



## My To Do List For Today

Task	Completed?
When I wake up re-read my Progression Diary from yesterday.	
When I wake up glance through my Your Goal cards.	
Listen to 'Record My Dream' recording.	
Watch my encouraging PowerPoint presentation.	
Glance over my Mission Statement, Executive Summary (from my Business Plan) and Revenue Plan. Make any amendments to these if necessary.	
Complete 2 meditation sessions.	
At the end of the day, record my entry in my Progression Diary.	
<b>All tasks completed?</b>	

On a scale of 1 to 5 how do you feel your objective is being met? 1= Unlikely 5 = Very. Make sure you reflect on this score in your diary.

Rating: .....

**Do you need further support? If so, I would be very happy to discuss further. Email me at [directactionlifecoach@gmail.com](mailto:directactionlifecoach@gmail.com) or call me on 07544 899678.**