



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.	
Complete 2 meditation sessions.	
At the end of the day, record my entry in my Progression Diary.	
All tasks completed?	

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 or call me on 07544 899678.