

# TAKE ACTION WEEKLY WORKBOOK

DATE:



1. SHARE YOUR MISSION  
(TO MAKE YOU FEEL MORE ACCOUNTABLE)



2. ASK FOR HELP IF YOU NEED IT



3. BECOME THE PERSON YOU NEED TO BE TO  
REACH YOUR GOALS



4. HOW CAN YOU BENEFIT BY ADDING VALUE  
AND HELPING OTHERS?



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MY MISSION



WITHIN THE NEXT WEEK, I WILL HAVE:

I CAN AND I WILL DO THIS!  
VISUALISE & TAKE MASSIVE ACTION

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WHAT DO YOU NEED TO DO EACH DAY TO MAKE PROGRESS?

I NEED TO:

IF I GET OF TRACK I'M GOING TO:

AS I REACH SMALL MILESTONES, I AM GOING TO REWARD MYSELF  
BY:

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REACH OUT! DON'T WORK ALONE



THESE AWESOME PEOPLE CAN HELP ME...

NAME -

HOW THEY CAN HELP ME:

NAME -

HOW THEY CAN HELP ME:

NAME -

HOW THEY CAN HELP ME:

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What steps do you need to take this week to make it happen?

I NEED TO...

Break your goal down into small steps.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

I WILL DISCIPLINE MYSELF TO THESE THINGS!

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GET STARTED TODAY!



I WANT TO:

I can and I will, watch me!

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WHY DO YOU WANT TO ACHIEVE IT?



THE MAIN REASON IS:

HOW WILL I FEEL WHEN I ACHIEVE THIS?

WHAT WILL I GAIN?

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## NOTES



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## NOTES