



Action Guide

DAY 3

What was the **action** you chose?

Did you do it **fully** or **partly**?

How do you **feel** about doing it?

Do you have any **notices** about the **exercise** or **yourself**?

Today's Life Category is: _____

What do I **really** want?

1.

2.

3.

Star one of the above that you want to focus on today.

Why do I want this?

Part 1:

Part 2:

Part 3:

Why **don't** I have what I want right now?

What is my **plan** or **strategy** for getting or having what I want?

1 action I can and will complete by tomorrow's call:

Declaration:

I _____ do hereby commit to _____
(full name) *(my first action)*

no matter what, before this time tomorrow.

Signed: _____

My **reward** for when I complete all 3 sessions and all 3 actions:

Declaration:

I _____do hereby commit to having an
(full name)
accountability system in place in my life no matter what.

Signed: _____

To register for **Life Makeover Coaching** go to:

www.joinLMC.com

Thank you for participating in The 3 Day Life Makeover
and we hope to continue working with you
to create your ultimate life!