M3 FAST TRACKER

MIND MOVE MANIFEST

DATE:_____ (WRITE TOMORROW'S DATE THE EVENING BEFORE)

WRITE YOUR BIG DREAM GOAL IN THE PRESENT TENSE BELOW (MORNING OF DATE)

MY BIG DREAM AND GOAL _____

_____

GRATITUDE (MORNING OF DATE) Spend 1-2 minutes being grateful for these and deep breathing.

1 _____ 3 _____

2 _____ 4 _____

- Spend 1-2 minutes seeing and feeling that you have overcome any challenges you are facing, and then let them go.

WINS (MORNING OF DATE)Spend 1-2 minutes feeling these

1 _____ 2 _____

- Spend 2-3 minutes feeling your DREAM SCENE from lesson 1 in THE M3 DREAM, or feeling as though you have already achieved your big dream and goal, and then let it go.

GOAL ACHIEVING ACTIONS/TASKS TO COMPLETE TODAY (EVENING BEFORE DATE)

1 _____ 3 _____

2 _____ 4 _____

How will you feel at the end of the day when you've completed these goals? _____

Take a moment and schedule these goals as "non-negotiables" on your calendar for tomorrow.

GOALS TO BE ACHIEVED THIS WEEK (EVENING BEFORE DATE)

1 _____ 3 _____

2 _____ 4 _____

How will you feel at the end of the week when you've achieved these goals? _____

Take a moment and schedule specifically when (what days) you will work on these goals this week.

GOALS TO BE ACHIEVED THIS MONTH (EVENING BEFORE DATE)

1 _____ 4 _____

2 _____ 5 _____

3 _____ 6 _____

How will you feel at the end of the month when you've achieved these goals? _____

DAILY LIFE PRIORITIES, DAY TO DAY OBLIGATIONS (EVENING BEFORE DATE)

1 _____ 3 _____

2 _____ 4 _____

WINS FOR THE DAY (EVENING OF DATE)

1 _____ 3 _____

2 _____ 4 _____

WAYS TO IMPROVE TOMORROW (EVENING OF DATE)

1 _____ 3 _____

2 _____ 4 _____

WHAT I LEARNED, HOW I GREW AND PARTING THOUGHTS FOR THE DAY (EVENING OF DATE)

_____

_____

_____

Spend 2-3 minutes feeling your DREAM SCENE from lesson 1 in THE M3 DREAM, or feeling as though you have already achieved your big dream and goal before going to sleep.