

# *My Daily* PRACTICE GUIDE

*Start each day feeling clear, grounded,  
and confident by reconnecting with what  
matters most.*

*Quiet the overthinking, get out of your  
own head, and create forward momentum  
with a clear, simple plan—one small,  
intentional action at a time.*



# this works

*Imagine starting each day feeling clear, grounded, and confident about what to do next instead of overwhelmed, scattered, or stuck in your head. This simple daily practice helps you reconnect with what matters most, picture the life you're moving toward, shift out of resistance, and choose one brave, meaningful action that creates real momentum. With consistent practice, you can build greater self-trust, follow through more often, make decisions with less second-guessing, and stop letting overthinking steal your progress. You'll begin to feel more focused, more purposeful, and more capable of creating the changes you want—one small action at a time.*

*A few intentional minutes each day can change the way you think, feel, and move through your life.*

*Are you ready to start your DAILY PRACTICE?*



# INSTRUCTIONS

*Fill in the first six pages at the start of this journey. Feel free to journal more on separate blank pages. Get it all out. This is the time to dive deep into what you want, who you are, and what is holding you back. (Here's where Tapping can help.)*

*There are no wrong answers, and you can always re-do these pages.*

*The main idea is to fill in the Daily Practice Worksheet every day and start each day knowing, and feeling, these six things:*

- 1. Know your WHY and your PURPOSE.*
- 2. VISUALIZE who you are meant to be and what that life looks like.*
- 3. CELEBRATE the things you already do and the amazing person you already are.*
- 4. Feel the ABUNDANCE you already have and practice daily GRATITUDE.*
- 5. EFT TAP to regulate your body.*
- 6. Do the ONE Micro ACTION that moves you closer to your Dream Life.*



The reason I am creating this life. My purpose.

*Why are you choosing this path in life?  
Who are you serving? How will this help you?*

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*Why does this matter more than anything else?*

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*Your WHY needs to be bigger than your discomfort.  
This is YOUR life. Create ABUNDANTLY, and FREELY.*

# *Visualize*

**My future self, and the life I want to live.**

*Who am I and what does my dream life look like. THIS is my future self. Describe that person, and the life they are living.*

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*Why does this matter more than anything else?*

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*You already have everything you need inside of you.  
Your genius is already there, now live it.*

# *Celebrate*

The AMAZING things you do daily.

*What can you celebrate? What is going well?*

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*I love myself because:*

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*You are already doing amazing things! Create this  
EVIDENCE list, and Celebrate yourself DAILY.*

# Gratitude

The ABUNDANCE you already have.

*I am so GRATEFUL for these things in my life:*

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*I am ABUNDANT because:*

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*I am willing to feel good daily, by feeling the  
ABUNDANCE I already have.*



## Micro ACTIONS I can do.

*These small things will help me live the life I dream of:*

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*One thing I can start doing today to move my life forward:*

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*I don't have to do it all, I just have to do ONE THING.*



# EFT Tapping

*What are you worrying about and what is getting in the way:*

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*I usually feel this when:*

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*TAP anytime, anywhere.*

*REGULATING your system daily is SELF CARE.*

# *daily* PRACTICE

Date:     /     /

My WHY:

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*SIT a minute with your why and your purpose.  
Now VISUALIZE your genius and the life you are moving toward.*

*I CELEBRATE:*

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*I am abundant, and I am GRATEFUL for:*

- I. 

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2. 

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3. 

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*My brave, meaningful MICRO ACTION today is:*

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*I can also:*

- I. 

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2. 

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*TAP ~ Take ACTION ~ BECOME*

Handwriting practice lines consisting of 15 sets of three horizontal dotted lines.