

# IGNITED

5 STEPS TO REALIZING THE LIFE YOU  
WERE CREATED TO LIVE

*Workbook*



*Jill Hart*

hartlifecoach.com

Hi and...

# WELCOME!



This workbook is designed to complement the book Ignited: 5 Steps to Realizing the Life You Were Created to Live. Though you can use it as a stand-alone workbook it is best used in conjunction with going through the book as the book explains many of these exercises.

I've added a few bonus exercises to this workbook so you can dig deeper and get better results.

*Let's go!!*

JILL HART  
LIFE COACH

# *table of* CONTENT

**01** Discovering You

**02** Igniting Your Fiery Passion.

**03** Dream Big

**04** Take Action

**05** Course Correct



# Discovering YOU

To design a life in alignment with your core values, morals and dreams you wish to manifest, the first step is discovering who you are at the core of your being. To accomplish this task, we will start with a couple of assessments to get a baseline for where and who you are.

- An enneagram assessment
- The circle of life perspective

You are going to need a journal for many of these exercises too. A journal can be as simple as a pen and paper, a spiral notebook or an actual journal. We offer a journal that goes with this workbook and the coaching book at [HartLifeCoach.com](http://HartLifeCoach.com) in case you missed it.

Let the revealing begin...



WITHOUT  
KNOWING WHAT I  
AM AND WHY I AM  
HERE, LIFE IS  
IMPOSSIBLE. LEO  
TOLSTOY



# Your ENNEAGRAM

While you may or may not already know what enneagram type you are, now is a good time to either discover it or re-discover it. Go on over to <https://onlinepersonalitytests.org/enneagram>

“THE ENNEAGRAM IS A TOOL THAT AWAKENS OUR COMPASSION FOR PEOPLE JUST AS THEY ARE, NOT THE PEOPLE WE WISH THEY WOULD BECOME SO OUR LIVES WOULD BECOME EASIER.” — IAN MORGAN CRON.

Ian's quote is even more significant when you consider that being compassionate to oneself rather than hard on oneself makes life so much more enjoyable to live.

Understanding your enneagram type helps you to craft a life you enjoy because you can build it.

on a solid foundation. One that is uniquely you.

The enneagram assessment will show you your strengths as well as your weaknesses. Armed with this information you can then decide how you are going to approach getting what you want out of life. Knowing where you are strong AND weak allows you to make decisions that overall will help you get the best results.



*Enneagram*

# RESULTS

AFTER YOU HAVE TAKEN THE ASSESSEMENT - ANSWER THESE QUESTIONS...

WHAT IS YOUR ENNEAGRAM?

WHAT DID YOU DISCOVER ABOUT YOURSELF?

HOW DOES THAT MAKE YOU FEEL?

HOW DOES YOUR PERSONALITY AFFECT YOUR FAMILY RELATIONSHIPS?

CAREER CHOICES - HOW DO THEY FIT WITH YOUR ENNEAGRAM TYPE?

*Enneagram*

# RESULTS

PAGE 2

YOUR TAKEAWAY FROM THIS PERSONALITY TYPE?

WHAT ARE THE STRENGTHS OF THIS PERSONALITY TYPE?

WHAT DO YOU PERCEIVE AS WEAKNESSES?

WHAT ARE YOU DOING NOW THAT DOESN'T FIT WITHIN YOUR TYPE?

HOW CAN YOU CHANGE THAT SO THAT IT DOES ALIGN WITH YOU?

# the circle of PERSPECTIVE

The Circle of Individual Perspective coaching exercise will help us to identify some of the areas where this book will be able to provide the most value to you. You see, life coaching is a collaborative process focused on the future and will help you make positive choices which result in positive changes. So, you don't have to go it alone - isn't that good to know!

“THE RIGHT PERSPECTIVE  
MAKES THE IMPOSSIBLE -  
POSSIBLE.” — UNKNOWN.

Together we are going to make our way around the clock/pizza, and you are going to rate your level of satisfaction in each of the eight categories by using a scale of one to ten with ten being the highest or equal to the most satisfied you can possibly be.

So, if you rate a category a 10, you are saying everything is as it should be, it couldn't get any better, and you are perfectly satisfied with everything that falls in that category. On the other hand, if you rate a category 1 you view this area of your life as a total disaster! You are experiencing some major problems in that area of your life.

”

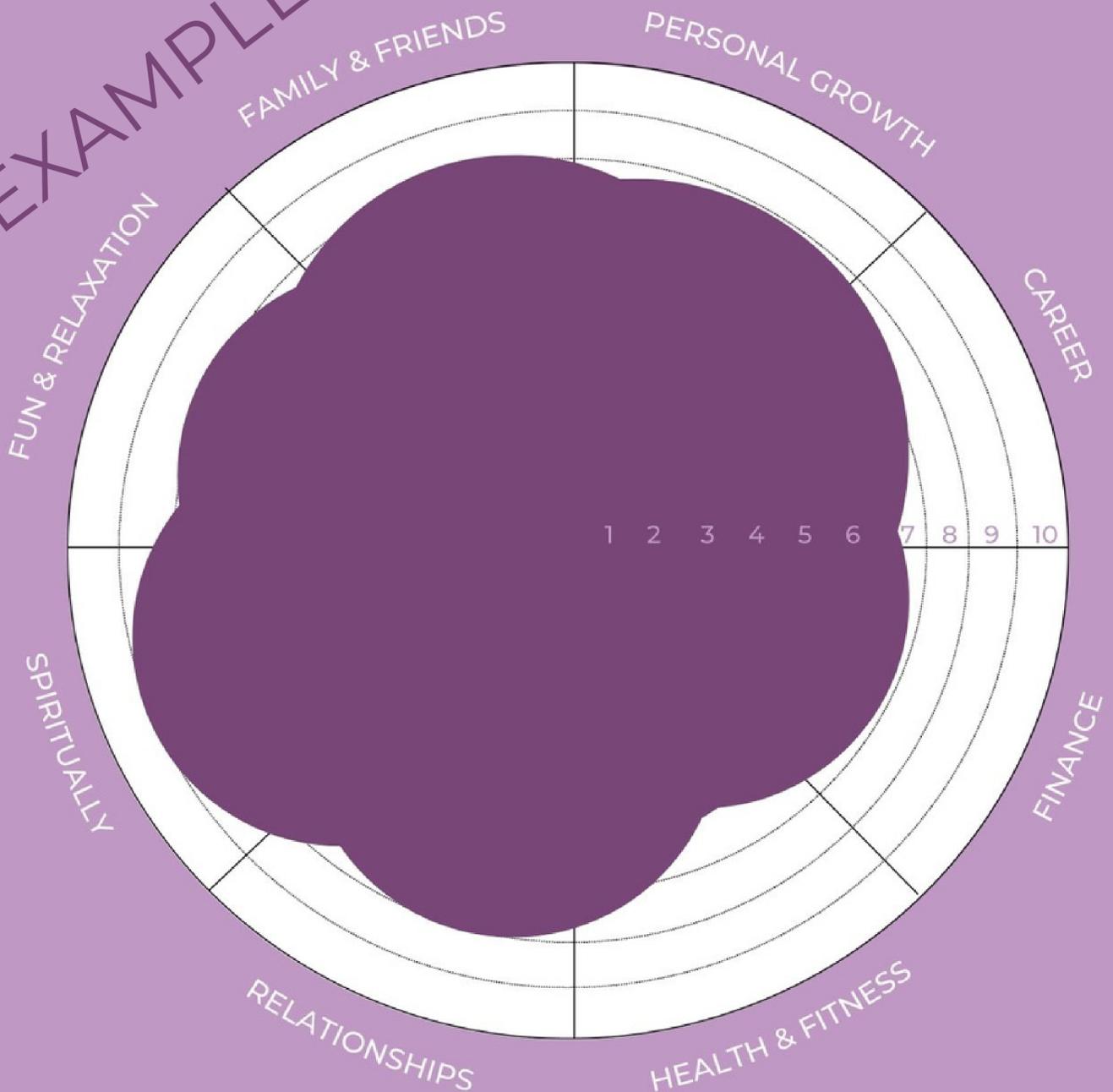
Starting with Personal Growth go around the circle and rate each piece with a number between 1-10



# wheel of LIFE

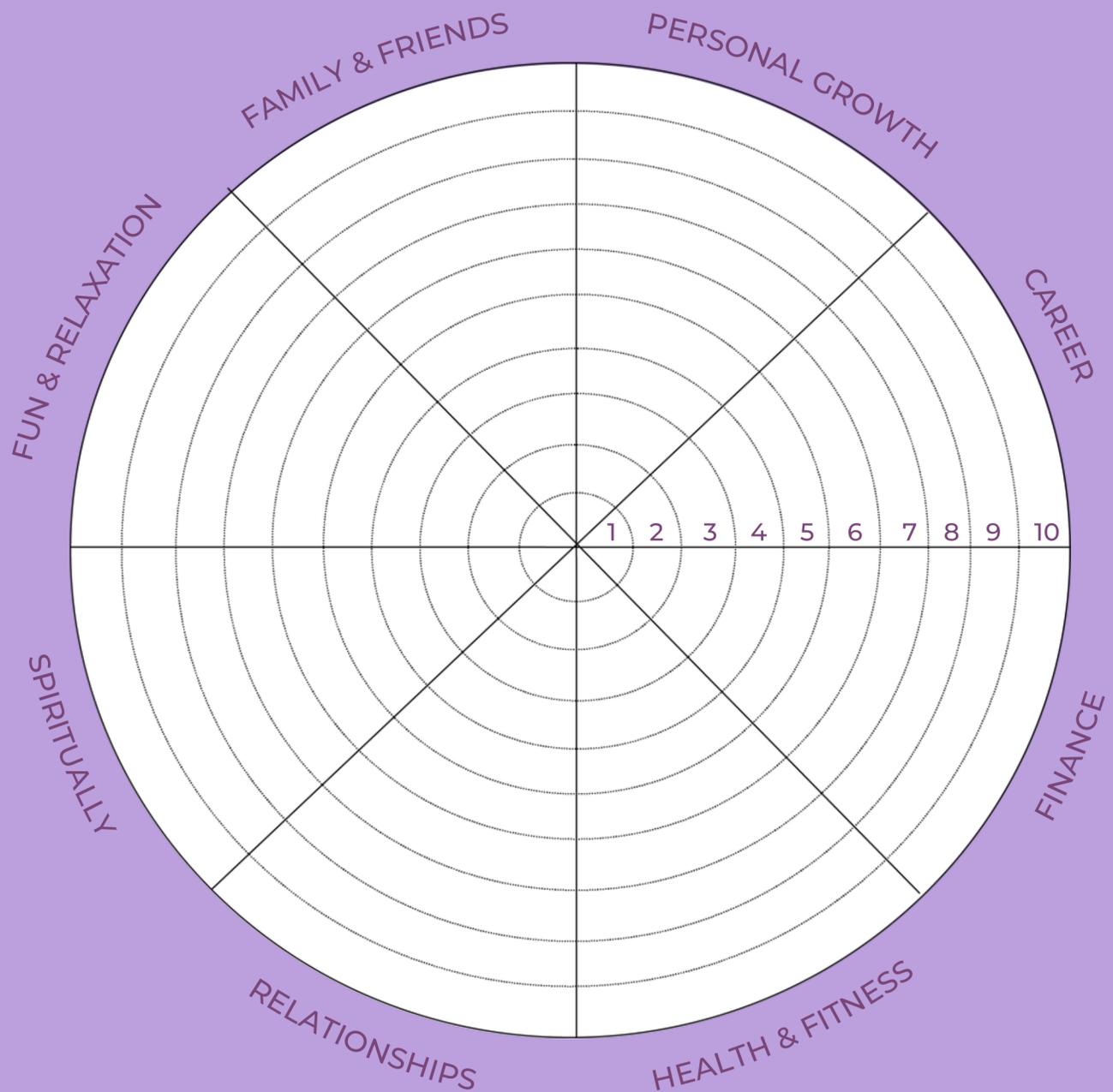
REVIEW THE 8 CATEGORIES, AND IF NECESSARY RENAME CATEGORY SEGMENTS TO ADD IN SOMETHING THAT IS MISSING, OR MAKE IT MORE MEANINGFUL TO YOU. DRAW A LINE ACROSS EACH SEGMENT. SCORING IS BETWEEN 1 (VERY DISSATISFIED) AND 10 (FULLY SATISFIED)

EXAMPLE



# circle of PERSPECTIVE

REVIEW THE 8 CATEGORIES, AND IF NECESSARY RENAME CATEGORY SEGMENTS TO ADD IN SOMETHING THAT IS MISSING, OR MAKE IT MORE MEANINGFUL TO YOU. DRAW A LINE ACROSS EACH SEGMENT. SCORING IS BETWEEN 1 (VERY DISSATISFIED) AND 10 (FULLY SATISFIED)



# *circle of perspective*

## THOUGHTS

SOME QUESTIONS TO JOURNAL ABOUT AS YOU REFLECT ON  
YOUR CIRCLE OF PERSPECTIVE



What areas of my life are going well?



What areas of my life need help?



Why do I think things aren't as good as they could be in the areas that need help?



What steps can I take to change those areas of my life that need adjusting?



How can working on the areas of my life that are a challenge impact the areas going well?



What roadblocks or mental blocks do I have about making changes to positively affect those areas?



What resources do I have to help me make those changes?

# *circle of* PERSPECTIVE

## PERSONAL GROWTH

WRITE YOUR PLAN AND ACTIONS YOU NEED TO TAKE, IN ORDER TO IMPROVE IN THAT SPECIFIC AREA.

A large rectangular area with a light purple background and horizontal lines, intended for writing a plan and actions for personal growth. The area is empty and occupies the lower two-thirds of the page.

# *circle of* PERSPECTIVE

## CAREER

WRITE YOUR PLAN AND ACTIONS YOU NEED TO TAKE, IN ORDER TO IMPROVE IN THAT SPECIFIC AREA.

A large rectangular area with a light purple background and horizontal lines, intended for writing a plan and actions. The area is divided into 20 horizontal rows by thin grey lines. The top row is a solid light purple color, while the remaining 19 rows are light purple with a thin grey line at the top of each row. The bottom of the area is a solid black bar.

# *circle of* PERSPECTIVE

## FINANCE

WRITE YOUR PLAN AND ACTIONS YOU NEED TO TAKE, IN ORDER TO IMPROVE IN THAT SPECIFIC AREA.

A large rectangular area with a light purple background and horizontal lines, intended for writing a plan and actions. The area is empty and occupies the lower two-thirds of the page.

# *circle of* PERSPECTIVE

## HEALTH & FITNESS

WRITE YOUR PLAN AND ACTIONS YOU NEED TO TAKE, IN ORDER TO IMPROVE IN THAT SPECIFIC AREA.

A large, light purple rectangular area with horizontal lines, intended for writing a plan and actions for health and fitness improvement. The area is empty and occupies the lower two-thirds of the page.

# *circle of* PERSPECTIVE

## RELATIONSHIPS

WRITE YOUR PLAN AND ACTIONS YOU NEED TO TAKE, IN ORDER TO IMPROVE IN THAT SPECIFIC AREA.

A large rectangular area with a light purple background and horizontal lines, intended for writing a plan and actions. The area is divided into 20 horizontal rows by thin grey lines. The top row is a solid light purple color, while the remaining 19 rows are light purple with a thin grey line at the top of each row. The bottom of the area is a solid black bar.

# *circle of* PERSPECTIVE

## SPIRITUALITY

WRITE YOUR PLAN AND ACTIONS YOU NEED TO TAKE, IN ORDER TO IMPROVE IN THAT SPECIFIC AREA.

A large rectangular area with a light purple background and horizontal lines, intended for writing a plan and actions. The area is empty and occupies the lower two-thirds of the page.

# *circle of* PERSPECTIVE

## FUN & RELAXTION

WRITE YOUR PLAN AND ACTIONS YOU NEED TO TAKE, IN ORDER TO IMPROVE IN THAT SPECIFIC AREA.

A large rectangular area with a light purple background and horizontal lines, intended for writing a plan and actions. The area is divided into 20 horizontal rows by thin grey lines. The top row is a solid light purple header, and the remaining 19 rows are for writing. The bottom of the page has a solid black bar.

# *circle of* PERSPECTIVE

## FAMILY & FRIENDS

WRITE YOUR PLAN AND ACTIONS YOU NEED TO TAKE, IN ORDER TO IMPROVE IN THAT SPECIFIC AREA.

A large rectangular area with a light purple background and horizontal lines, intended for writing a plan and actions. The area is divided into 20 horizontal rows by thin grey lines. The top row is a solid light purple header, and the remaining 19 rows are for writing. The bottom of the page has a solid black bar.

# *Igniting*

## YOUR FIERY PASSION

The next step in this process is to ignite your fiery passion.

- We will do a series of exercises designed to reveal what you are most passionate about

You may want a journal for many of these exercises too. A journal can be as simple as a pen and paper, a spiral notebook or an actual journal. We offer a journal that goes with this workbook and the coaching book at [HartLifeCoach.com](http://HartLifeCoach.com) in case you missed it.

Let's light it up!!



“TO SUCCEED, YOU  
HAVE TO BELIEVE IN  
SOMETHING WITH  
SUCH PASSION THAT  
IT BECOMES A  
REALITY.”

— ANITA RODDICK

# *your* CORE VALUES

CIRCLE THE CORE VALUES FROM THAT LIST,  
THAT MOST RESONATES WITH YOU:

Authenticity

Fame

Peace

Achievement

Friendships

Pleasure

Adventure

Fun

Poise

Authority

Growth

Popularity

Autonomy

Happiness

Recognition

Balance

Honesty

Religion

Beauty

Humor

Reputation

Boldness

Influence

Respect

Compassion

Inner Harmony

Responsibility

Challenge

Justice

Security

Citizenship

Kindness

Self-Respect

Community

Knowledge

Service

Competency

Leadership

Spirituality

Contribution

Learning

Stability

Creativity

Love

Success

Curiosity

Loyalty

Status

Determination

Meaningful Work

Trustworthiness

Fairness

Openness

Wealth

Faith

Optimism

Wisdom

*your*

# PASSION

ANSWER THE FOLLOWING QUESTIONS WHICH CAN HELP YOU GAIN CLARITY ABOUT YOUR PASSION

What was the highlight of your day?

What did you do that made time fly?

What do you look forward to doing?

What do you spend your money on?

What is your superpower?

What can you talk about for hours?

# Passion vs Hobby

## Definition

A strong liking or desire for or devotion to some activity, object or concept

A pursuit outside one's regular occupation engaged in especially for relaxation

## Time

Often time-consuming and would love to do constantly

Do for fun, during leisure time

## Purpose

Something you feel driven to do

Something you do in your free time for entertainment

## Values Alignment

Aligns with your core values & moral compass

May or may not align with your core values and moral compass

## Dedications

Driven to improve skill level and excel

Skill may improve but not a necessity

## Example

Being a nutrition coach

Taking a cooking class on an ethnic type of cuisine

## Example

Growing your own food

Having a couple houseplants

# *ten* QUESTIONS

THESE ANSWERS WILL HELP YOU DEVELOP YOUR VISION STATEMENT - THE NEXT STEP IN THIS PROCESS

WHAT AREAS OF YOUR CIRCLE OF PERSPECTIVE DO YOU FEEL NEED THE MOST ATTENTION NOW?

LET'S CONSIDER WHAT WILL ACHIEVING THESE GOALS MEAN TO YOU? HOW WILL YOU FEEL?

WHAT WILL HAPPEN OR BE DIFFERENT ONCE YOU HAVE ACHIEVED THESE GOALS? WHAT WILL YOU SEE, HEAR AND/OR FEEL?

WHO DO YOU WANT OR NEED TO HELP YOU ACCOMPLISH THESE GOALS?

WHAT ACTIONS MUST BE TAKEN TO ACHIEVE THESE GOALS?

# *ten* QUESTIONS

CONTINUED

WHEN DO YOU EXPECT TO ACHIEVE THESE GOALS? WHEN YOU ACHIEVE THESE GOALS, HOW WILL THAT IMPACT OTHER ASPECTS OF YOUR LIFE?

WHAT SKILLS, TOOLS AND RESOURCES DO YOU HAVE ALREADY THAT WILL HELP YOU ACHIEVE THESE GOALS?

WHAT ADDITIONAL TOOLS, SKILLS AND RESOURCES WILL YOU REQUIRE TO ACHIEVE THESE GOALS?

DO YOU FORESEE ANYTHING THAT HAS ALREADY OR COULD GET IN THE WAY OF ACHIEVING THESE GOALS?

WHAT ACTION STEPS WILL YOU TAKE TO ENSURE YOU ACHIEVE YOUR GOALS?



# *up to this point* CHECKLIST

LET'S REVIEW WHAT WE'VE GATHERED SO FAR.

- You should know what your enneagram personality type is and how it affects you and your life
- You should have completed the circle of perspective exercise.
- You should have some ideas about what you want to adjust with your circle of perspective in each of the 8 sections
- Maybe you are developing some goals you'd like to see accomplished
- You should have a clear idea about what you are passionate about.
- Maybe you've decided on what your superpower is and have some thoughts about how that helps you in life.
- You are ready to put together your dream life as a vision statement.

# *dream* BIG

This part of the process will end with you creating a vision statement

- Write your vision statement
- Record your vision statement as a guided meditation

You may want a journal for many of these exercises too. A journal can be as simple as a pen and paper, a spiral notebook or an actual journal. We offer a journal that goes with this workbook and the coaching book at [HartLifeCoach.com](http://HartLifeCoach.com) in case you missed it.

Let the dreaming begin!!

“DARE TO DREAM,  
THEN DECIDE TO  
DO.” — ANNETTE  
WHITE

”

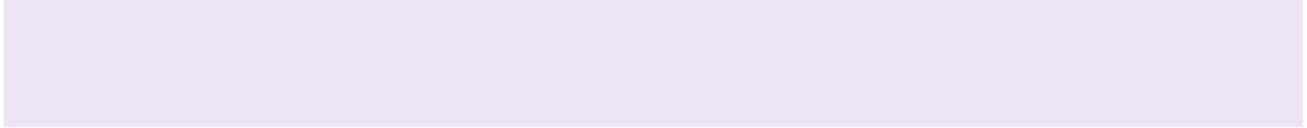


*prep for*

# VISION STATEMENT

WRITE DOWN WHAT YOU WILL FEEL. SEE. HEAR. TASTE. WHEN YOU  
ARE LIVING YOUR DREAM LIFE. WHO IS WITH YOU?

1st glimpse/how you feel/what you see/hear/taste



2nd glimpse/how you feel/what you see/hear/taste



3rd glimpse/how you feel/what you see/hear/taste



4th glimpse/how you feel/what you see/hear/taste



# *vision* STATEMENT

USE THIS WORKSHEET TO GET CLAIRITY BEFORE WRITING YOUR VISION STATEMENT.

I WANT TO STOP:



I WANT TO LEARN:



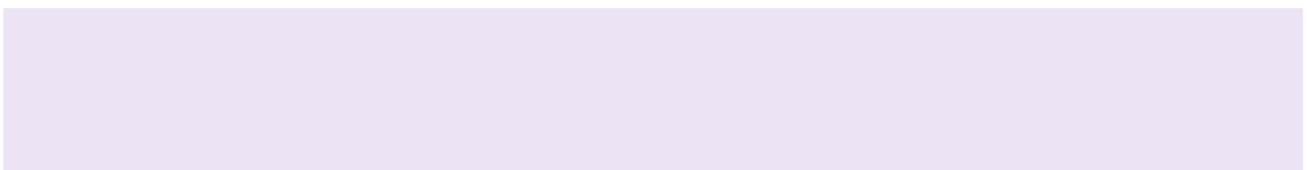
I WANT TO TRY:



I WANT TO CONTINUE TO:



I WANT TO BE:





# Make a PLAN

What we are doing here is creating a plan for you to follow to reach your dream life. These goals, or milestones as my dad used to call them, are the steppingstones on the path to reach your ideal life. One of the most important parts of this exercise is to commit to taking action on getting the goals accomplished by your deadlines.

Where the vision statement shows us our end goal, a plan is needed to illuminate the path to get us there.

- Create a plan to realize your dream life

You may want a journal for many of these exercises too. A journal can be as simple as a pen and paper, a spiral notebook or an actual journal. We offer a journal that goes with this workbook and the coaching book at [HartLifeCoach.com](http://HartLifeCoach.com) in case you missed it.

Ready, set, plan!!

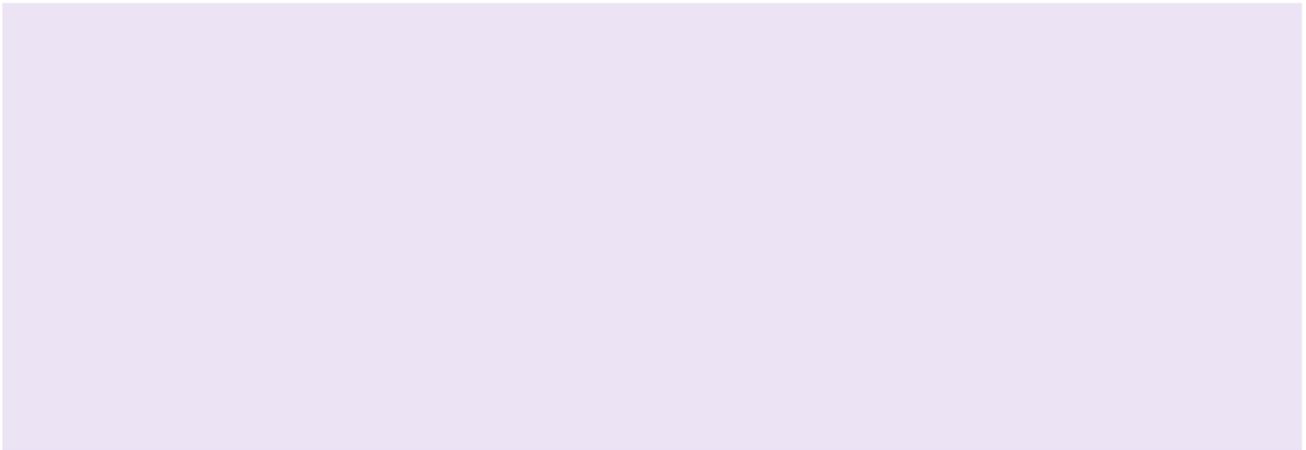
"A GOAL WITHOUT  
A PLAN IS JUST A  
WISH." - UNKNOWN

”

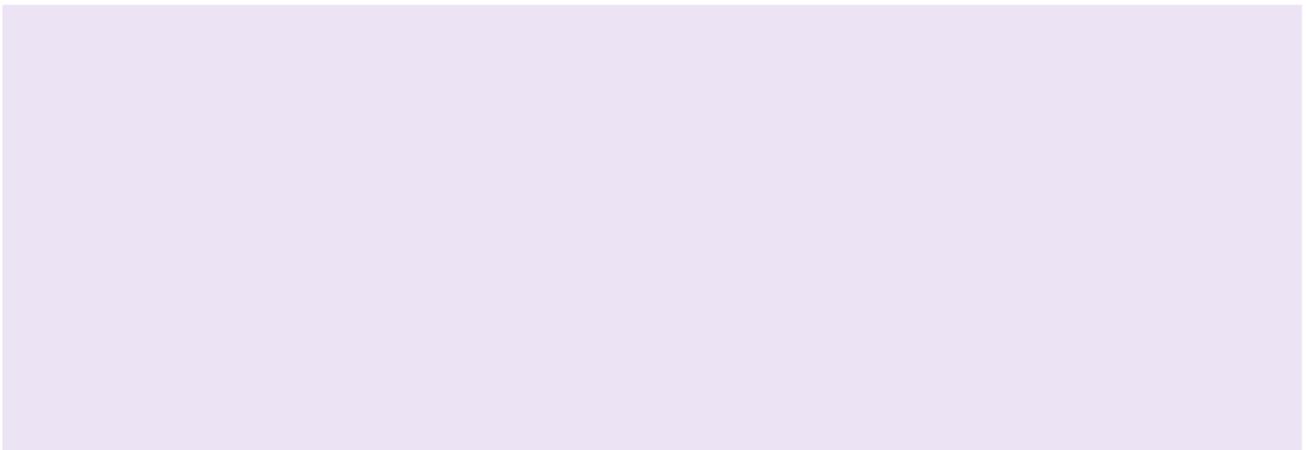


# *goal* PLANNER

THE GOAL:



THE STRATEGY:



NEXT ACTIONS:

---

---

---

---

---

---

NOTES:

---

---

---

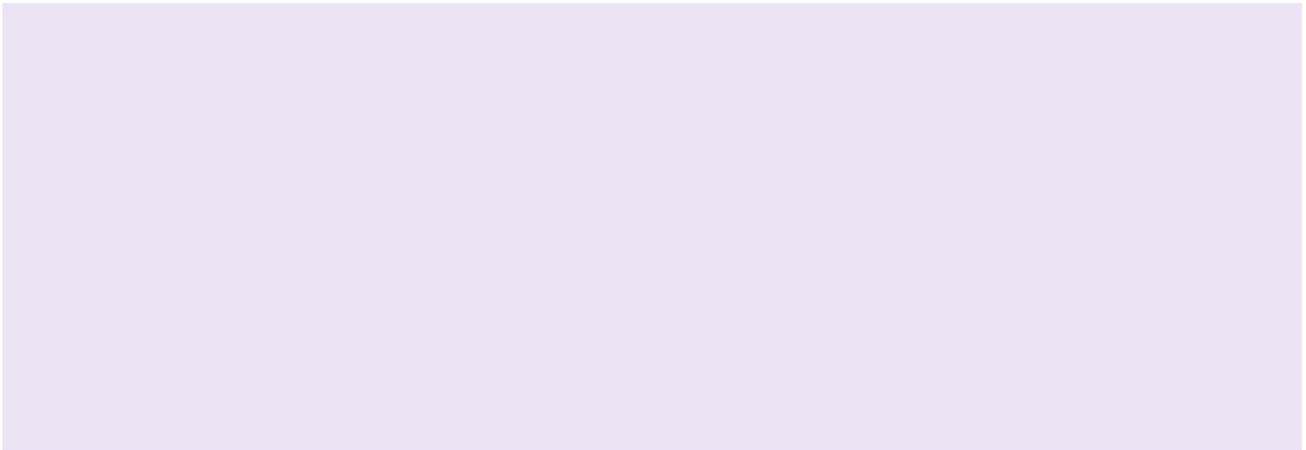
---

---

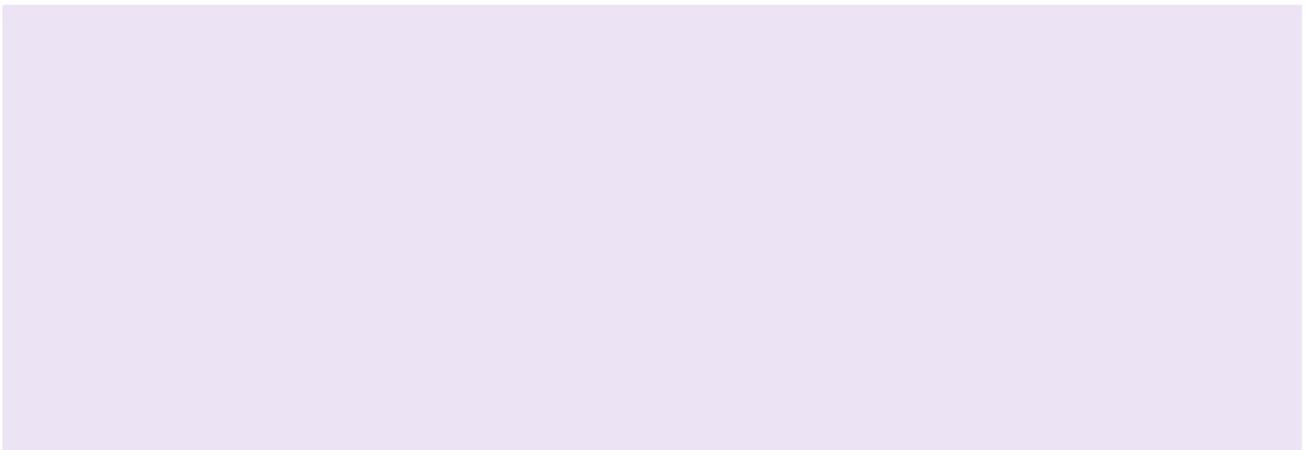
---

# *goal* PLANNER

THE GOAL:



THE STRATEGY:



NEXT ACTIONS:

---

---

---

---

---

---

NOTES:

---

---

---

---

---

---

# Take ACTION

There is a quote that goes like this:

What you think about becomes what you speak about. What you speak about becomes what you do. What you do become who you are.

We have done the thinking, and the speaking. Now, we move onto the doing. I suspect that part of what makes “action taking” scary for people is that the idea of getting from where you are to where you want to be can look impossible!

- Schedule actions to achieve goals

You may want a journal for many of these exercises too. A journal can be as simple as a pen and paper, a spiral notebook or an actual journal. We offer a journal that goes with this workbook and the coaching book at [HartLifeCoach.com](http://HartLifeCoach.com) in case you missed it.

And we're off!!



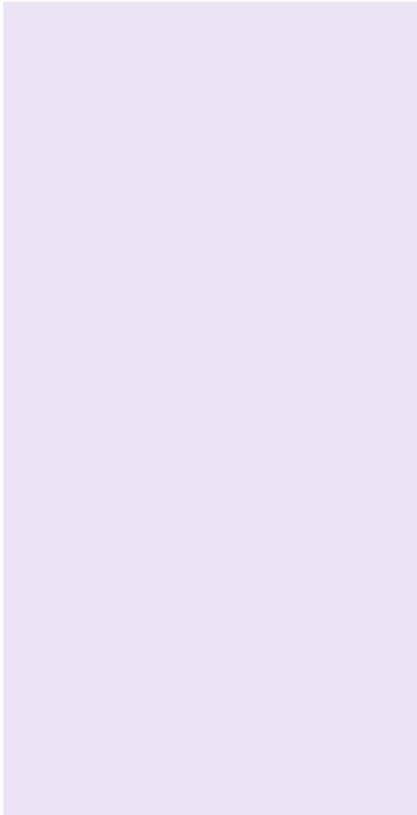
"ACTION IS THE  
FOUNDATIONAL  
KEY TO ALL  
SUCCESS." –  
PABLO PICASSO



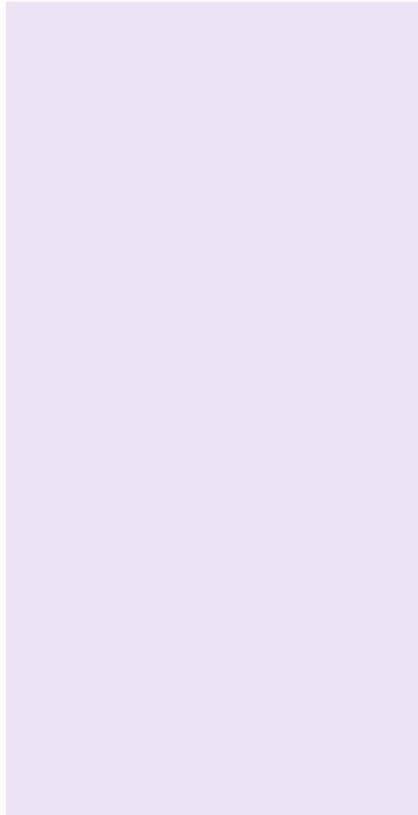
# *vision* PLANNER

PLAN 3 MAIN GOALS YOU HAVE FOR NEXT YEAR. WRITE THEM DOWN AND THE ACTIONS YOU WILL TAKE TO ACHIEVE THEM.

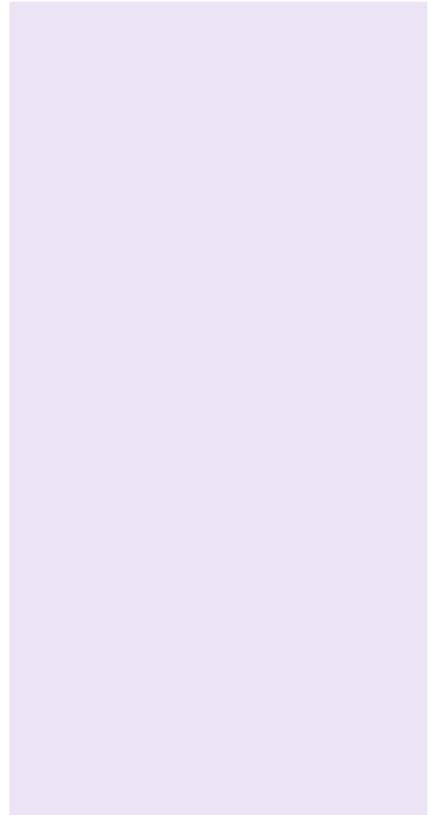
GOAL 1:



GOAL 2:



GOAL 3:



ACTIONS:

---

---

---

---

---

---

---

ACTIONS:

---

---

---

---

---

---

---

ACTIONS:

---

---

---

---

---

---

---





# monthly PLANNER

MONTH:

S M T W T F S


TO DO:

---

---

---

---

---

---

---

---

TOP PRIORITIES:

---

---

---

---

MONTHLY GOAL:

# monthly PLANNER

MONTH:

S

M

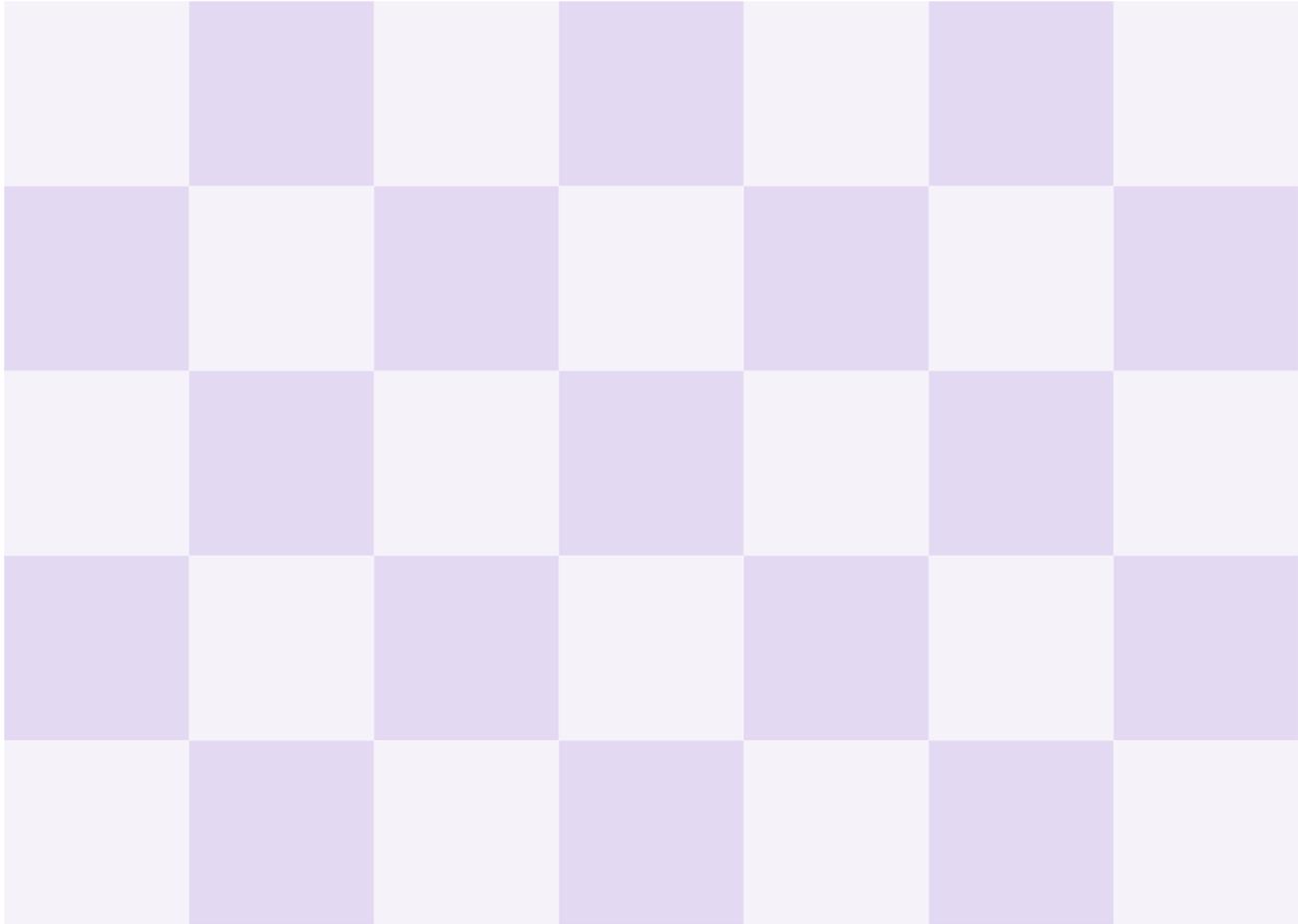
T

W

T

F

S



TO DO:

---

---

---

---

---

---

---

---

---

---

TOP PRIORITIES:

---

---

---

---

MONTHLY GOAL:

# monthly PLANNER

MONTH:

S

M

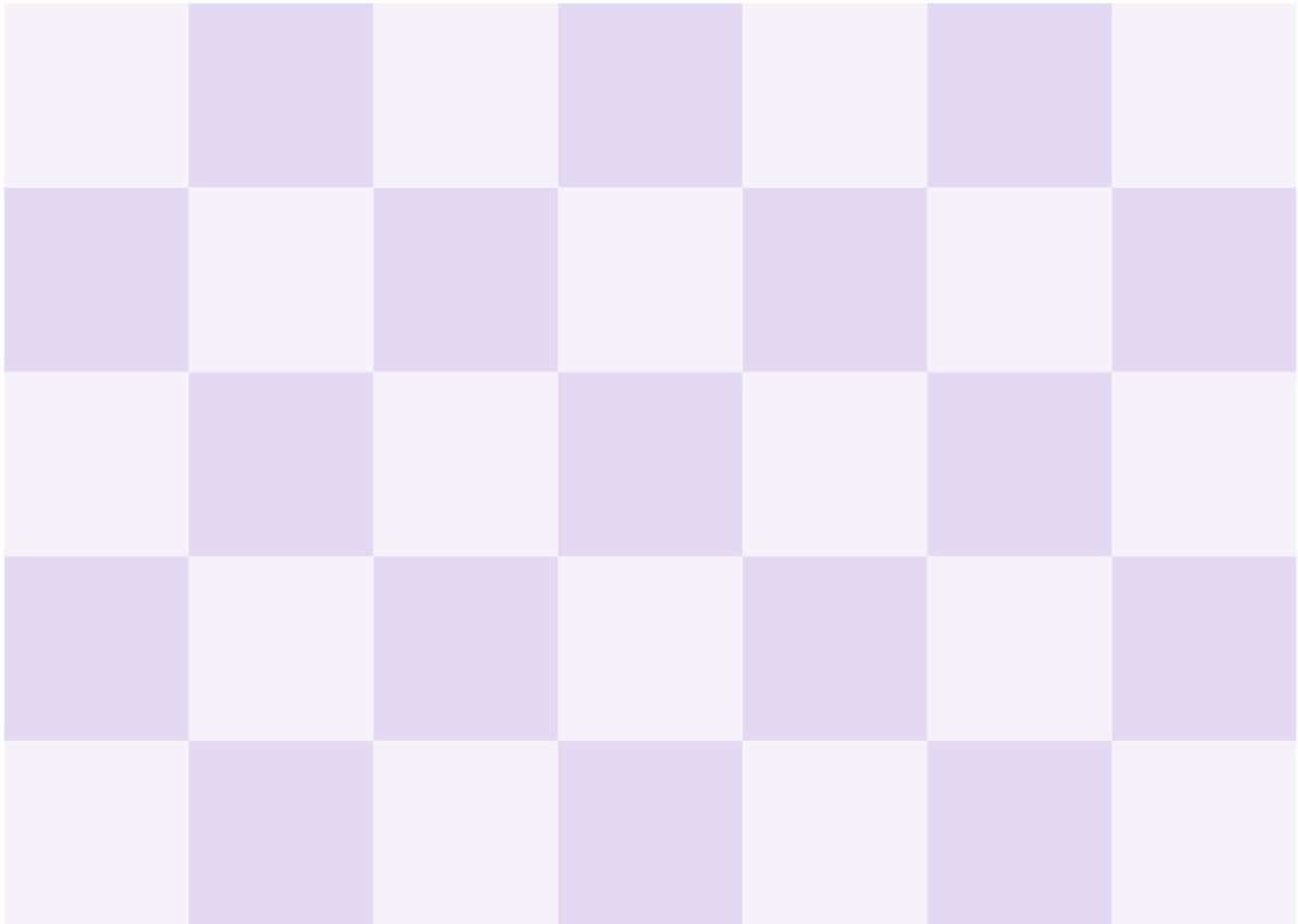
T

W

T

F

S



TO DO:

---

---

---

---

---

---

---

---

---

---

TOP PRIORITIES:

---

---

---

---

MONTHLY GOAL:

# monthly PLANNER

MONTH:

S

M

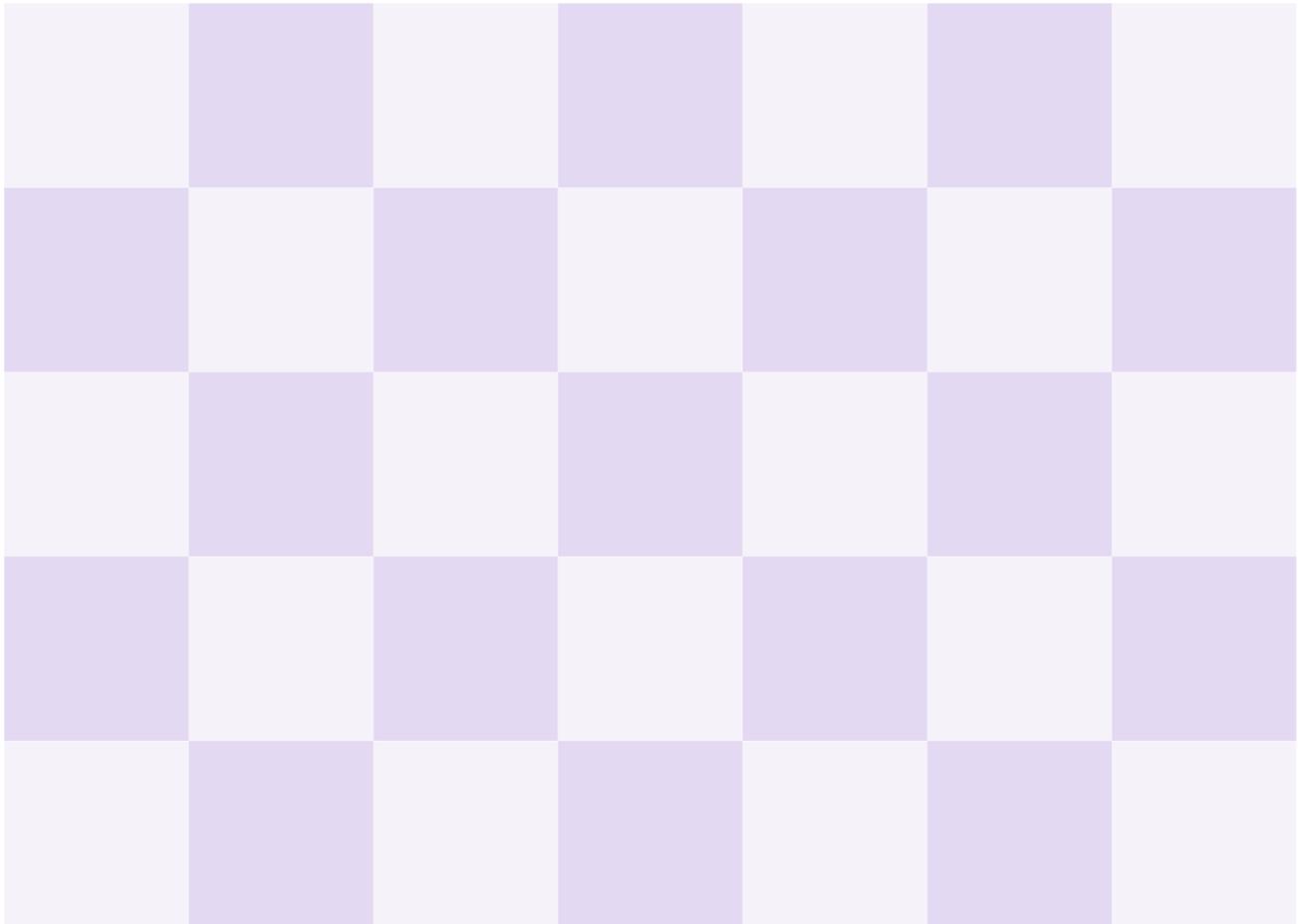
T

W

T

F

S



TO DO:

---

---

---

---

---

---

---

---

---

---

TOP PRIORITIES:

---

---

---

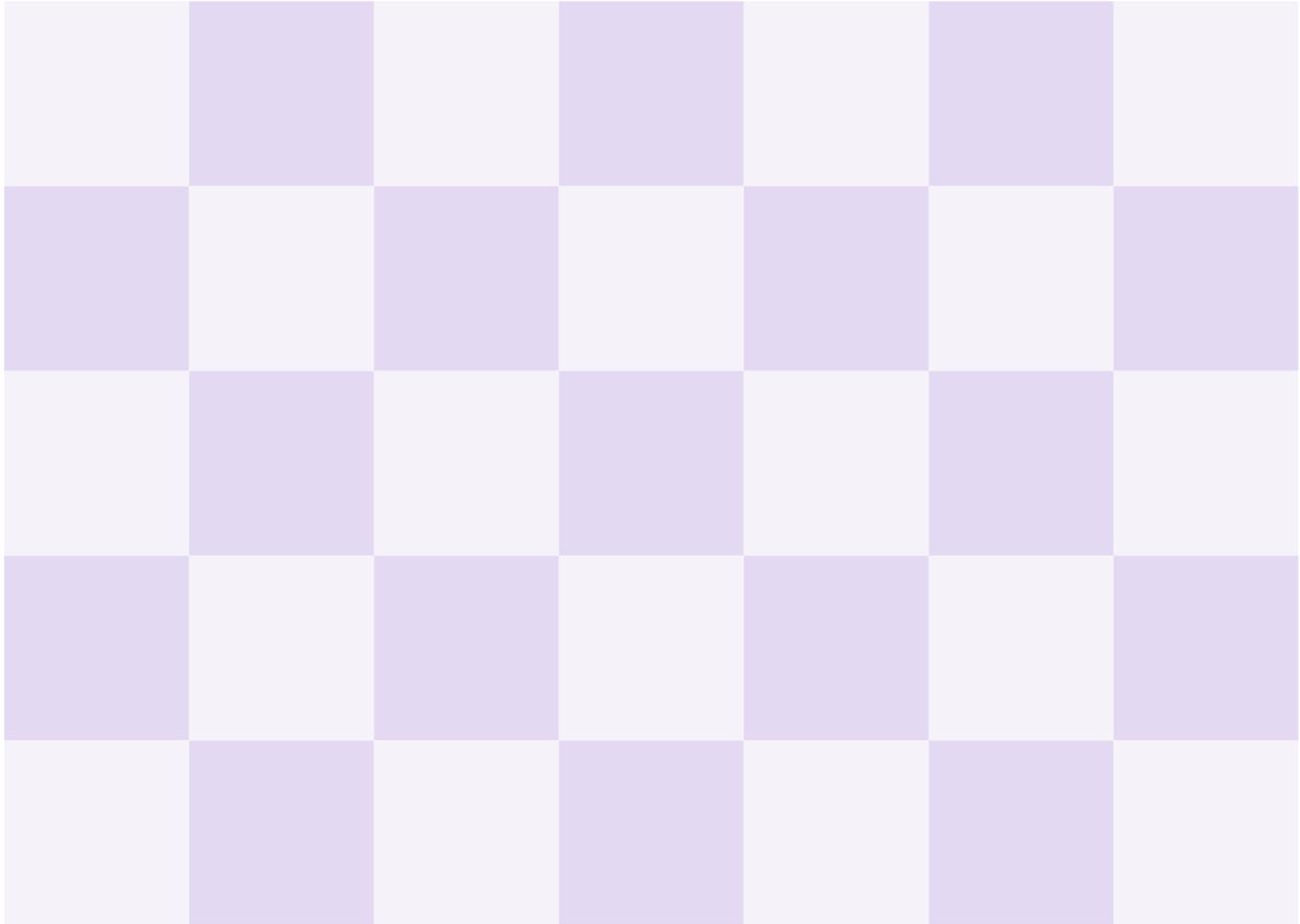
---

MONTHLY GOAL:

# monthly PLANNER

MONTH:

S M T W T F S



TO DO:

---

---

---

---

---

---

---

---

---

---

TOP PRIORITIES:

---

---

---

---

MONTHLY GOAL:

# monthly PLANNER

MONTH:

S M T W T F S


TO DO:

---

---

---

---

---

---

---

---

TOP PRIORITIES:

---

---

---

---

MONTHLY GOAL:

# monthly PLANNER

MONTH:

S M T W T F S


TO DO:

---

---

---

---

---

---

---

---

---

---

TOP PRIORITIES:

---

---

---

---

MONTHLY GOAL:

# monthly PLANNER

MONTH:

S M T W T F S


TO DO:

---

---

---

---

---

---

---

---

TOP PRIORITIES:

---

---

---

---

MONTHLY GOAL:

# monthly PLANNER

MONTH:

S

M

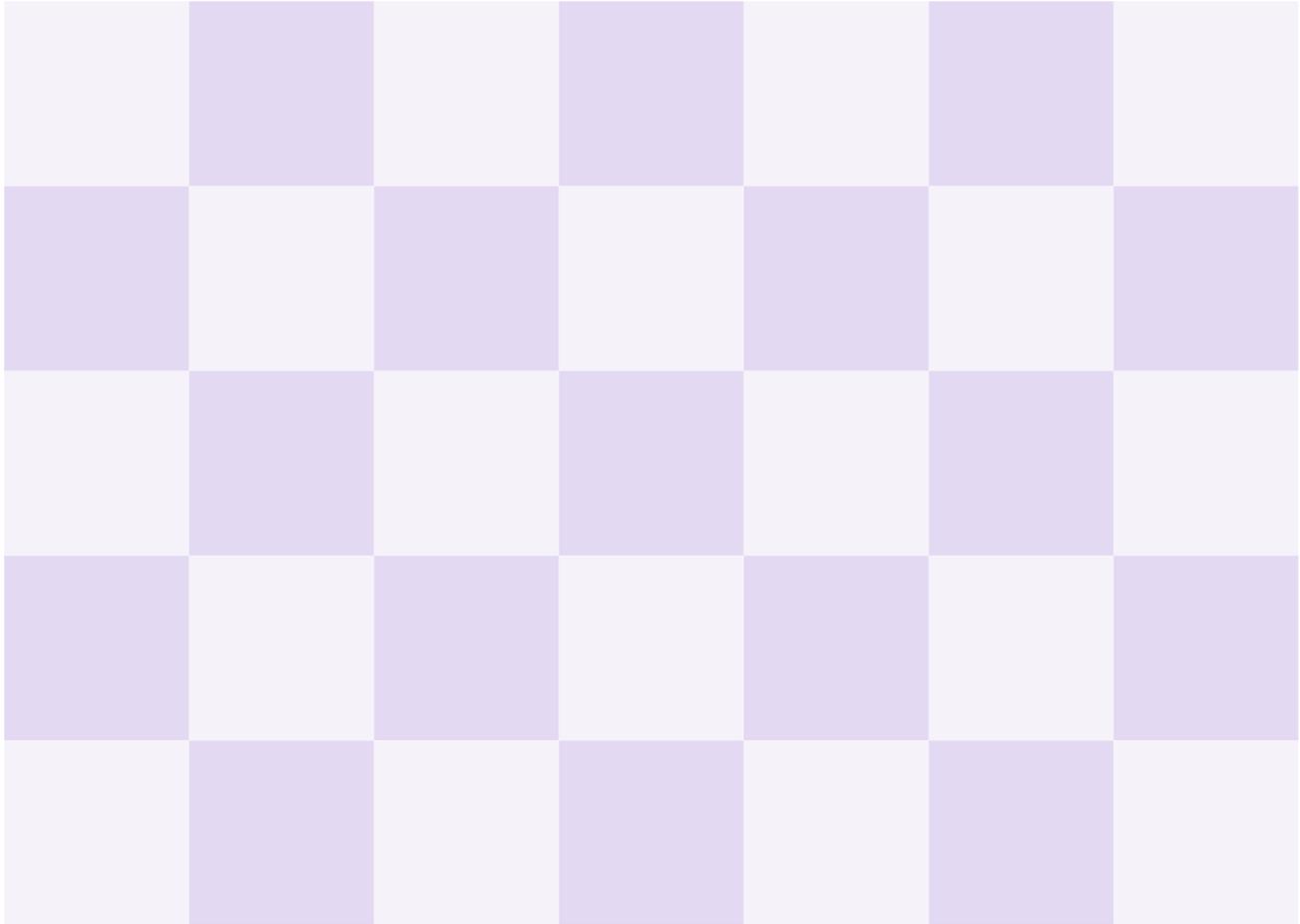
T

W

T

F

S



TO DO:

---

---

---

---

---

---

---

---

---

---

TOP PRIORITIES:

---

---

---

---

MONTHLY GOAL:

# monthly PLANNER

MONTH:

S

M

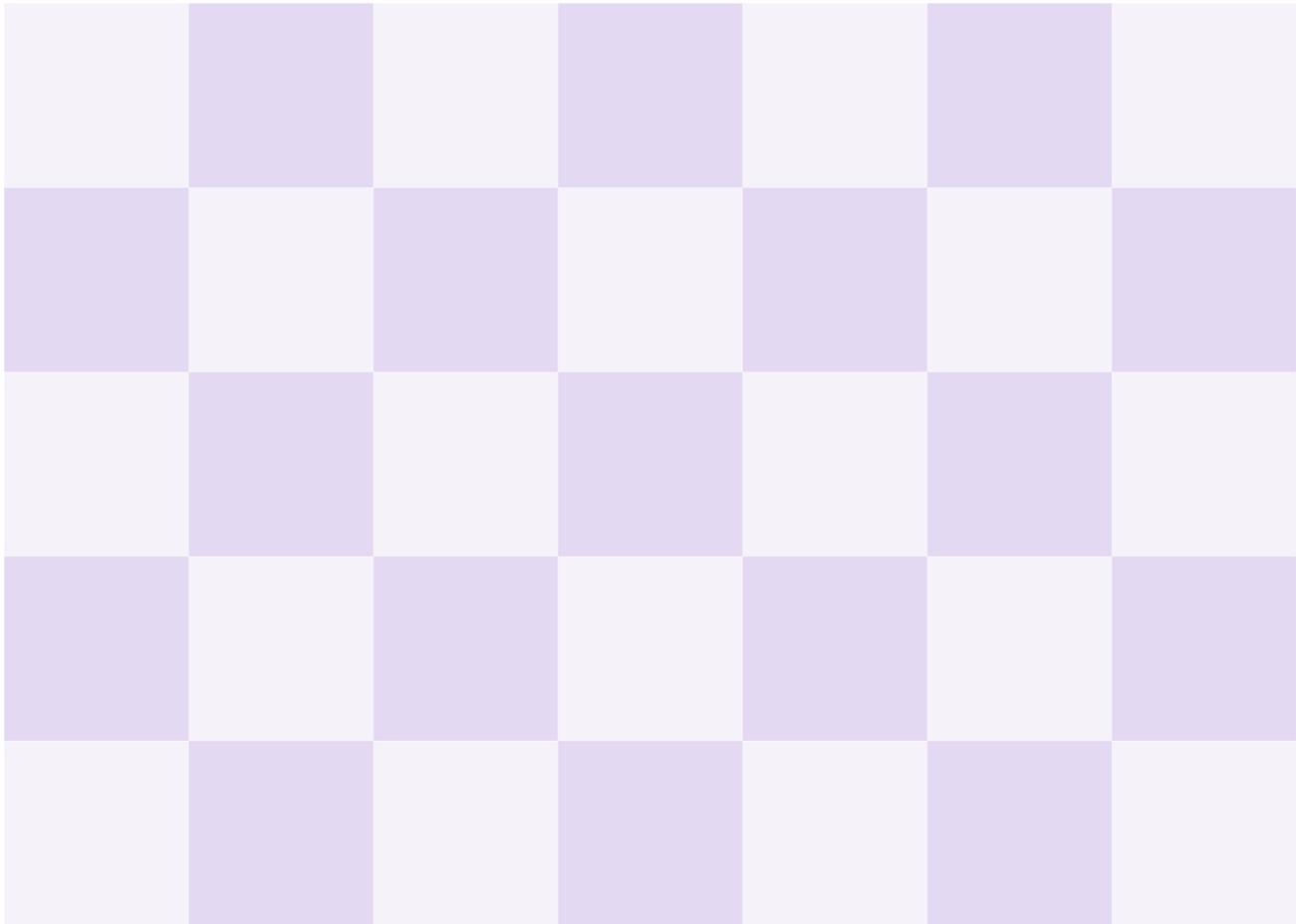
T

W

T

F

S



TO DO:

---

---

---

---

---

---

---

---

---

---

TOP PRIORITIES:

---

---

---

---

MONTHLY GOAL:

# monthly PLANNER

MONTH:

S

M

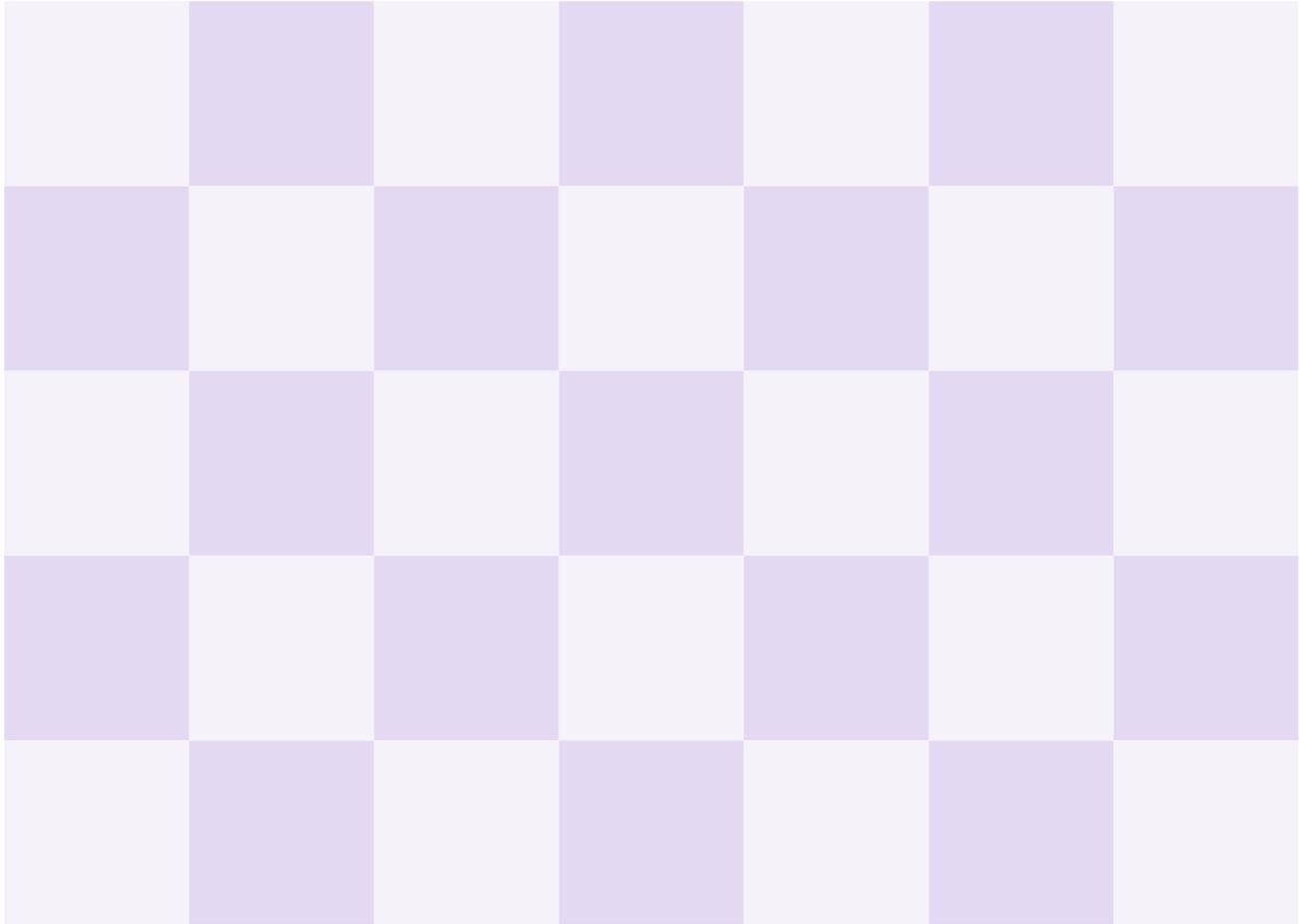
T

W

T

F

S



TO DO:

---

---

---

---

---

---

---

---

---

---

TOP PRIORITIES:

---

---

---

---

MONTHLY GOAL:

# monthly PLANNER

MONTH:

S M T W T F S


TO DO:

---

---

---

---

---

---

---

---

---

---

TOP PRIORITIES:

---

---

---

---

MONTHLY GOAL:

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# *weekly* PLANNER

DATE:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES:

TO DO:

---

---

---

---

---

# daily action list

## HOW TO USE

The daily action list will help you take action and build positive habits.

### Steps for using:

- Add the date
- Number from 1 to 5
- list 5 tasks you want to complete for the day that are habit or positive actions
- Write down the book you are reading
- and then there will be a notes section

Every day before you go to bed circle the win or loss. In order to have a win for the day you need to complete all 5 tasks.

\*Adapted from Andy Frisella's Power List

ACCOUNTABILITY IS THE  
GLUE THAT TIES  
COMMITMENT TO THE  
RESULT. BOB PROCTOR..





*daily*

# Action List

Date: \_\_\_\_\_

Win/Loss

1

---

2

---

3

---

4

---

5

---

Book reading: \_\_\_\_\_

---

Daily notes:

---

---



*daily*

# Action List

Date:

Win/Loss

1

---

2

---

3

---

4

---

5

---

Book reading:

---

Daily notes:

---

---



*daily*

# Action List

Date:

Win/Loss

1

---

2

---

3

---

4

---

5

---

Book reading:

---

Daily notes:

---

---



*daily*

# Action List

Date:

Win/Loss

1

---

2

---

3

---

4

---

5

---

Book reading:

---

Daily notes:

---

---



*daily*

# Action List

Date: \_\_\_\_\_

Win/Loss

1

\_\_\_\_\_

2

\_\_\_\_\_

3

\_\_\_\_\_

4

\_\_\_\_\_

5

\_\_\_\_\_

Book reading: \_\_\_\_\_

\_\_\_\_\_

Daily notes:

\_\_\_\_\_

\_\_\_\_\_



*daily*

# Action List

Date: \_\_\_\_\_

Win/Loss

1

---

2

---

3

---

4

---

5

---

Book reading: \_\_\_\_\_

---

Daily notes:

---

---



*daily*

# Action List

Date:

Win/Loss

1

---

2

---

3

---

4

---

5

---

Book reading:

---

Daily notes:

---

---

# Course CORRECT

As you start taking action, one thing will become clear – obstacles and roadblocks. We just can't know everything that will get in our way as we head towards realizing our dreams. A wise man once told me it is easier to move a ship in motion than one that is sitting at the dock. In the same way it is easier to adjust to obstacles and roadblocks if we are taking action.

When obstacles appear, we can choose how to look at them. We can either get in a funk and use it as an excuse or we can learn and adjust. One of the main reasons I believe people should craft their dream life around what they are passionate about stems from the knowledge that if you aren't passionate about something when things get tough, and they always do, you are more likely to fall back into old and comfortable ways

Let's do it!!

LUCK?" DRIZZT  
REPLIED. "PERHAPS.  
BUT MORE OFTEN, I  
DARE TO SAY, LUCK IS  
SIMPLY THE  
ADVANTAGE A TRUE  
WARRIOR GAINS IN  
EXECUTING THE  
CORRECT COURSE OF  
ACTION.~R.A  
SALVATORE

”





*we are just a*  
**CALL AWAY**

**SCHEDULE YOUR CONSULTATION!**



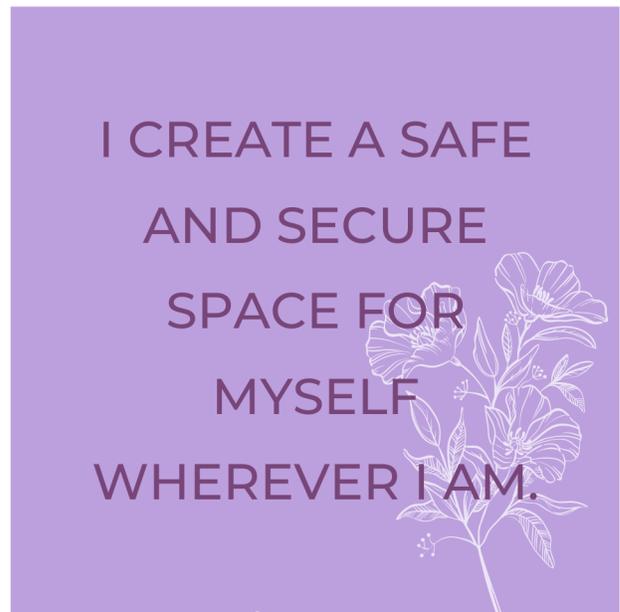
Get clarity on what you are trying to accomplish with your life  
and help designing the soul satisfying life you were created to  
live.

**WHAT ARE YOU WAITING FOR?**

**GET STARTED NOW**

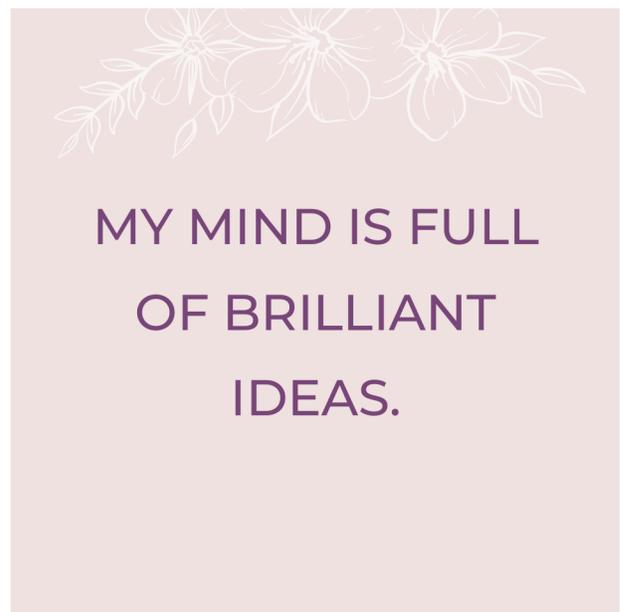
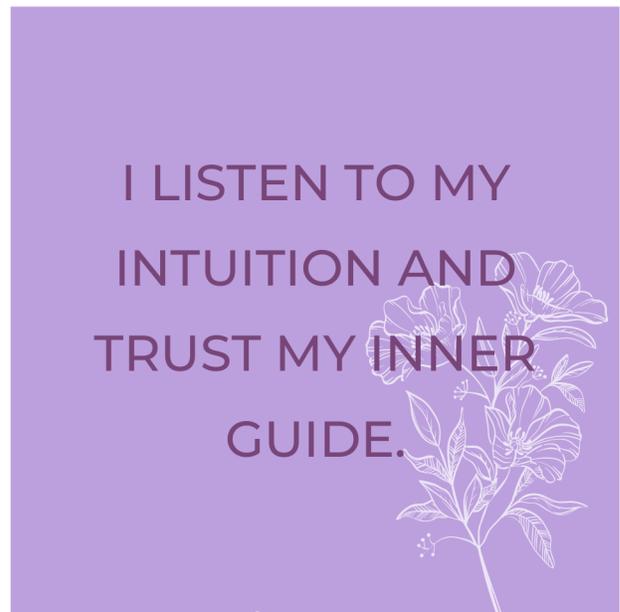
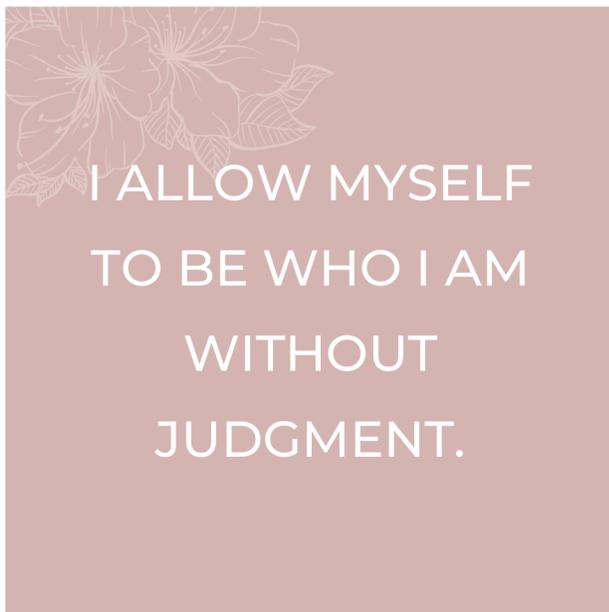
# affirmation CARDS

Print these affirmation cards to help you shift your mindset and achieve your dream goals. Begin your day with positive intentions. You can laminate the cards or print them on cardstock, hang the affirmation cards on your wall or add them to your planner.



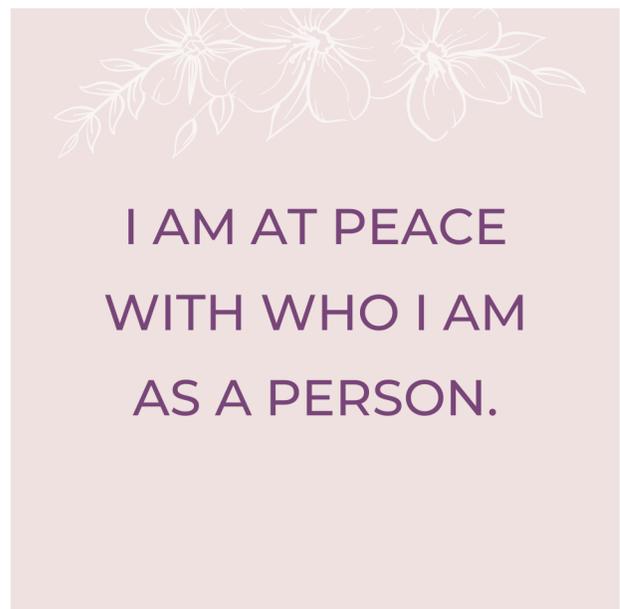
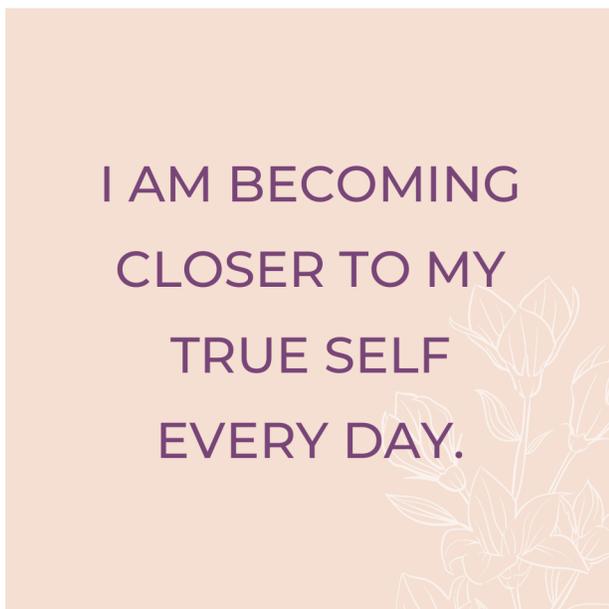
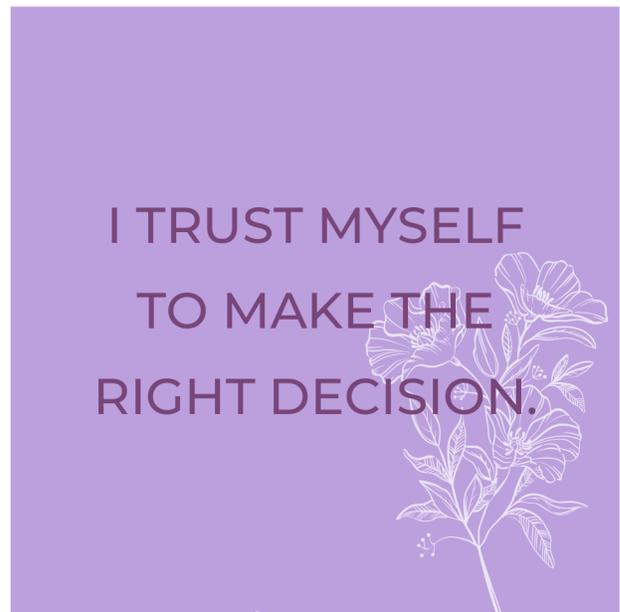
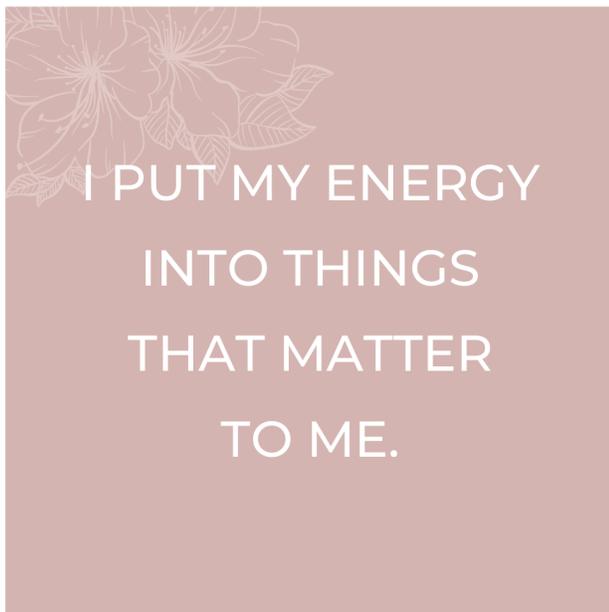
# *affirmation* CARDS

Print these affirmation cards to help you shift your mindset and achieve your dream goals. Begin your day with positive intentions. You can laminate the cards or print them on cardstock, hang the affirmation cards on your wall or add them to your planner.



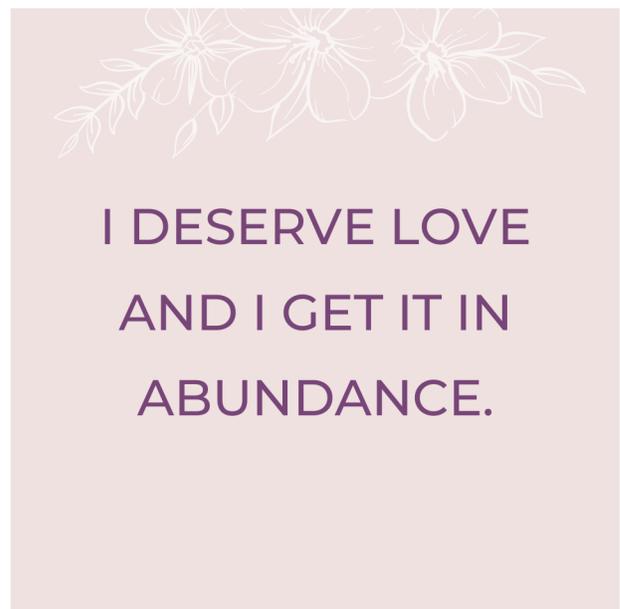
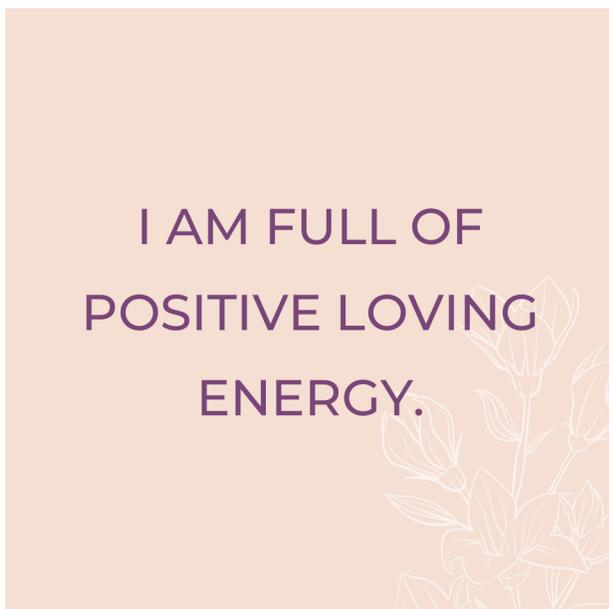
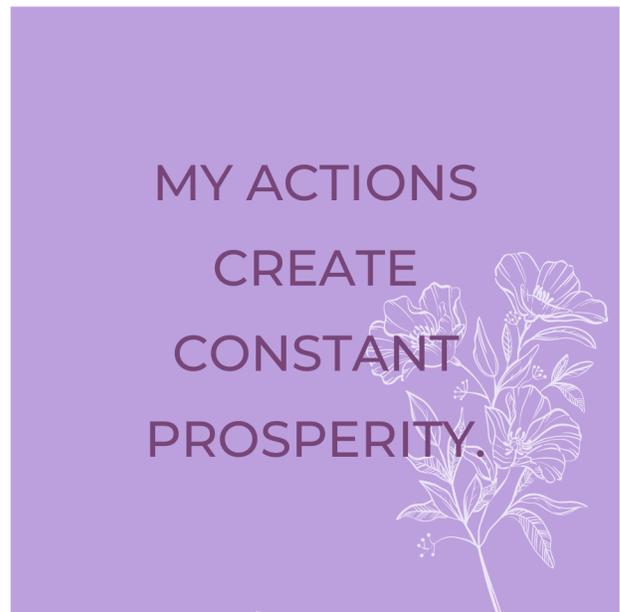
# affirmation CARDS

Print these affirmation cards to help you shift your mindset and achieve your dream goals. Begin your day with positive intentions. You can laminate the cards or print them on cardstock, hang the affirmation cards on your wall or add them to your planner.



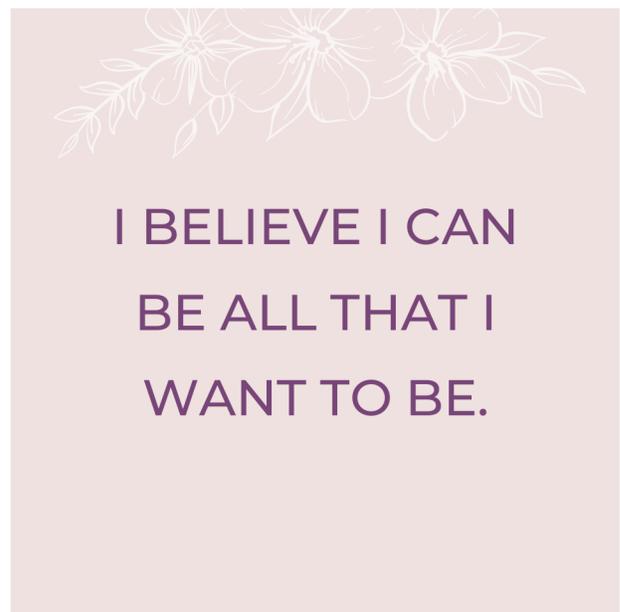
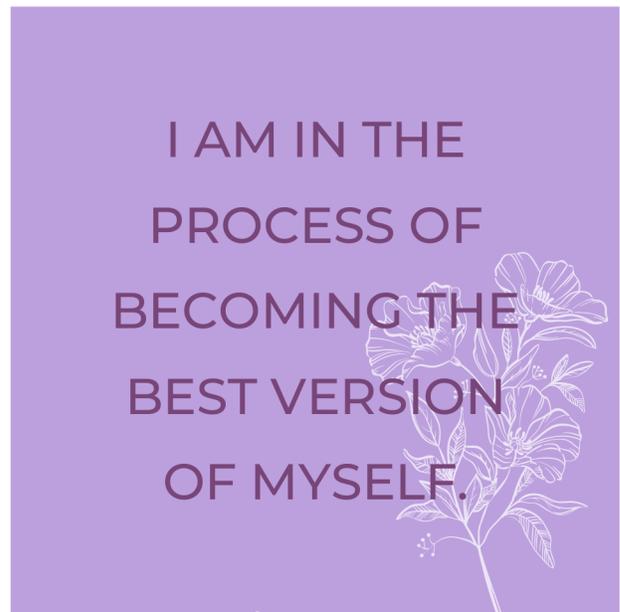
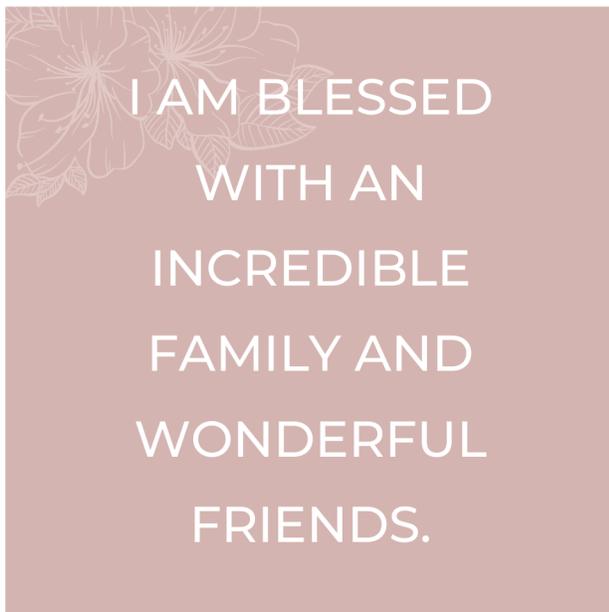
# affirmation CARDS

Print these affirmation cards to help you shift your mindset and achieve your dream goals. Begin your day with positive intentions. You can laminate the cards or print them on cardstock, hang the affirmation cards on your wall or add them to your planner.



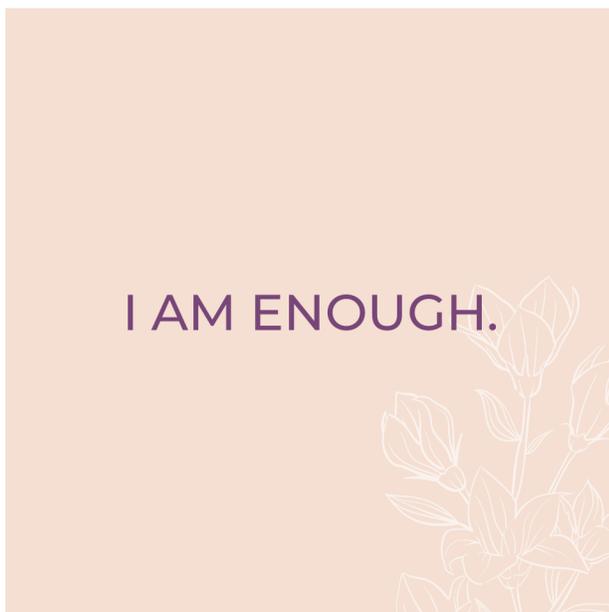
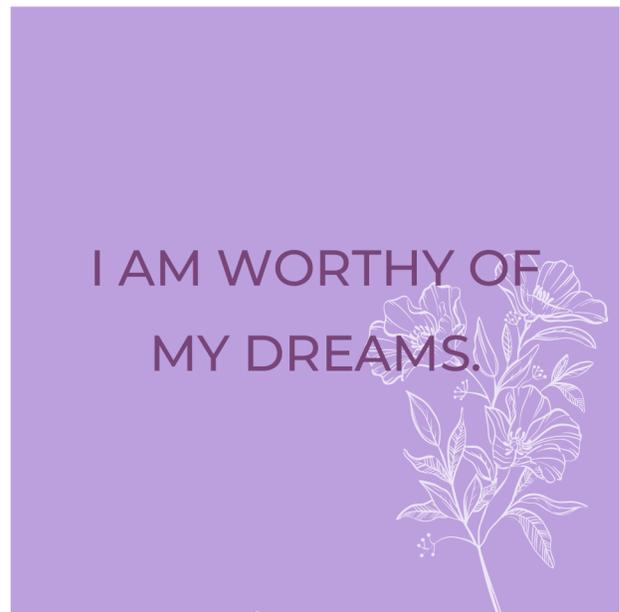
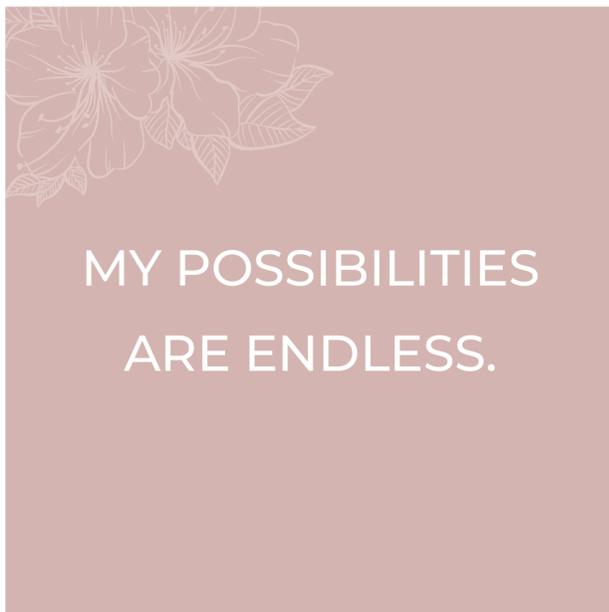
# affirmation CARDS

Print these affirmation cards to help you shift your mindset and achieve your dream goals. Begin your day with positive intentions. You can laminate the cards or print them on cardstock, hang the affirmation cards on your wall or add them to your planner.



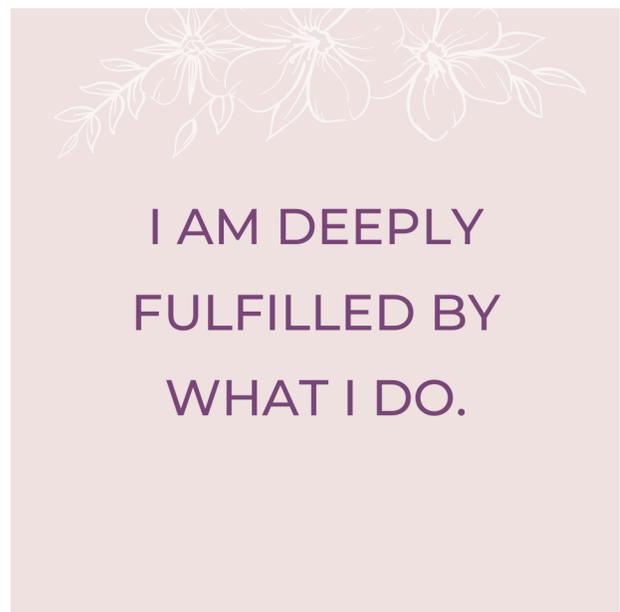
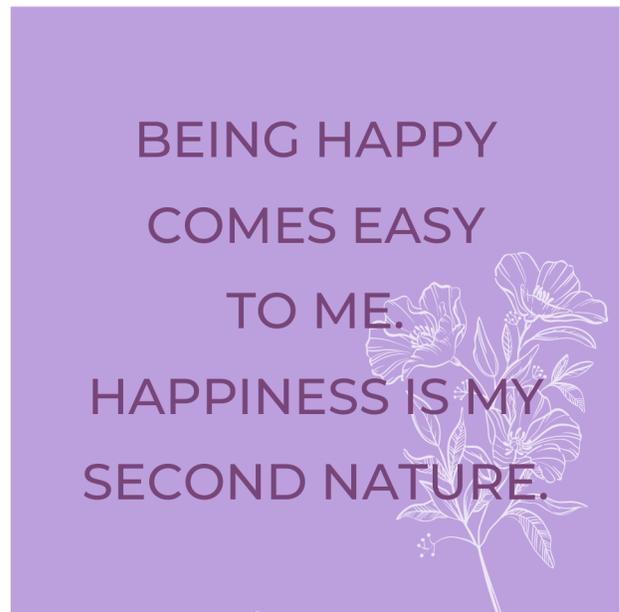
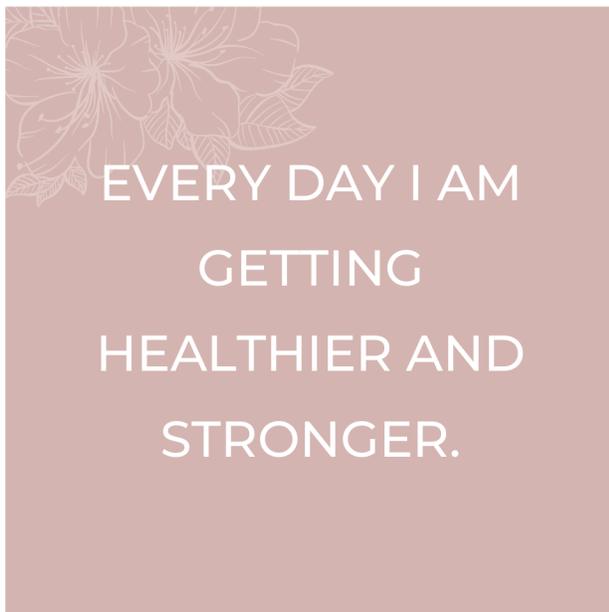
# *affirmation* CARDS

Print these affirmation cards to help you shift your mindset and achieve your dream goals. Begin your day with positive intentions. You can laminate the cards or print them on cardstock, hang the affirmation cards on your wall or add them to your planner.



# affirmation CARDS

Print these affirmation cards to help you shift your mindset and achieve your dream goals. Begin your day with positive intentions. You can laminate the cards or print them on cardstock, hang the affirmation cards on your wall or add them to your planner.



# bon voyage



This is only the beginning!! A life well lived is a day-to-day endeavor. Though you have completed this workbook you are just getting started on a most marvelous adventure. Feel free to look us up on Facebook and share your progress. Think of it as sending us a post card.

Jill Hart  
Life Coach

# COPYRIGHT DISCLAIMER

Copyright © 2022 by Jill Hart All rights reserved. This book or any portion thereof may not be reproduced or used in any manner whatsoever without the express written permission of the publisher except for the use of brief quotations in a book review. This book may be purchased for business or promotional use or for special sales.

For Information, please write to:  
[support@hartlifecoach.com](mailto:support@hartlifecoach.com)

Printed in the United States of  
America First Printing, 2022

HartLifeCoach.com  
Preston Idaho 83263  
Jill Hart

