

DAY TWO





JOURNAL:

How have you been going with your actions towards becoming who you want to be? Write down your successes, attempts and feelings here.				



Think of your chosen goals from Day One.

Is there something you need to start doing that you haven't yet?

What can you begin over the next couple of days that will move you closer to your goals?

GOAL 1 - ONE THING I WILL START DOING:	
GOAL 1 - ONE THING I WILL STOP DOING:	



RE-AFFIRM YOUR INTENT – DECIDE TO TAKE ACTION:
Reflect on your second goal.
Is there something you need to start doing that you haven't yet?
What can you begin over the next couple of days that will move you closer to your goal?
GOAL 2 - ONE THING I WILL START DOING:
GOAL 2 - ONE THING I WILL STOP DOING:



Use the following quotes to inspire and keep you pointed in the direction of your dreams...

Take some time and put them on display where you'll see them daily.

Or, print them out A5 and stick them into your journal as a reminder that you're on your way to blossoming into the potential of everything that is...

...YOU!

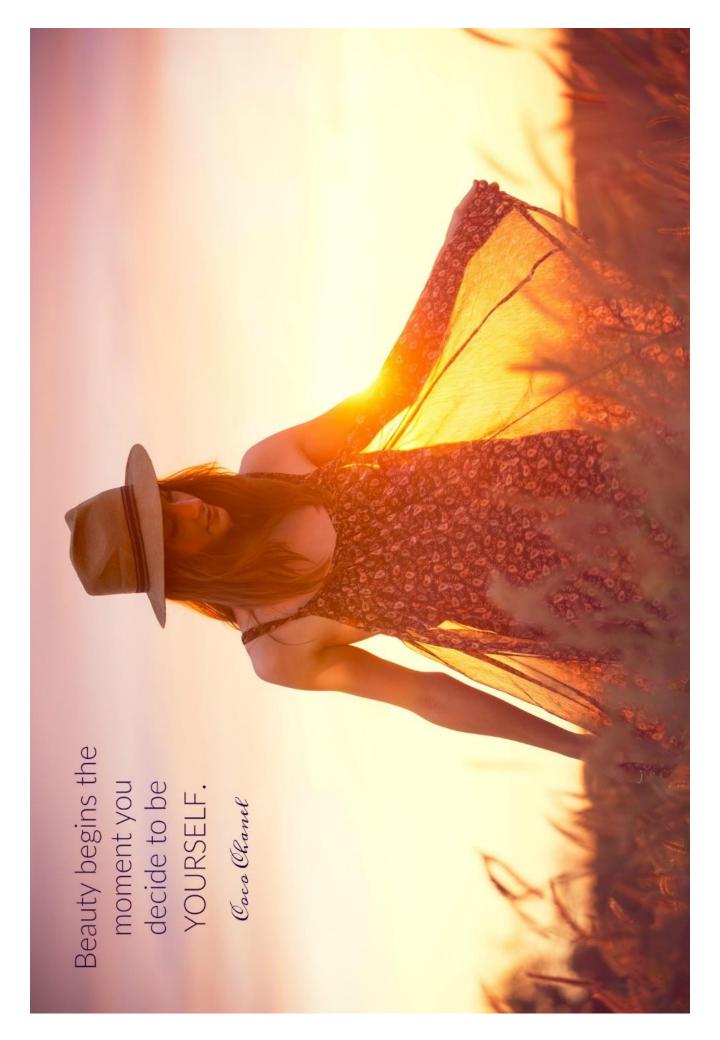


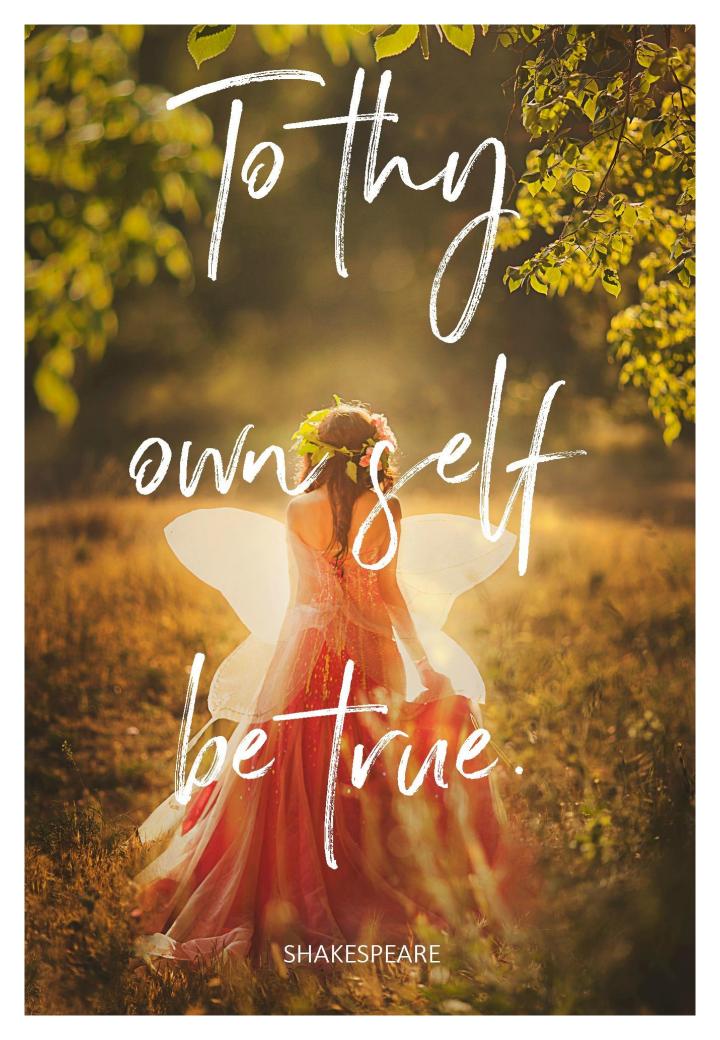
THERE IS SOMETHING IN EVERY ONE OF YOU THAT WAITS AND LISTENS FOR THE SOUND OF THE GENUINE IN YOURSELF.

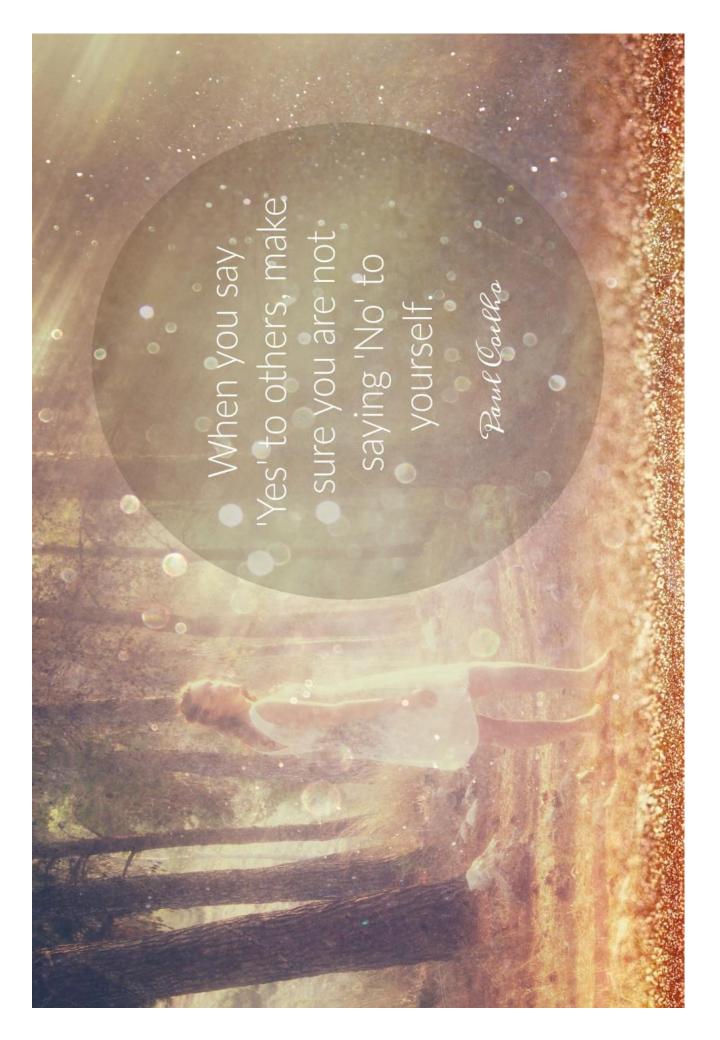
It is the only true guide you will ever have.

WILL ALL OF YOUR LIFE SPEND YOUR AND IF YOU CANNOT HEAR IT, YOU DAYS ON THE ENDS OF STRINGS THAT SOMEBODY ELSE PULLS.

Howard Thurman







IF YOU LIVE FOR PEOPLE'S ACCEPTANCE,
YOU WILL DIE FROM
THEIR REJECTION.



I hope you've enjoyed Day 2 of 'The Mini Jumpstart to YOU Experience'!

Stay tuned for your next instalment 2 days from now.

Until then, continue to spend some time focused on the things that will help you move forward in the direction of your choice.

