



**DAILY WORKBOOK
PART #1**



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2. Set your clear intension
3. Start you relaxing audio: Brainwave, (minimum of 7 minutes)
4. Start todays lesson:
5. What was todays lesson about...and what did you learn? (time = 10 minutes)

6. What is (are) your biggest insight(s) ? (time = 5 minutes)

7. How will you implement it into your life or business, write down 2 actionable steps.
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8. Write down 1 success of today? (time = 3 minutes)

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