









## **Action Steps**

- Write 10 Positive Affirmations and Say Them Out Loud Every Day
- Write 1 Page About Where You Want to Be in 3 Years
- Remove Distractions (turn off notifications)
- Organize Your Tasks by Importance
- Book Time in Your Calendar for Q2 Tasks
- Journal Daily 3 Pages Every Morning for a Week
- Read Suggested Books About Mindset
- Chop Wood. Carry Water.