



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.*

## LIFE CLASS 12 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 – HOMEWORK

List 7 relationships you will consider this week.

It can be personal, professional, social, family or a combination.

1.

2.

3.

4.

5.

6.

7.

## DAY 1

Relationship 1:

How are you showing up in this relationship?

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Are you honest emotionally?

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Do you balance giving and your own needs?

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How can you be more honest in this relationship?

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If you were to show up as your true self in this relationship what would be different?

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## DAY 2

Relationship 1:

How are you showing up in this relationship?

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Are you honest emotionally?

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Do you balance giving and your own needs?

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How can you be more honest in this relationship?

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If you were to show up as your true self in this relationship what would be different?

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## DAY 3

Relationship 1:

How are you showing up in this relationship?

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Are you honest emotionally?

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Do you balance giving and your own needs?

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How can you be more honest in this relationship?

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If you were to show up as your true self in this relationship what would be different?

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## DAY 4

Relationship 1:

How are you showing up in this relationship?

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Are you honest emotionally?

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Do you balance giving and your own needs?

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How can you be more honest in this relationship?

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If you were to show up as your true self in this relationship what would be different?

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## DAY 5

Relationship 1:

How are you showing up in this relationship?

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Are you honest emotionally?

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Do you balance giving and your own needs?

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How can you be more honest in this relationship?

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If you were to show up as your true self in this relationship what would be different?

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## DAY 6

Relationship 1:

How are you showing up in this relationship?

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Are you honest emotionally?

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Do you balance giving and your own needs?

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How can you be more honest in this relationship?

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If you were to show up as your true self in this relationship what would be different?

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## DAY 7

Relationship 1:

How are you showing up in this relationship?

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Are you honest emotionally?

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Do you balance giving and your own needs?

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How can you be more honest in this relationship?

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If you were to show up as your true self in this relationship what would be different?

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## WEEK 2 – HOMEWORK

List 7 'hats' you wear in life that you will consider this week.

e.g. parent, friend, employee, writer, homemaker, son, daughter, wife, husband, boss...

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2.

3.

4.

5.

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## DAY 8

Hat 1:

How are you showing up in this role or responsibility?

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Are you honest about what you really want from that role or responsibility?

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Do you want change in this area? If so, what needs to change?

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What is good about this role?

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If you were to show up as your true self in this role or area of your life what would be different?

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## DAY 9

Hat 2:

How are you showing up in this role or responsibility?

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Are you honest about what you really want from that role or responsibility?

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Do you want change in this area? If so, what needs to change?

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What is good about this role?

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If you were to show up as your true self in this role or area of your life what would be different?

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## DAY 10

Hat 3:

How are you showing up in this role or responsibility?

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Are you honest about what you really want from that role or responsibility?

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Do you want change in this area? If so, what needs to change?

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What is good about this role?

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If you were to show up as your true self in this role or area of your life what would be different?

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## DAY 11

Hat 4:

How are you showing up in this role or responsibility?

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Are you honest about what you really want from that role or responsibility?

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Do you want change in this area? If so, what needs to change?

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What is good about this role?

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If you were to show up as your true self in this role or area of your life what would be different?

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## DAY 12

Hat 5:

How are you showing up in this role or responsibility?

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Are you honest about what you really want from that role or responsibility?

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Do you want change in this area? If so, what needs to change?

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What is good about this role?

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If you were to show up as your true self in this role or area of your life what would be different?

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## DAY 13

Hat 6:

How are you showing up in this role or responsibility?

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Are you honest about what you really want from that role or responsibility?

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Do you want change in this area? If so, what needs to change?

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What is good about this role?

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If you were to show up as your true self in this role or area of your life what would be different?

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## DAY 14

Hat 7:

How are you showing up in this role or responsibility?

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Are you honest about what you really want from that role or responsibility?

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Do you want change in this area? If so, what needs to change?

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What is good about this role?

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If you were to show up as your true self in this role or area of your life what would be different?

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## WEEK 3

### DAY 15

What are your deepest desires and aspirations for yourself?

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If you are totally honest, what is it you want most in this life?

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## DAY 16

Are you aligned with your own sense of purpose and values?

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What is true for you? List what comes up:

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What do you really feel?

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## DAY 17

What masks do you wear?

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Who are you beneath the masks?

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What would your life look like if you removed the masks?

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## DAY 18

What causes you to feel inauthentic?

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If you could say what you really feel, what would you say?

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## DAY 19

What causes you fear?

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If you could do what you really want to do, what would you do?

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## DAY 20

What causes you to close down?

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If you could Be who you really are, what would you be doing, saying, choosing?

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## DAY 21

Be still and breathe.

Connect with your deeper self.

Who is he/she?

Fill the page:

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## WEEK 4 - DAY 22

Vision for your future.

Set it.

Let it go.

Enjoy the scenery

What is your vision for your life?

Be very detailed.

Everything goes as well as it can, what do you see?

Give yourself permission to dream big:

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## DAY 24

Re read your vision.

Why is it important to you?

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How does it align with your values?

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## DAY 25

Re read your vision.

What are you afraid off?

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What would be the worst-case scenario if you lived this life, true to yourself, but you didn't achieve this vision?

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What about the joy of having lived aligned with your authentic self? Is this worth the risk?

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What if it is even better than you imagined, what could that look like?

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## **DAY 26**

Re read your vision.

Who do you need to Be in order to achieve this vision?

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How is this available to you right now?

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## DAY 27

Re read your vision.

What habits, thoughts and emotions do you need to achieve this vision?

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What skills or knowledge do you need to acquire?

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If you don't commit to this vision what will be the result in your life?

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## DAY 28

Re read your vision.

Imagine you have achieved this vision. Go forward in time, imagine it in detail. Feel it.

What would your future-self tell you right now?

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## DAY 29

Re read your vision.

Consider the next 12 months ahead.

What will be your highest priorities in the year ahead, that will align you with this vision?

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What values will guide you in the year ahead?

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What needs to change?

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What needs to go?

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What needs to be?

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## DAY 30

Re read your vision.

Imagine you go forward 12 months. Describe your life as if you have lived for 12 months aligned with your vision.

How do you think?

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How do you feel?

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What are you saying?

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How do you look?

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What do you do each day?

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## DAY 31

Re read your vision.

In a few sentences create a commitment statement that you will come back to throughout the months ahead.

Here are some examples:

*I am committed to living my best life, I live, love and thrive.*

*May I be kind to myself.*

*I nurture my body.*

*I honour my plan and create value for my clients.*

*I lead my team with passion and dignity.*

*I am a calm and kind parent and spouse.*

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