Trailblaze Your Path to Abundance – Daily Checklist

Did you…	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Open your heart.	☐	☐	☐	☐	☐	☐	☐
Identify your goal	☐	☐	☐	☐	☐	☐	☐
Imagine yourself achieving your goal.	☐	☐	☐	☐	☐	☐	☐
How did it feel to achieve that goal?	☐	☐	☐	☐	☐	☐	☐
Notice your thoughts – what came up?	☐	☐	☐	☐	☐	☐	☐
Change your mind	☐	☐	☐	☐	☐	☐	☐
Identify a next step	☐	☐	☐	☐	☐	☐	☐
Take the next step	☐	☐	☐	☐	☐	☐	☐
Celebrate	☐	☐	☐	☐	☐	☐	☐
Journal your success!	☐	☐	☐	☐	☐	☐	☐

Tips

- To open your heart means finding your passion—the one that makes you smile and feels like 'you'!
- To identify your goal. You need to ask if this is your goal or what someone else thinks you should do.
- To imagine achieving your goal, consider what it means. Who will be there? What do you look like? How will you know?
- To imagine achieving your goal, you need to feel at the endpoint. How will you feel?
- To notice your thoughts, pay attention to what you or others say, think, and do. Are they supportive or pulling you away from the goal?
- To change your mind is to challenge your negative beliefs or mindset. Be the change.
- Identifying the next step is just that: one step at a time. There is no need to plan it out. Let it unfold. Create!
- To take that step is to take action. Get out of your head and make the call; speak up, or do it.
- Celebrating is acknowledging that you achieved the step and doing something fun, like a bit of dance or a reward for being proactive.
- Reflecting and recording is to notice what popped up as you focused on your goal and memorialize it - journal, voice message, podcast, blog - do it your way!

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