



COACHING

BEING AWESOME JOURNAL

"Small daily improvements over time lead to stunning results."

— **Robin Sharma**

"Success is taking one step at a time."

Jenn Walker

DAILY HABIT: COMMIT TO THE NEXT 30 DAYS

MORNING:

- With Your Hand on Your Heart: Read Your Big Audacious Goal and FEEEEEEEEEEEEEL it
- 20 Second BEING AWESOME Visualization of it being NOW: Where are you? What are you doing? What are you saying? Who's there with you? What are the sights/sounds/smells/taste/feeling? See it all from your eyes in a 20 second video clip, and FEEEEEEEEEEEEEEEEEL IT
- Write or Say 3 Things You're Grateful For: "I am so grateful for..."
Example: I like choosing something I often take for granted (e.g. the warmth of my home OR the sounds of the birds); Something I'm currently celebrating, a recent win (e.g. the new awesome badass coaching client in my life); Something that is coming in the Future. (e.g. my dream house on the lake)
- Write or Say 3 Affirmations: "I am..." (Refer to **AWESOME AFFIRMATIONS** for ideas.)
- Set Your Daily Intention (Feel/Focus): "Today I will be/feel..."
Example: "... fully engaged, confident, full of joy."

EVENING:

- With Your Hand on Your Heart: Read Your Big Audacious Goal and FEEEEEEEEEEEEEL it
- 20 Second BEING AWESOME Visualization
- What was the PEAK of your day?
- What was the PIT of your day?
- What CLARITY AND WISDOM did you receive today?

Dive Heart First

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