

TAKE ACTION!

Daily Guide to Gain Clarity and Grow

This guide can be printed or downloaded into a notes app like Goodnotes or Notability on your iPad.

Start your day by getting centered and deciding what you're going to think and feel to fuel your action!

DATE: _____

My word for the year:

My Goal:

(write it out as if you already achieved it, make it specific and measurable)

What I'm grateful for:

- 1.
- 2.
- 3.

ACTION → CLARITY → GROWTH

Today's Intention:

The feeling I'm choosing to fuel my actions today:

e.g. committed, courageous, empowered, disciplined, willing...

What I'm going to think to generate that feeling:

e.g. There's someone out there who really needs to hear my voice today.

The action I'm going to take to move the needle today

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“Your doubts create mountains,
your actions move them.”
-MEL ROBBINS

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