



JENNIFER DAWN
COACHING • CONSULTING

Vision Mindset Action

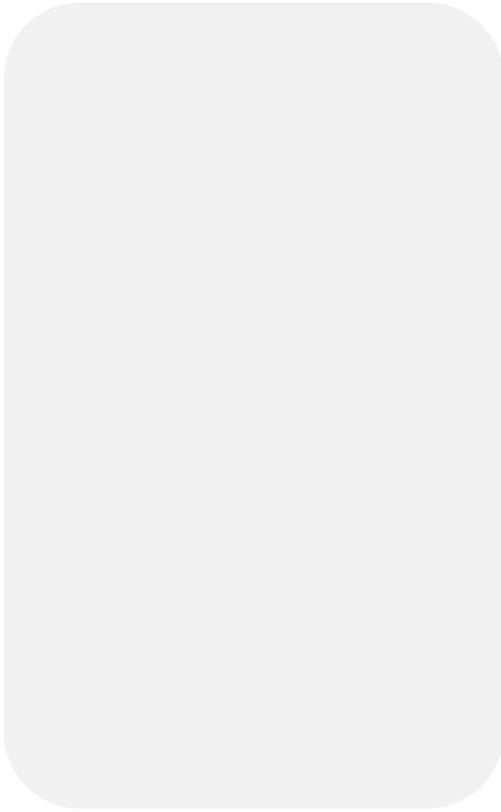
Workbook

“Vision without action is merely a dream. Action without vision just passes the time. Vision with action can change the world.”

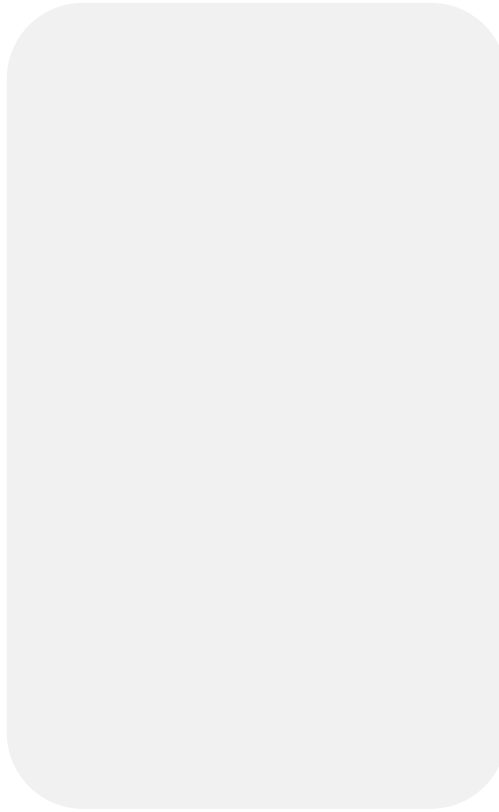
Joel A. Barker

Business

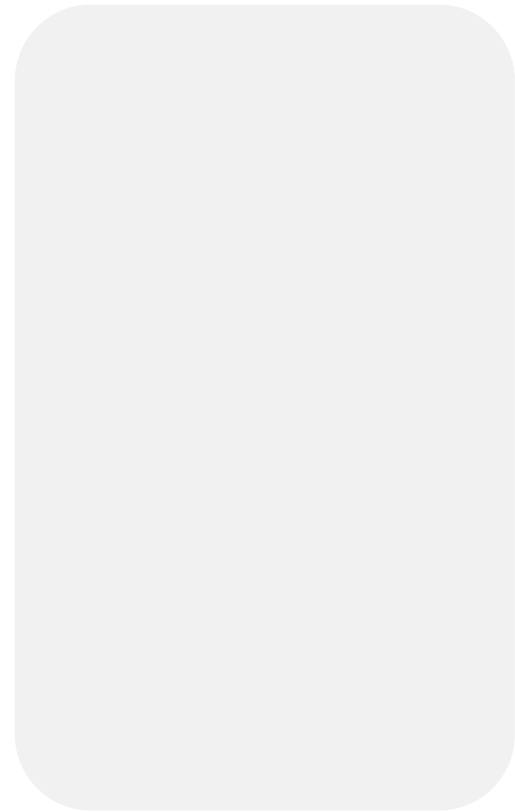
Score 1 to 10 - Why?



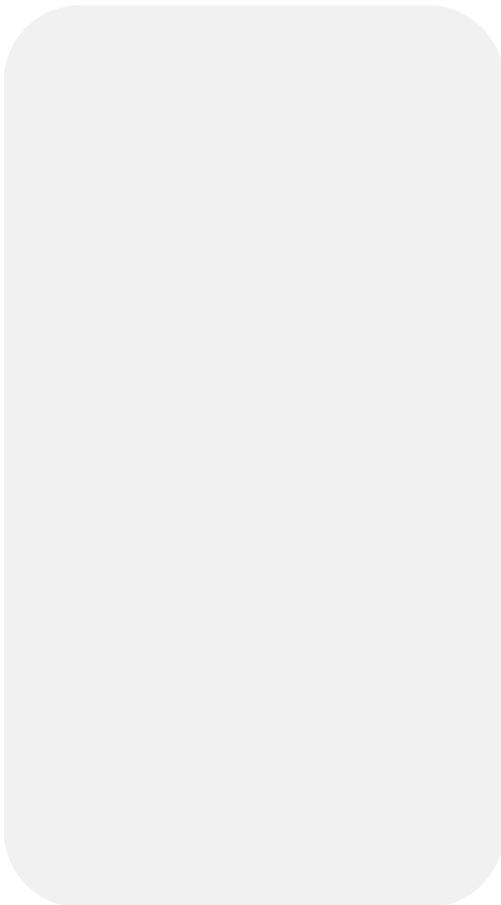
What needs to happen to make your score a 10?



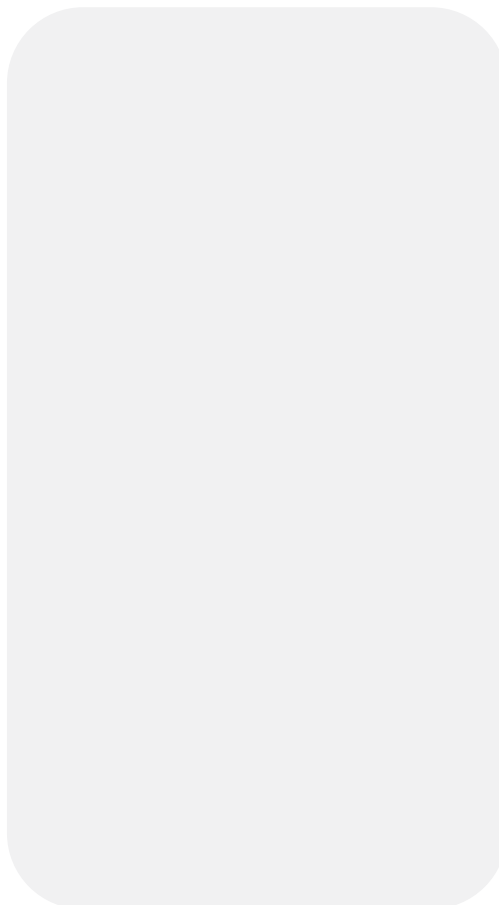
What are your junk thoughts?



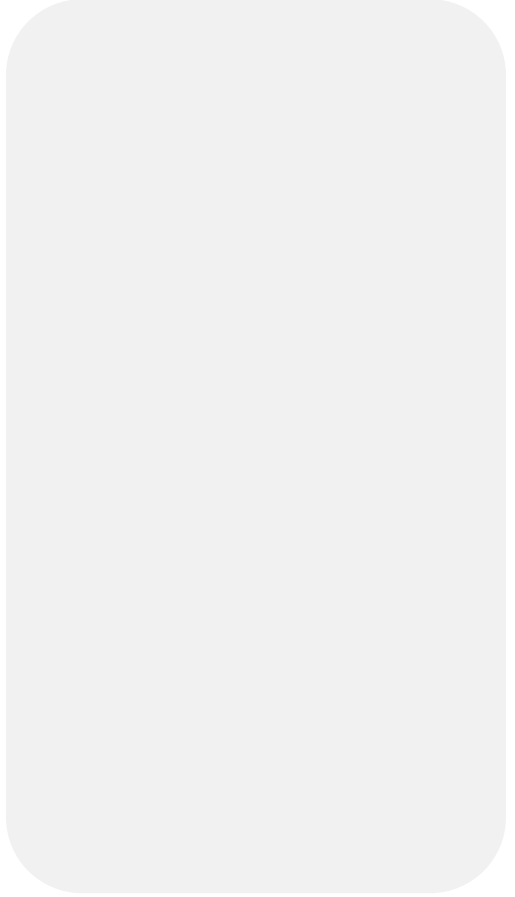
What do we need to think to get a better result?



What are you CURRENT Habits?



What habits will we need to cultivate to get this area to 10?



Money

Score 1 to 10 - Why?

What needs to happen to make your score a 10?

What are your junk thoughts?

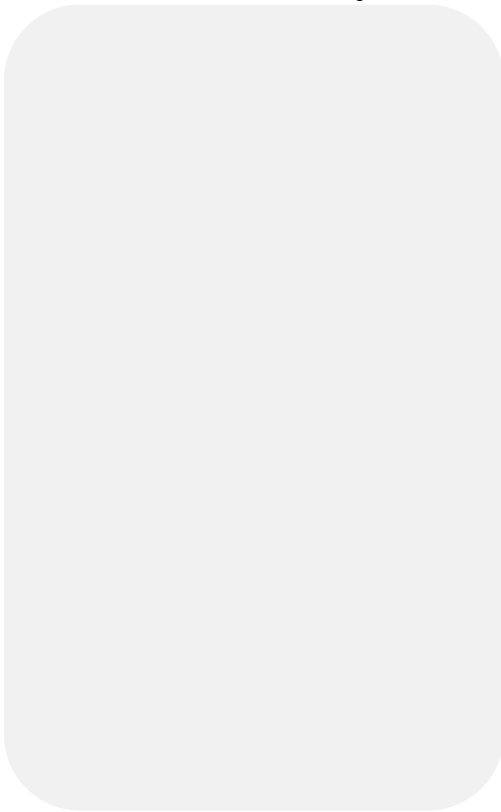
What do we need to think to get a better result?

What are you CURRENT Habits?

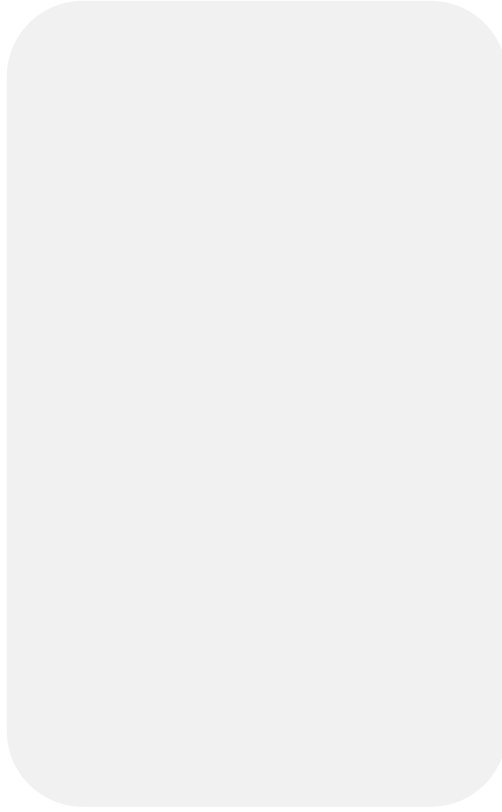
What habits will we need to cultivate to get this area to 10?

Body & Health

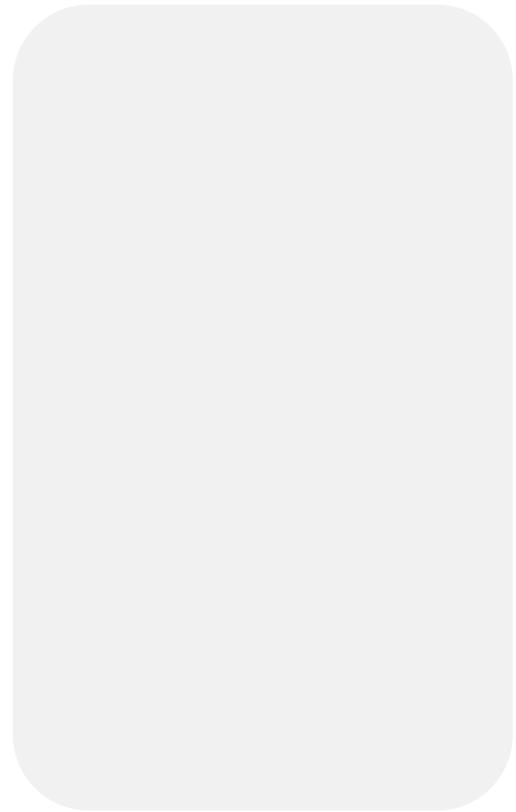
Score 1 to 10 - Why?



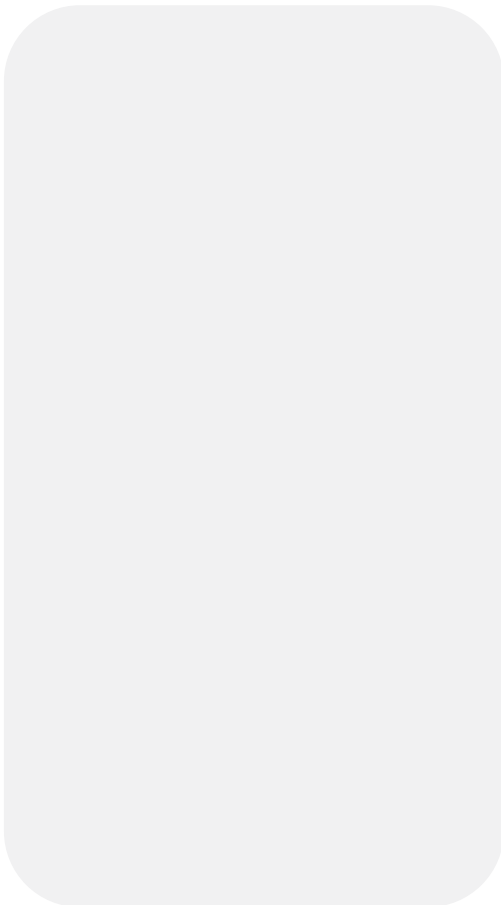
What needs to happen to make your score a 10?



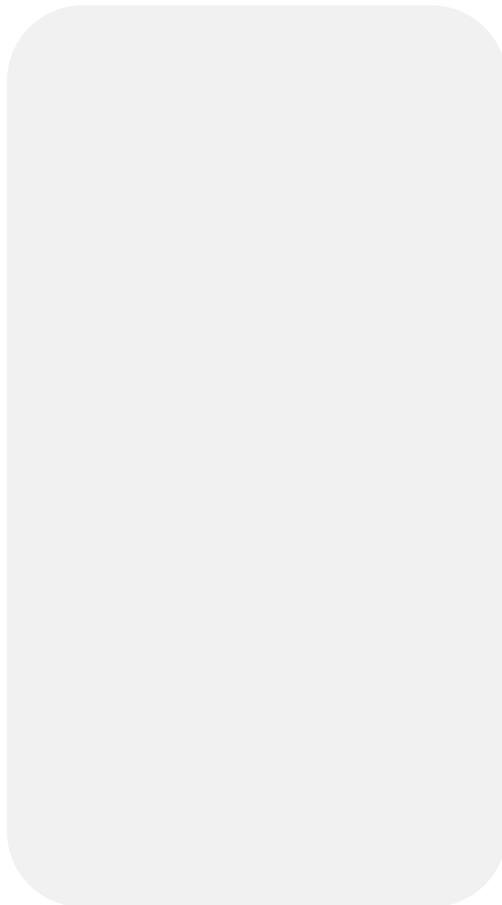
What are your junk thoughts?



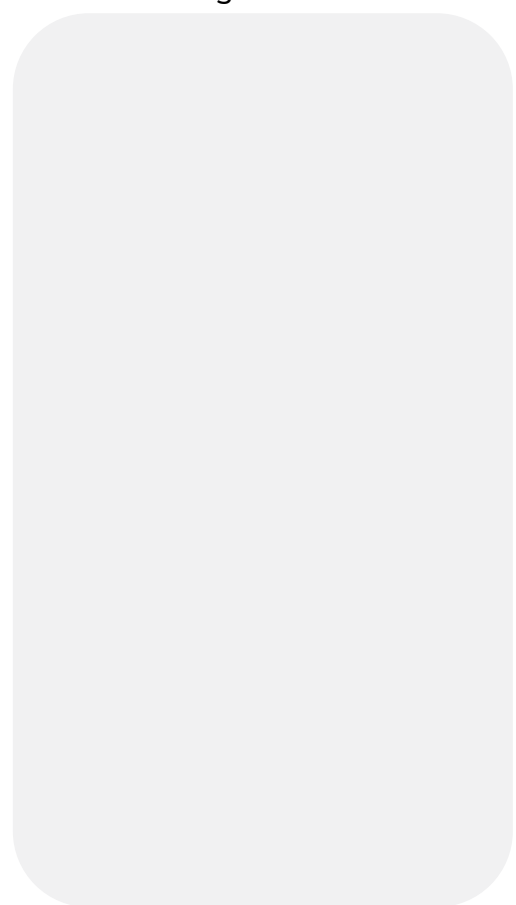
What do we need to think to get a better result?



What are you CURRENT Habits?



What habits will we need to cultivate to get this area to 10?



Time

Score 1 to 10 - Why?

What needs to happen to make your score a 10?

What are your junk thoughts?

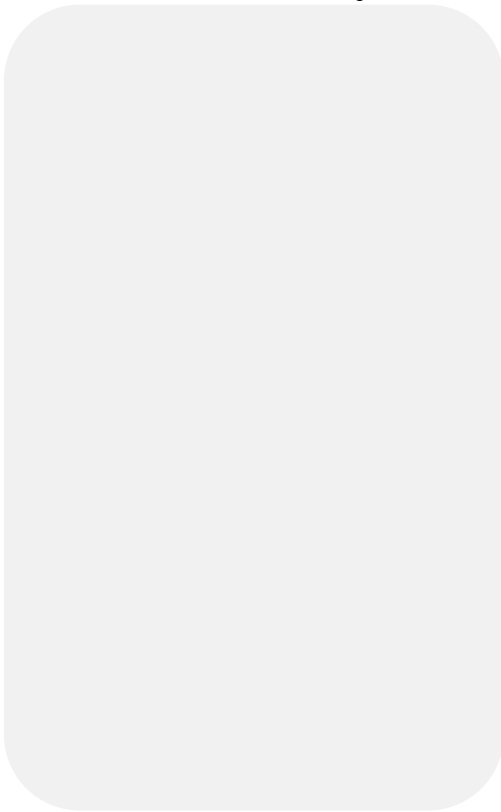
What do we need to think to get a better result?

What are you CURRENT Habits?

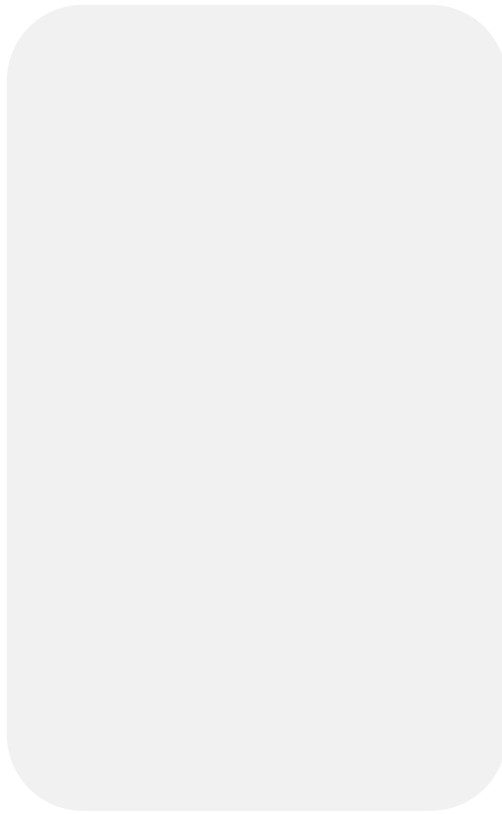
What habits will we need to cultivate to get this area to 10?

Relationships

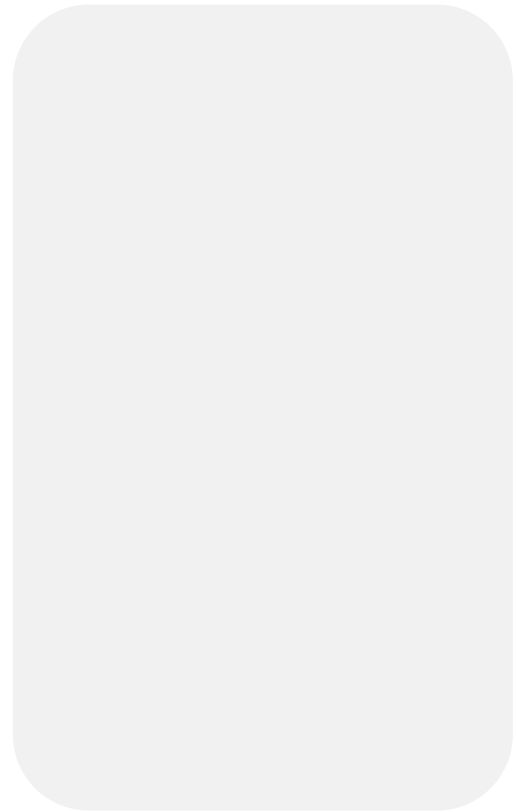
Score 1 to 10 - Why?



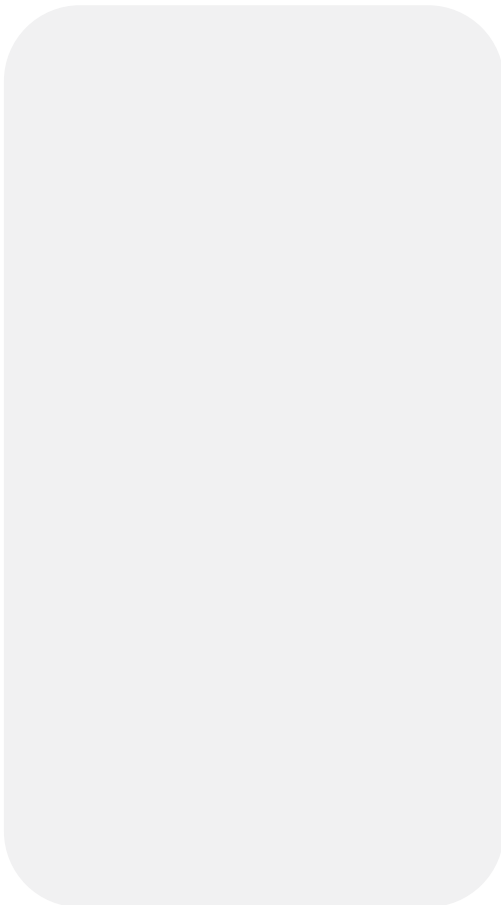
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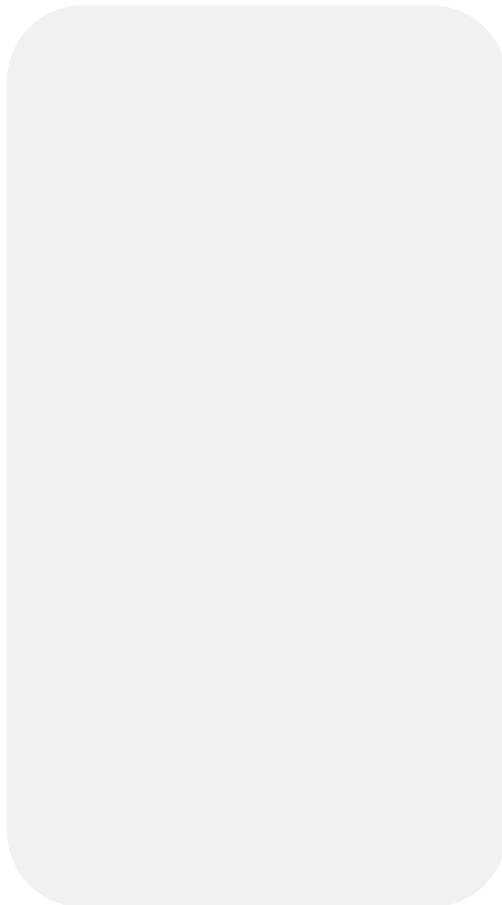
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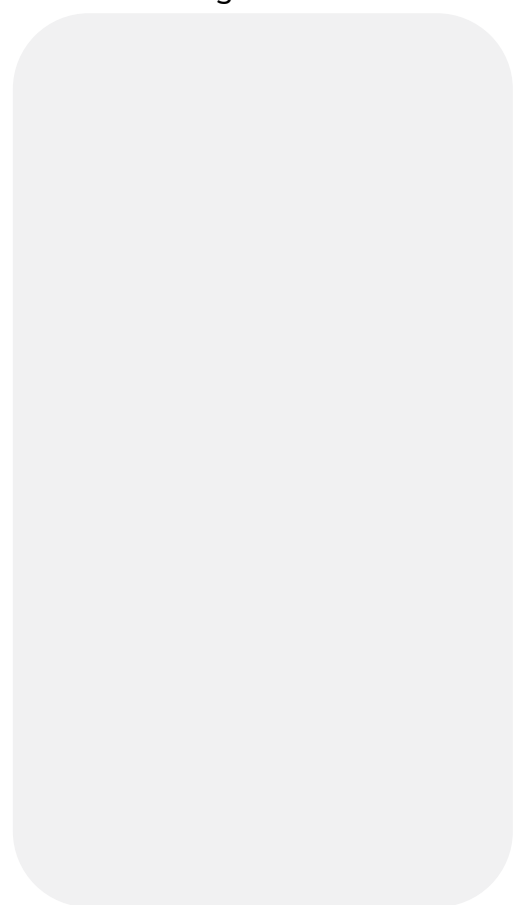
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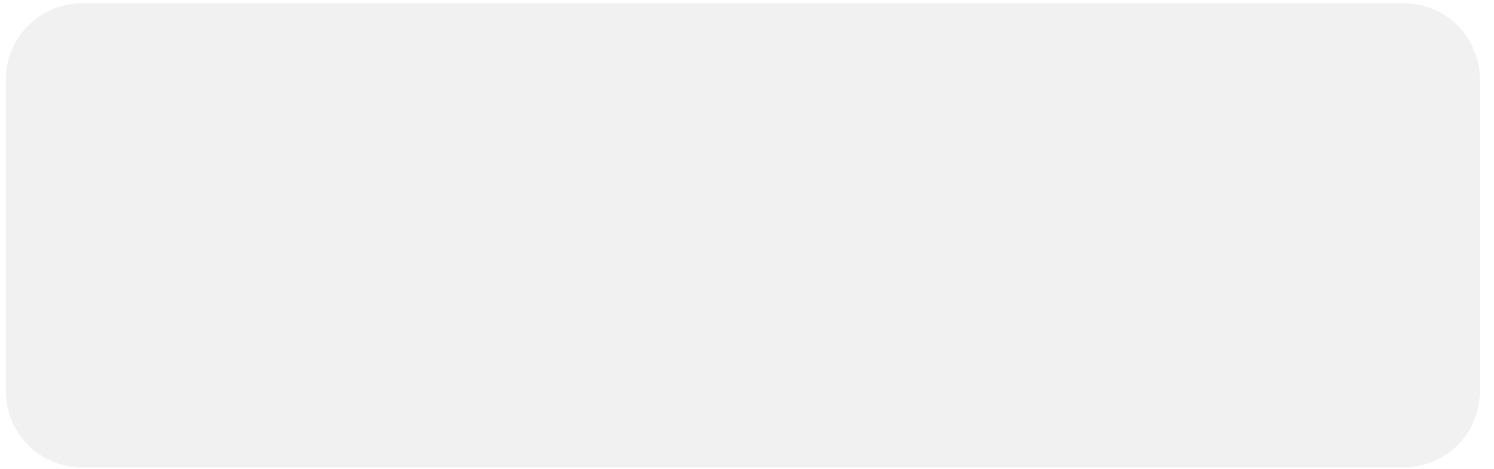
Choose 3

If you could only choose 3, that would have a tremendous impact on you life and business in the next 90 days, What would those 3 be?

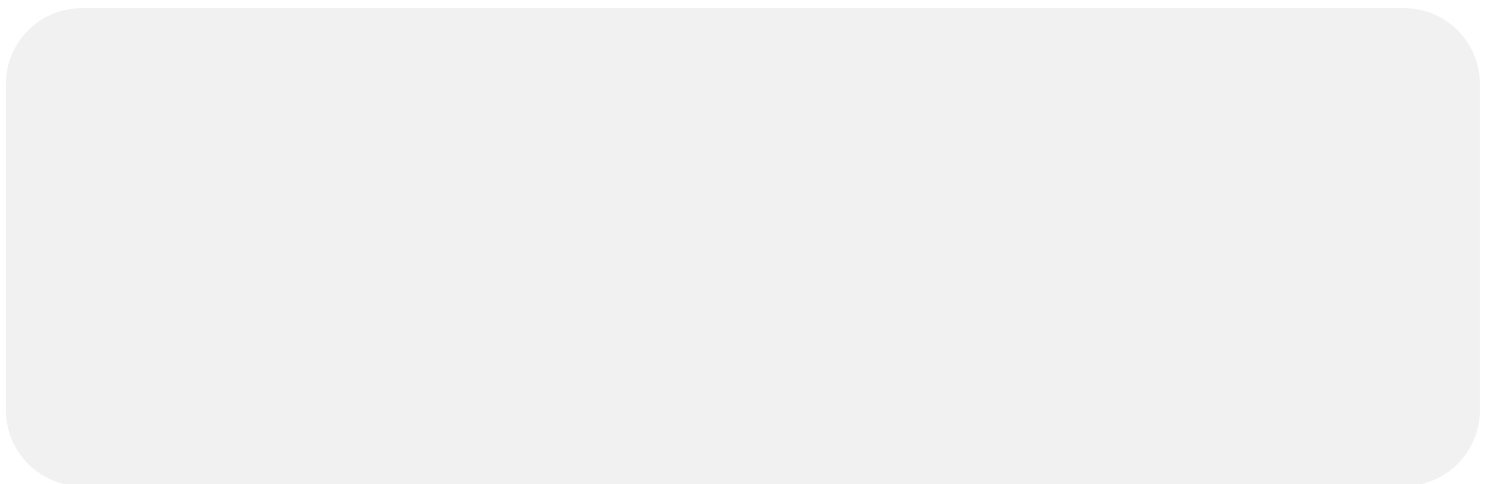
A large, empty, light gray rounded rectangular box intended for writing answers. The box has rounded corners and a subtle gradient, providing a clean space for the user to list their three choices.

Choose 3

1) Your Top 3 Results



2) The Top 3 Thoughts You Need to Think



The Top 3 Habits You Will Take Action On

