THE LIFE I AM CREATING

Every small action is evidence of the person I am becoming.

My meaningful goal (write it as a present-tense goal):

Why this matters to me - what could improve in my life?

MY NEW SELF-IMAGE | THREE SENTENCES TO PRACTISE

Choose positive, believable statements connected to how you will behave.

1. I am becoming someone who makes decisions and follows through.
2. I am learning to act even when I feel uncertain.
3. I am building habits that support the life I want.

MY DAILY PRACTICE

Rewrite my goal • Rehearse my self-image • Take one meaningful step

Progress, not perfection. If you miss a day, return to your practice tomorrow.

CREATE WHAT YOU WANT

PRACTICE TRACKER | DAYS 1-10

REWRITE YOUR GOAL. REHEARSE YOUR NEW IDENTITY. TAKE ACTION.

Use short, meaningful sentences. Record a real step, however small. Tick when you finish.

DAY	DATE	MY GOAL - REWRITTEN	MY SELF-IMAGE SENTENCE	ONE STEP I TOOK	✓
1					☐
2					☐
3					☐
4					☐
5					☐
6					☐
7					☐
8					☐
9					☐
10					☐

DAY 7 Congratulations! Seven days of practising your commitment.

MY WIN THIS WEEK: _____

Every meaningful step moves you toward greater freedom, opportunity and the life you want.

CREATE WHAT YOU WANT

PRACTICE TRACKER | DAYS 11-20

REWRITE YOUR GOAL. REHEARSE YOUR NEW IDENTITY. TAKE ACTION.

Use short, meaningful sentences. Record a real step, however small. Tick when you finish.

DAY	DATE	MY GOAL - REWRITTEN	MY SELF-IMAGE SENTENCE	ONE STEP I TOOK	✓
11					☐
12					☐
13					☐
14					☐
15					☐
16					☐
17					☐
18					☐
19					☐
20					☐

DAY 14 Two weeks! Notice what is changing in your thinking or actions.

YOUR PROGRESS What is one change you are beginning to notice?

Every meaningful step moves you toward greater freedom, opportunity and the life you want.

CREATE WHAT YOU WANT

PRACTICE TRACKER | DAYS 21-30

REWRITE YOUR GOAL. REHEARSE YOUR NEW IDENTITY. TAKE ACTION.

Use short, meaningful sentences. Record a real step, however small. Tick when you finish.

DAY	DATE	MY GOAL - REWRITTEN	MY SELF-IMAGE SENTENCE	ONE STEP I TOOK	✓
21					☐
22					☐
23					☐
24					☐
25					☐
26					☐
27					☐
28					☐
29					☐
30					☐

DAY 21 | Keep going! Your next small step still matters.

DAY 30 | WELL DONE!

What am I most proud of? _____

What has changed in my thinking or actions? _____

What am I going to create next? _____

Every meaningful step moves you toward greater freedom, opportunity and the life you want.