



# 21-Day 'Kick Into Action' Series

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

www.21DaysofAction.com

## Day 1 - Introduction

Notes:

**“We are what we repeatedly do. Excellence, therefore, is not an act, but a habit.”**

**Aristotle**

Only \_\_\_% of who we are is \_\_\_\_\_; the other \_\_\_% is our \_\_\_\_\_.

Our \_\_\_\_\_ creates our success or failure in life.

My definition of success is:

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### Mastering the Basics

Many people slip into the Law of \_\_\_\_\_ where things are taken for granted.

\_\_\_\_\_ is the mother of skill; it's rare that people have mastered the basics

The most powerful actions that you take in your life are the \_\_\_\_\_ and \_\_\_\_\_ things that you do that are \_\_\_\_\_.



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The 7 most important steps to achieving any goal are:

Notes:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

## MY INTENTION FOR THE NEXT 21 DAYS

I am so happy and grateful to have:

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## Upgrading Your Mindset

The New Positive Habits I would like to acquire are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

## Homeplay

1. Determine one or two specific goals you want to focus on achieving and the Positive Habits you want to acquire during this 21-Day programme.