

## **The Action Dash**

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Absolute Actions					
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YOUR BEST LIFE FOCUS							
Clarity, Belief, Action, Reflection							

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	<b>Energy and Momentum</b>
							Plan your month
							Schedule and chunk your time
							Progress over perfection
							Daily consistent action
							Do a major clean-up.
							Exercise - create movement
							Intentional Mornings
							Sleep - go to bed earlier No electronics late at night
							Reduce sugar/processed foods
							Water-drink more 1-2 litres per day
							Show gratitude
							Create or do something remarkable this month
							Read a great book.
							Help someone in an unexpected way
							on Purpose, with Passion, Play now!
							Lead YOUR Best Life

