

Power Moves



“One a day shifts the game you play, Several a month sway your trajectory, Several a year redefine life drastically.”

This worksheet will assist you in identifying the necessary Power Moves that align with your ultimate vision. By breaking down these moves over a year, month, and day, you'll be better equipped to manifest your dream life.

- Persist with each sunrise.
- Overcome, no compromise.
- Win with every wise choice.
- End each day with a strong voice.
- Repeat, and let success be your noise.

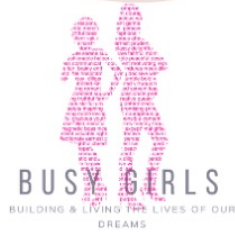


Step 2: Yearly Power Moves

Identify major Power Moves that will significantly contribute to achieving your vision. These are moves that might require extended planning, considerable resources, or time.

A large, rounded rectangular area containing ten horizontal lines, intended for writing or drawing.

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Step 3: Monthly Power Moves

Break down your yearly moves into smaller actionable steps that can be taken monthly.

Think of these as milestones leading up to your main Power Moves.

Example: If your yearly move is to start a business, a monthly move might be "finalizing a business plan."

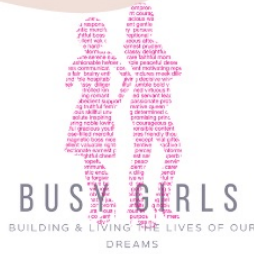
January:

- 1.
- 2.

February:

- 1.
- 2.

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Step 4: Daily Power Moves

Now, further break down your monthly moves into daily actions. These are small steps you can take every day to progress toward your monthly milestones.

Example: Using the previous scenario, a daily move might be "researching competitive businesses."

Week 1 - _____ :

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Saturday: _____

Sunday: _____

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POWER MOVES PLANNER

Love me enough to move

TODAY'S POWER MOVES

REFLECTION

THIS YEARS TOP POWER MOVES

- ① _____

- ② _____

- ③ _____

THIS MONTHS POWER MOVES

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DON'T FORGET

- _____
- _____
- _____

Challenges:

Victories:

Adjustments for February:

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