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Inspired Action

*Create More Wins in Your Business
& Life in 30-Days*

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kate volman



Inspired Action...

Create More Wins in Your Business & Life in 30 Days

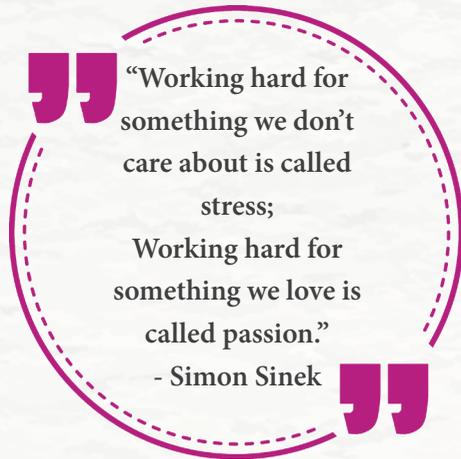
My Top 3 Goals for the Year are:

1. _____
2. _____
3. _____

My 30-Day SMART Goal

Specific **M**asurable **A**ttainable **R**ealistic **T**imely

I am inspired to make this one thing happen over the next 30-days:



My Why?

What is the larger version behind achieving this one goal? I am committed to achieving this goal for the following reasons:

→ _____

→ _____

→ _____

How Will I Feel?

Image yourself 30 days from now. You've achieved your #1 goal. Write a brief description of how you feel and what you're doing to celebrate.

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Inspired Activities

The daily and weekly activities I will execute in order to reach my 30-day goal and inspire me to keep moving forward every day are:

Daily

- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____

Weekly

- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____



“Think progress, not perfection.”

- Ryan Holiday



Collaborators

Five to Ten individuals I will connect with over 30-days

Name	Contact Info	Best Result
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

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No Excuses

I will replace my excuses for inspired action.

Excuses

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“You must do the thing you think you cannot do.”

- Eleanor Roosevelt



Get Your Time Back

Time wasting activities I will stop doing are:
(ex: Stop checking emails constantly)

I will hold myself accountable by doing:
(ex: Only check emails 3 times per day-
9:00 am, 12:30 pm and 4:00 pm)

Have Fun & Be Grateful

This is a fun process that will inspire me to continue to take action and create more wins in my business and life. I am happy exactly where I am today knowing that I choose to create a better tomorrow. I am grateful for the following things: