



## 21-Day 'Kick Into Action' Teleseries

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

[www.21DaysofAction.com](http://www.21DaysofAction.com)

### *Day 2 – Theatre of the Mind*

Notes:

#### Checking in with your goal

Remember to rewrite your goal today:

I am so happy and grateful

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Your unconscious mind doesn't know the difference between something that's \_\_\_\_\_ and something we

\_\_\_\_\_.

They have the same impact on our \_\_\_\_\_

\_\_\_\_\_.

Many people find they get better results if they imagine themselves sitting before a MASSIVE CINEMA screen and imagine that they are seeing a picture of themselves. This is known as dissociation.

The important thing is to then imagine stepping right inside that goal, so you're inside of it looking out through your own eyes – this is called \_\_\_\_\_!



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### Homeplay: Creating Your Mental Movie

Notes:

**Step 1.** Write a brief outline of the movie you intend to construct. Be sure to use words that create emotion, like grateful, elated, passionate, content, exciting, etc.

Go ahead and write your script now.

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**Step 2.** Set aside at 5 minutes at least once per day to do the Theatre of The Mind exercise. Keep perfecting your movie! Keep adding more detail, more emotion, make it more colorful, brighter, and so on.

**Step 3:** For the remainder of the course, keep playing this movie over and over again. Practice Mentally Rehearsing!