

STEP ONE - REFLECT (Task time: 30 secs per day)

STEP TWO - PLAN (Task time: 1 min 30 secs per day)

DAY 1

1. First, rate how well you did your best to be your best and achieve your goals yesterday?

YOUR SCORE?___

2. Next, write down a Tiny Empowering Action that will make your life easier over the next 24hrs. [Get tips here.](#)

3. Finally, write down 'Why' doing this will help you to be your best.

DAY 2

1. First, rate how well you did your best to be your best and achieve your goals yesterday?

YOUR SCORE?___

2. Next, write down a Tiny Empowering Action that will make your life easier over the next 24hrs.

3. Finally, write down 'Why' doing this will help you to be your best.

DAY 3

1. First, rate how well you did your best to be your best and achieve your goals yesterday?

YOUR SCORE?___

2. Next, write down a Tiny Empowering Action that will make your life easier over the next 24hrs.

3. Finally, write down 'Why' doing this will help you to be your best.

DAY 4

1. First, rate how well you did your best to be your best and achieve your goals yesterday?

YOUR SCORE?___

2. Next, write down a Tiny Empowering Action that will make your life easier over the next 24hrs.

3. Finally, write down 'Why' doing this will help you to be your best.

DAY 5

1. First, rate how well you did your best to be your best and achieve your goals yesterday?

YOUR SCORE?___

2. Next, write down a Tiny Empowering Action that will make your life easier over the next 24hrs.

3. Finally, write down 'Why' doing this will help you to be your best.

DAY 6

1. First, rate how well you did your best to be your best and achieve your goals yesterday?

YOUR SCORE?___

2. Next, write down a Tiny Empowering Action that will make your life easier over the next 24hrs.

3. Finally, write down 'Why' doing this will help you to be your best.

DAY 7

1. First, rate how well you did your best to be your best and achieve your goals yesterday?

YOUR SCORE?___

2. Next, write down a Tiny Empowering Action that will make your life easier over the next 24hrs.

3. Finally, write down 'Why' doing this will help you to be your best.