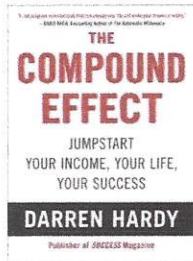


valYOUable

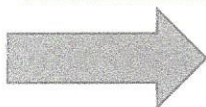
actYOUlization worksheet



The Compound Effect

JUMPSTART YOUR INCOME, YOUR LIFE, YOUR SUCCESS
BY DARREN HARDY · VANGUARD PRESS © 2012 · 192 PAGES

“Since your outcomes are all a result of your moment to moment choices, you have incredible power to change your life by changing those choices. Step by step, day by day, your choices will shape your actions until they become habits where practice makes them permanent.”



SMALL, SMART CHOICE + CONSISTENCY + TIME = RADICAL DIFFERENCE

Pick 1 area of your life. Now, identify 2 SMALL changes you can implement daily. Look at my example below for improving a relationship. You can pick an area of your life: finances, health, work, mindset, relationships.....

Example
"Relationship
Small
Choices"

1) I will express one thing I appreciate about my partner daily.

2) I will choose to show interest in my partner by asking questions and then truly listening without interrupting or giving my opinion.

Your Turn

1)

2)



YOUtilize Darren Hardy's Free Resources. I recommend the Habit Assessment & Weekly Rhythm Register. Go to www.thecompoundeffect.com/free to get yours, do it, like NOW would be good. ;-) Remember Darren says *“We are all self-made men and women, but only the successful take credit for it”*