

Esteemable Acts®
WEDNESDAYS
with Francine

✉ INFO@ESTEEMABLEACTS.COM



TAKE ACTION

*A Guide to
Finding Your Purpose*

VISUALIZE

Next, create a visual reminder of your goal. Whether it's a collage of pictures and words you've cut out of magazines, or a drawing, or a doll, or whatever, select something that best represents your dream. Keep the visual close at hand, as a reminder of where you want to be. What is your visual?



VISION

NECESSARY
STEPS
10

Next, identify **10 necessary steps** to get you from where you are to where you want to be? Being mindful of a basic principle of Esteemable Acts is that we accomplish our goals when we take conscious, consistent, small, baby steps. Reduce your actions to tiny actions. For example, let's suppose you want to go back to school and you've been out of school for 10 years. What is the first step you need to take?

Create a plan on paper. Another step might be to identify your purpose in returning to school, such as to get a degree, get a raise, learn a new skill, or get a better job?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Now review that list and prioritize the actions. What needs to be done right now to get you from where you are to where you want to be? The key at this stage is to go slow, but go. Conscious, consistent, daily actions are the key to reaching your goals. So, what is the number 1 step you can take right now?

1. _____

Top 3 steps you can take in 24hours?

1. _____
2. _____
3. _____

Top 5 steps you can take in 7 days?

1. _____
2. _____
3. _____
4. _____
5. _____

Top 8 steps you can take in 14 days?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

