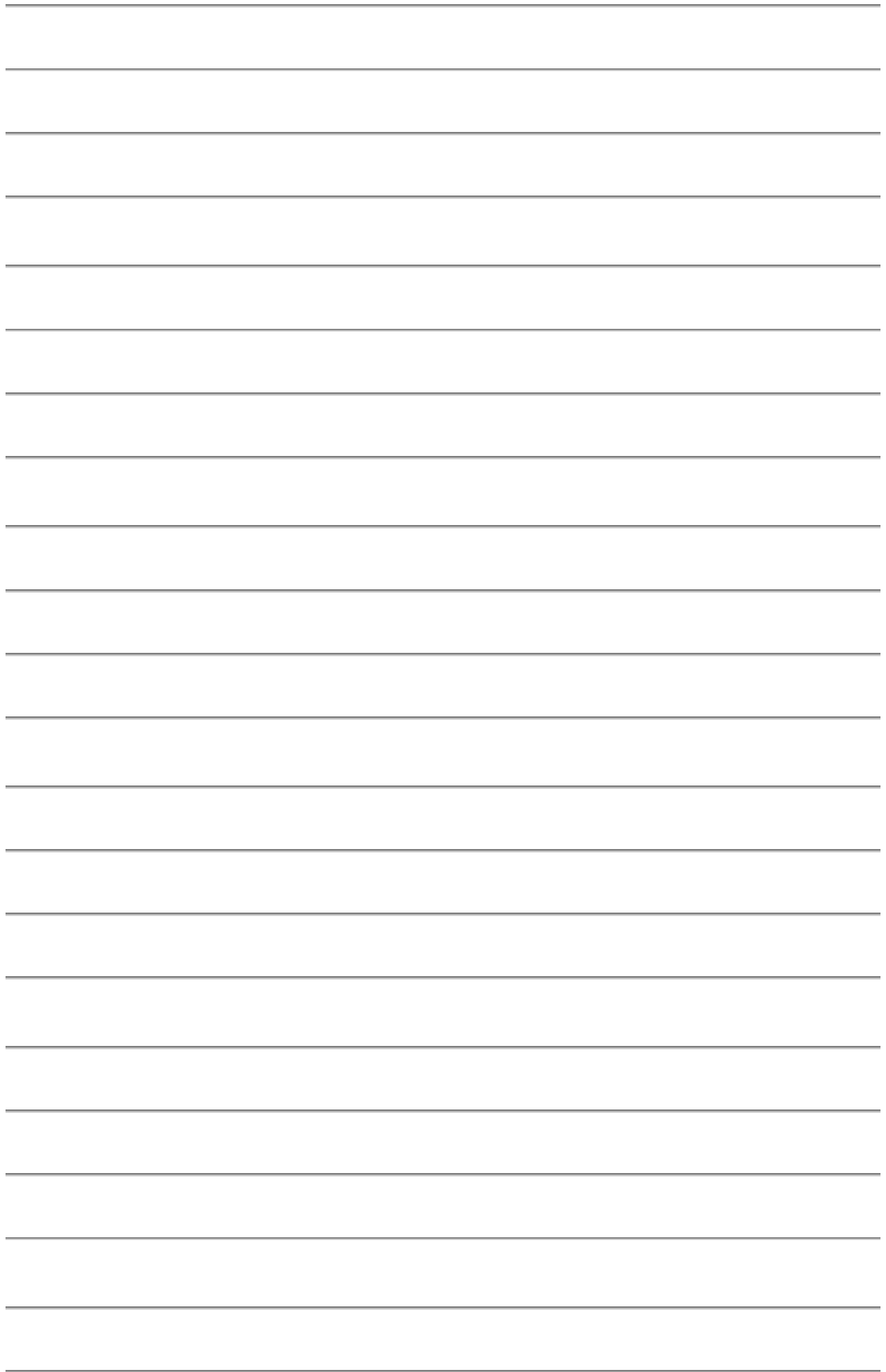
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## DAY 7

### MORNING

What is your aspiration for yourself today?

e.g.    may I be calm  
          may I be kind  
          may I be free

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How can you be a friend to yourself today? What can you do today that is a sign of kindness toward yourself?

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### EVENING

Journal your thoughts right now. Don't censor, just free write about your day, where you are at, how you are thinking, feeling and showing up. What is going on, what matters, what is challenging you etc.

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**WEEK 2 - DAY 8**

MORNING

When will you create time to be still today?

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What will you contemplate at that specific time you have allocated to yourself today?

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EVENING

Journal your thoughts right now. Don't censor, just free write about your day, where you are at, how you are thinking, feeling and showing up. What is going on, what matters, what is challenging you etc.

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# DAY 9

## MORNING

When will you create time to be still today?

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What will you contemplate at that specific time you have allocated to yourself today?

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## EVENING

Journal your thoughts right now. Don't censor, just free write about your day, where you are at, how you are thinking, feeling and showing up. What is going on, what matters, what is challenging you etc.

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## DAY 10

### MORNING

When will you create time to be still today?

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What will you contemplate at that specific time you have allocated to yourself today?

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### EVENING

Journal your thoughts right now. Don't censor, just free write about your day, where you are at, how you are thinking, feeling and showing up. What is going on, what matters, what is challenging you etc.

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## DAY 11

### MORNING

When will you create time to be still today?

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What will you contemplate at that specific time you have allocated to yourself today?

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### EVENING

Journal your thoughts right now. Don't censor, just free write about your day, where you are at, how you are thinking, feeling and showing up. What is going on, what matters, what is challenging you etc.

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## DAY 12

### MORNING

When will you create time to be still today?

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What will you contemplate at that specific time you have allocated to yourself today?

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### EVENING

Journal your thoughts right now. Don't censor, just free write about your day, where you are at, how you are thinking, feeling and showing up. What is going on, what matters, what is challenging you etc.

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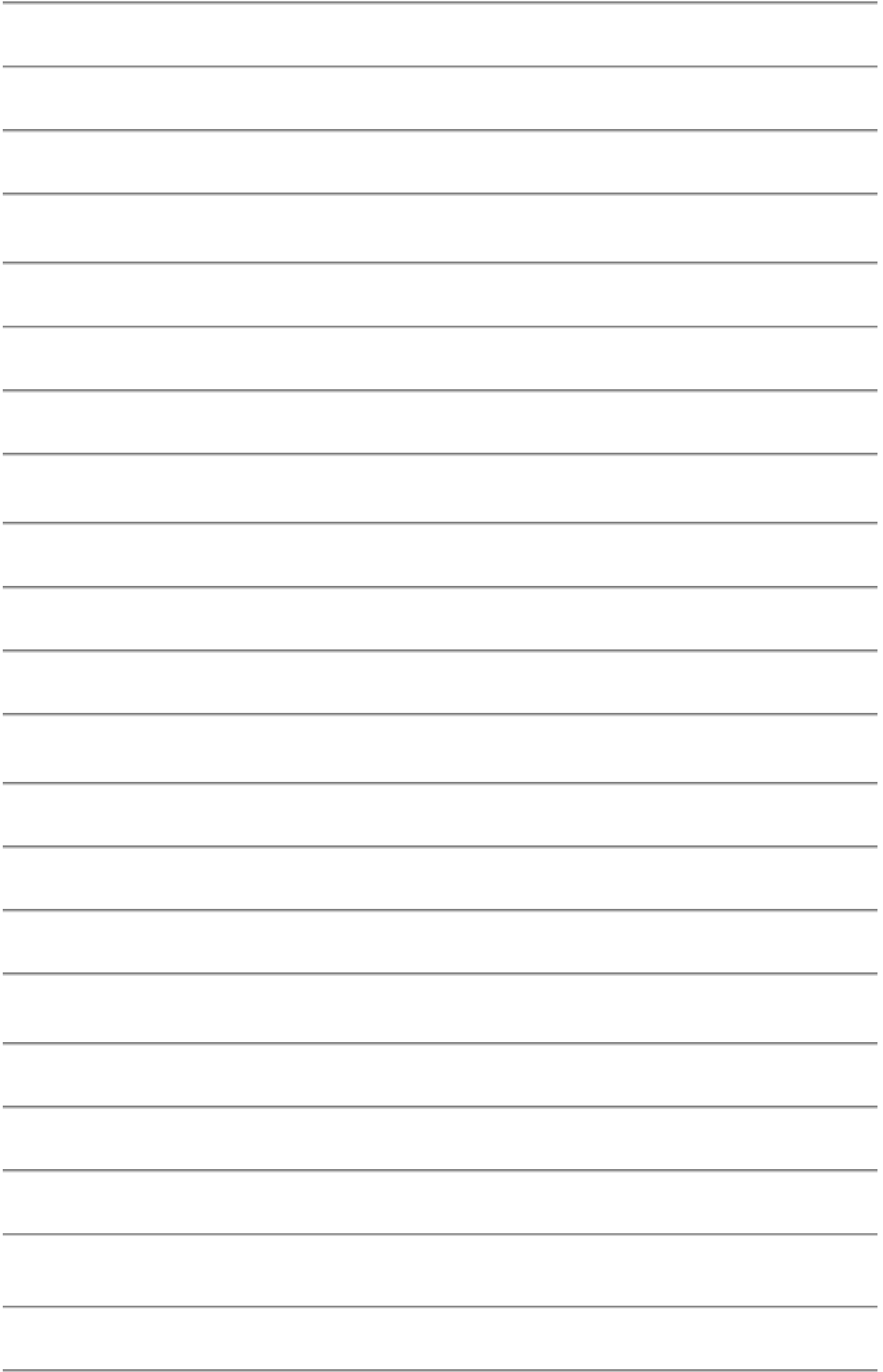
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## DAY 13

### MORNING

When will you create time to be still today?

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What will you contemplate at that specific time you have allocated to yourself today?

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### EVENING

Journal your thoughts right now. Don't censor, just free write about your day, where you are at, how you are thinking, feeling and showing up. What is going on, what matters, what is challenging you etc.

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## DAY 14

### MORNING

When will you create time to be still today?

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What will you contemplate at that specific time you have allocated to yourself today?

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### EVENING

Journal your thoughts right now. Don't censor, just free write about your day, where you are at, how you are thinking, feeling and showing up. What is going on, what matters, what is challenging you etc.

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Lined paper template consisting of 25 horizontal lines for writing.

## WEEK 3 - DAY 15

### MORNING

How can you show love toward yourself today? What does that look like?

*Today I will show myself love by...*

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### EVENING

Journal your thoughts right now. Don't censor, just free write about your day, where you are at, how you are thinking, feeling and showing up. What is going on, what matters, what is challenging you etc.

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## DAY 16

### MORNING

How can you show love toward yourself today? What does that look like?

*Today I will show myself love by...*

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### EVENING

Journal your thoughts right now. Don't censor, just free write about your day, where you are at, how you are thinking, feeling and showing up. What is going on, what matters, what is challenging you etc.

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## DAY 17

### MORNING

How can you show love toward yourself today? What does that look like?

*Today I will show myself love by...*

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### EVENING

Journal your thoughts right now. Don't censor, just free write about your day, where you are at, how you are thinking, feeling and showing up. What is going on, what matters, what is challenging you etc.

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## DAY 18

### MORNING

How can you show love toward yourself today? What does that look like?

*Today I will show myself love by...*

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### EVENING

Journal your thoughts right now. Don't censor, just free write about your day, where you are at, how you are thinking, feeling and showing up. What is going on, what matters, what is challenging you etc.

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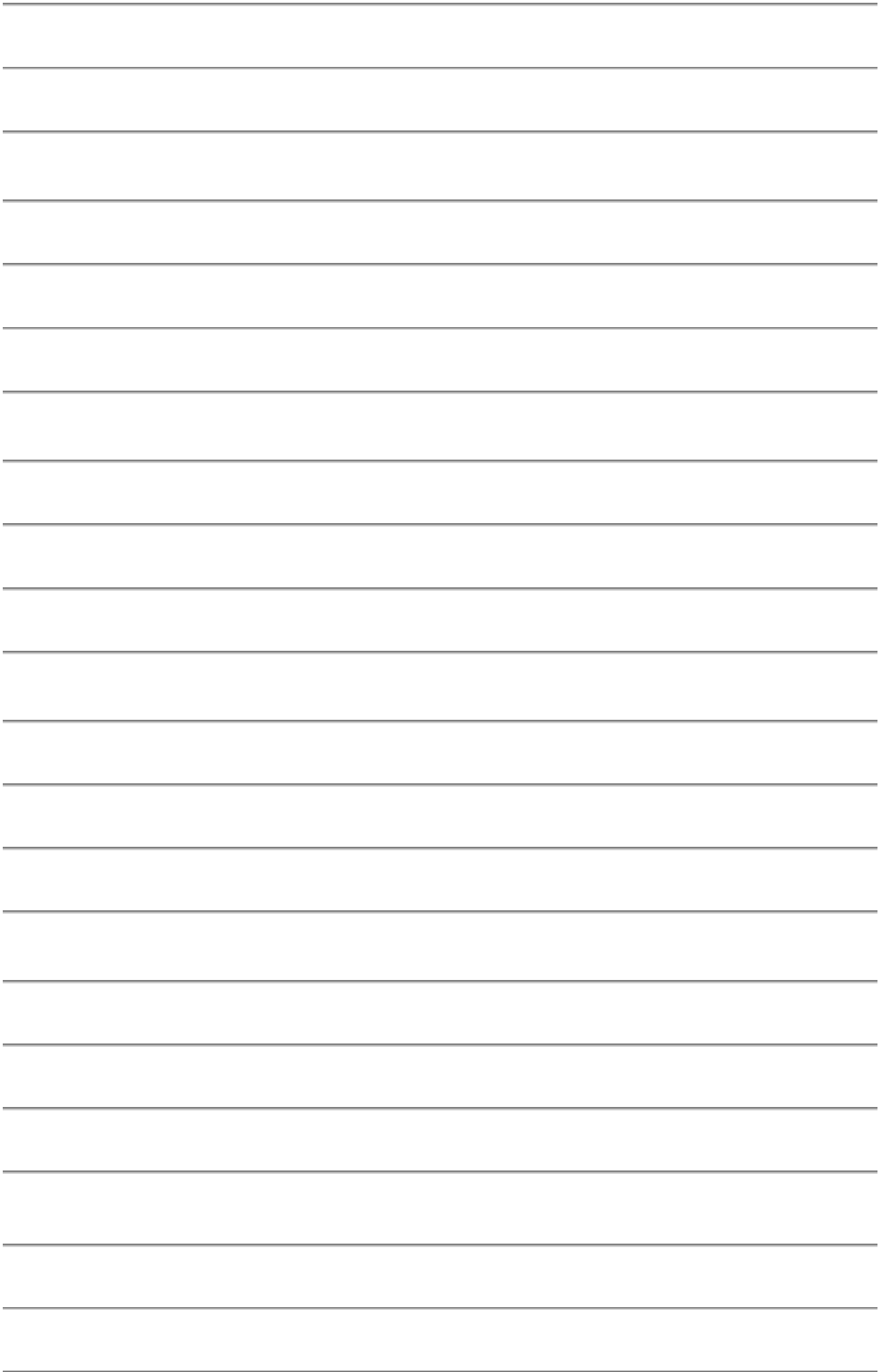
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**DAY 19**

MORNING

How can you show love toward yourself today? What does that look like?

*Today I will show myself love by...*

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EVENING

Journal your thoughts right now. Don't censor, just free write about your day, where you are at, how you are thinking, feeling and showing up. What is going on, what matters, what is challenging you etc.

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## DAY 20

### MORNING

How can you show love toward yourself today? What does that look like?

*Today I will show myself love by...*

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### EVENING

Journal your thoughts right now. Don't censor, just free write about your day, where you are at, how you are thinking, feeling and showing up. What is going on, what matters, what is challenging you etc.

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## DAY 21

### MORNING

How can you show love toward yourself today? What does that look like?

*Today I will show myself love by...*

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### EVENING

Journal your thoughts right now. Don't censor, just free write about your day, where you are at, how you are thinking, feeling and showing up. What is going on, what matters, what is challenging you etc.

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## WEEK 4 - DAY 22

### MORNING

What is the most healthy and compassionate thing you can do for yourself today? Be specific and describe what you will do.

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### EVENING

Journal your thoughts right now. Don't censor, just free write about your day, where you are at, how you are thinking, feeling and showing up. What is going on, what matters, what is challenging you etc.

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## DAY 23

### MORNING

What is the most healthy and compassionate thing you can do for yourself today? Be specific and describe what you will do.

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### EVENING

Journal your thoughts right now. Don't censor, just free write about your day, where you are at, how you are thinking, feeling and showing up. What is going on, what matters, what is challenging you etc.

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## DAY 24

### MORNING

What is the most healthy and compassionate thing you can do for yourself today? Be specific and describe what you will do.

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### EVENING

Journal your thoughts right now. Don't censor, just free write about your day, where you are at, how you are thinking, feeling and showing up. What is going on, what matters, what is challenging you etc.

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## DAY 25

### MORNING

What is the most healthy and compassionate thing you can do for yourself today? Be specific and describe what you will do.

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### EVENING

Journal your thoughts right now. Don't censor, just free write about your day, where you are at, how you are thinking, feeling and showing up. What is going on, what matters, what is challenging you etc.

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## DAY 26

### MORNING

What is the most healthy and compassionate thing you can do for yourself today? Be specific and describe what you will do.

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### EVENING

Journal your thoughts right now. Don't censor, just free write about your day, where you are at, how you are thinking, feeling and showing up. What is going on, what matters, what is challenging you etc.

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## DAY 27

### MORNING

What is the most healthy and compassionate thing you can do for yourself today? Be specific and describe what you will do.

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### EVENING

Journal your thoughts right now. Don't censor, just free write about your day, where you are at, how you are thinking, feeling and showing up. What is going on, what matters, what is challenging you etc.

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## DAY 28

### MORNING

What is the most healthy and compassionate thing you can do for yourself today? Be specific and describe what you will do.

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### EVENING

Journal your thoughts right now. Don't censor, just free write about your day, where you are at, how you are thinking, feeling and showing up. What is going on, what matters, what is challenging you etc.

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## DAY 29

### MORNING

What is the most healthy and compassionate thing you can do for yourself today? Be specific and describe what you will do.

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### EVENING

Journal your thoughts right now. Don't censor, just free write about your day, where you are at, how you are thinking, feeling and showing up. What is going on, what matters, what is challenging you etc.

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## DAY 30

### MORNING

What is the most healthy and compassionate thing you can do for yourself today? Be specific and describe what you will do.

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### EVENING

Journal your thoughts right now. Don't censor, just free write about your day, where you are at, how you are thinking, feeling and showing up. What is going on, what matters, what is challenging you etc.

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