
NOTEBOOK & ACTION PLANNER

Instructions to use:

1. Note down the main takeaways during the section sessions.
2. Consider how they can be practically applied to your own life.
3. Write down when you intend to make the change.
4. Implement the changes and measure the improvement.

Key Takeaway	Action Point	Implementation date

Feel free to print as many sheets of this planner as needed if you run out of space to write.