

Year _____ Month _____ Day _____ Consecutive Practice Days _____ Missed Days _____

Day 25

Gratitude:

Vision:

Affirmations:

If there's one source of magic in this course, it is this:

Action

Action educates.
Action motivates.
Action cures fear.
Action builds confidence.
Action is the engine that drives imagination into reality.

So far your daily practices have all been contained within yourself and this journal. Today we begin to take these practices out into the real world.

"You don't have to see the whole staircase, just take the first step."

Martin Luther King Jr.

This quote flies in the face of the old advice- "Plan your work, then work your plan."

We can easily get caught up in the planning stages of any change we want to make. Change doesn't need a complex chain of events, planned in advance, in order to take place. The only action steps that really matter are the ones you can do today, right now. Everything else is speculation and procrastination.

Keep this as simple as possible.

Read over your Vision from today's practice. Write down ONE easy thing you could do today to take a small step toward that vision.

Action:

Now, as soon as you can today, go do that thing.

Daily:





