

# PUT IT INTO PRACTICE

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This guide is designed to help you move from information overload to meaningful action. Follow these steps, reflect on the insights, and commit to making progress, even if it's just one small step at a time.

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## STEP 1: LOCK IN + FOCUS

Before taking action, you need **clarity**. What areas of your life need focus? Think about your health, faith, career, relationships, or business.

Questions to consider:

- What's one area of my life I feel stuck in?
- What motivates me to improve? Write down a "why" for each area.
- If I could accomplish one big goal this year, what would it be?

Your priorities aren't what you say they are. They are revealed by how you spend your time. - James Clear



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Cut through the noise and turn knowledge into action. Take intentional steps forward to build momentum and see real progress—one step at a time.

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## STEP 2: BUILD YOUR RHYTHM

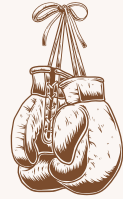
Distractions and lack of structure are the biggest obstacles to action. Define clear **boundaries** to create space for deep work and progress.

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Things to consider:

- Define your non-negotiables. What must get done daily or weekly?
- Implement “calendar blocks” to set aside dedicated time for learning, deep work, and miscellaneous tasks.
- This structure serves as the action plan to help you achieve the goals outlined in the previous section.

What you don't schedule doesn't get done. – Michael Hyatt



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Information alone won't create change, action does. Use this as your roadmap to move from learning to doing, helping you gain clarity and build habits that lead to lasting growth.

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## STEP 3: MAKE IT HAPPEN

Clarity and structure mean nothing without **execution**. Start small, stay consistent, and build momentum over time.

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Things to consider:

- Pick ONE area to work on first.
- Schedule 5-10 minutes daily for learning or implementation. Use habit-stacking: add new habits to existing routines.
- Track your progress and adjust as needed. Action is better than perfection!

What you don't schedule doesn't get done. - Michael Hyatt



# CLAIM YOUR VICTORY

Progress isn't just about reaching the big goals. It's about recognizing the small victories along the way. Taking time to celebrate your wins, no matter how small, builds momentum, boosts confidence, and reminds you that every step forward matters.

CELEBRATE YOUR WINS		
DATE	WIN	TAKEAWAY
AREA		

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