



LIFE. *With Gratitude*
Where soul meets strategy.



MIRACLE MONTH

ACTION PLAN



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HELLO LOVELY!

I'm so excited you're here and ready to create your Miracle Month!

I'm so happy you have taken this step 🌱

Here's something I know to be true:

It's easy to lose ourselves in the juggle that is life.

One moment we're feeling motivated and making progress... the next, life gets busy. We get overwhelmed, disconnected from our goals and wonder where the time has gone.

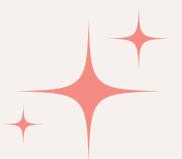
Here's the good news! You're still in there! And there is time for you!

The real magic happens when you choose to take action and find your path. In fact, getting back on track, again and again, is how we create real momentum ✨

Whatever your goals are, be they personal, professional or somewhere in between, you have the power to shift your energy, reconnect with your vision and create meaningful change.

That's what this action plan is here to help you do. To help you pause and notice, restore your focus and take small, aligned steps toward the things that matter most - one day at a time.

If that sounds good to you, then let's dive in... starting with a few guidelines to set the tone for your month ahead.



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GUIDE 1

THIS IS AN INTERVENTION

I don't believe this challenge has made its way into your life by accident. It's an intervention. A gentle nudge to help you get back on track and into flow.

So the first rule of this challenge is simple: **commit to it**. Make the decision to show up for yourself every day for the next 30 days. Come rain or shine, choose to stick with it. Choose to follow through. Choose *you*.

This is your time. This is your space. Your reset. You deserve to feel good, to reconnect with what matters and to create your version of a miraculous month. So commit and let the magic unfold.

GUIDE 2

IMMERSE YOURSELF

Immerse yourself in creating **a new reality** for yourself. One where you're in flow, feeling good and showing up with intention.

Remember, you are the only one who gets to choose how you feel.

So over the next 30 days, do all you can to reconnect with your dreams, your values and the version of you who is ready to make them happen.

You've got this. You're already doing it. One aligned step at a time.

GUIDE 3

BE KIND TO YOURSELF

This is a challenge after all and it's not about being perfect. Its about showing up with compassion and intention, even on the messy days.

If you miss a day, lose focus or feel off track, that's ok. Simply pick it up and carry on again. Be gentle with your thoughts.

Celebrate the effort, not just the outcome 🌸

READY TO GET STARTED? GREAT! LET'S GO...

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DREAM DOWNLOAD

The first step on your journey to reconnect with your goals is to give yourself space to dream.

Sometimes life feels noisy. Our minds fill with so many thoughts, plans and responsibilities that it becomes hard to focus on what we truly want. When that happens, we can start to feel scattered, stuck or unsure of our next step.

So take some time right now, even if it's just 5 minutes, to pause, breathe and dream. Do a dream download or brainstorm.

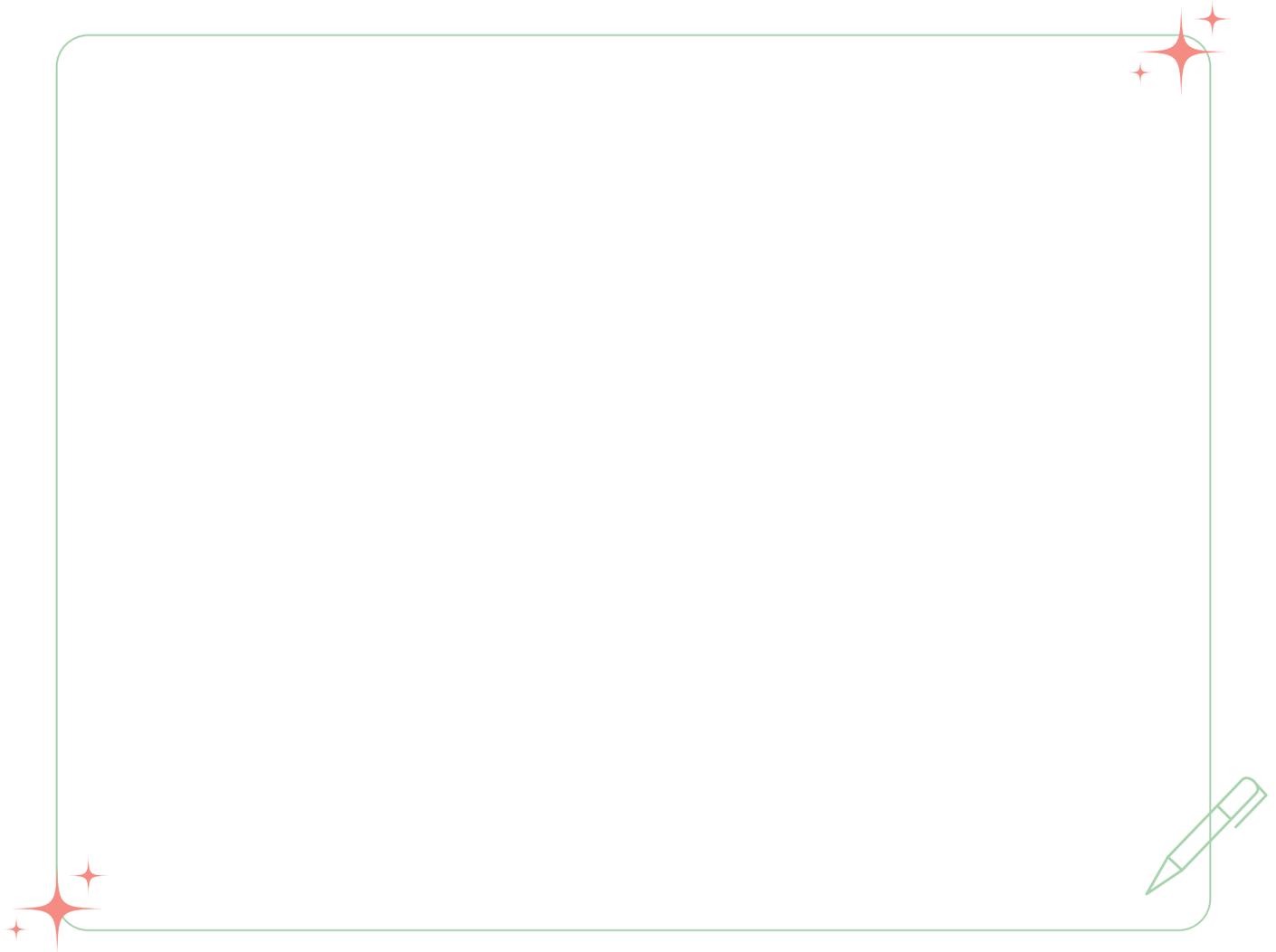
Think about what you want to create, experience and call into your life. Write it all down below.

Let yourself dream in every direction. There are no 'shoulds'. No pressure to be practical. Just let it flow from your heart onto the page.

I CAN & I WILL. WATCH ME.



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While it's powerful to dream big and stretch your imagination, getting out of a funk and into flow doesn't happen through dreaming alone.

Real change comes from consistent, intentional action; showing up for yourself day in and day out.

That's where your ***Daily Success Routine*** comes in. It's designed to help you take aligned action every day for the next 30 days.

Small steps that feel doable, not daunting, so you can shift your energy, reconnect with your goals and start creating real momentum in the direction you want to go. Little by little, these actions add up to something big: clarity, confidence and flow.

It's time to get back on track - one small step at a time.

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DAILY SUCCESS HABITS

To help you get out of the funk and back into flow, ***it's important to be intentional about the actions you take each day.***

That's why you'll find a ***Daily habit Checklist*** on the final page of this workbook - designed to help you stay focused, feel good and make consistent progress toward your goals.

Print it out and place it somewhere you'll see it often e.g. mirror or fridge. Then check off each step as you complete it. These small, daily actions might seem simple, but they're powerful. They will help you realign, recharge and build the momentum you've been craving.

Stick with it and I promise, you'll be amazed at what starts to shift.



MORNING VISUALISATION

Spend 5 to 10 minutes vividly visualising one of your dreams. Let yourself get lost in the vision.

Use your imagination to bring it to life as if it's already happening.

What can you see? What can you hear? What do you feel?

This is your time to experience the joy of having what you truly desire. Each time you practice, you strengthen your mindset and rewire your focus towards possibility. Do it daily - it's one of the most powerful ways to create a reality you love.



GET FOCUSED

Spend 5 to 10 minutes getting clear on your day ahead.

What are your top goals for today? What do you want to accomplish? What tasks need your attention and when will you get them done?

Give yourself direction before the day begins. Use the Daily Planner to map it all out and set yourself up for success.

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GROW YOURSELF

Spend 5 to 10 minutes today on personal development.

That might mean watching an inspiring video, listening to a podcast, reading a blog or diving into a chapter of a book.

Whatever you choose, let it expand your perspective and nourish your mindset. Learning something new each day keeps your energy fresh and your confidence growing. Because real growth starts with you.



TAKE ACTION

Discipline yourself to do what needs to be done today. Even a few small things will move you forward.

To help you stay on track, set a reminder on your phone to go off every hour or at key moments during your day.

When it does, pause and check in with yourself.

- How is your day going?
- What have you been focusing on?
- Is it aligned with what you set out to do?

Use each check-in as a gentle reset. A moment to realign and refocus. Then keep moving forward with intention.



HAVE FUN

Every day, take a moment to get intentional about how you'll bring more fun and joy into your life.

Joy is powerful. Feeling good is transformational. So don't leave it to chance, make it part of your plan.

Ask yourself: What will I do today to add more fun, lightness, and joy? Because when you feel good, everything flows more easily.



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MOVE YOUR BODY

If you can, get your body moving – it's one of the quickest ways to shift your energy and get back into flow.

Even if it's just 5 minutes of dancing in the kitchen, a quick walk or stretch between tasks – do it. Run, walk, shake it out... whatever feels good.

Find simple ways to get your heart pumping and your energy circulating. You'll feel the difference almost instantly!



FIND QUIET

Spend 5 to 10 minutes in stillness.

Step outside or find a quiet space and simply focus on your breath. Breathe deeply. Relax. Let the noise fall away. Be *in the moment*.

Notice your heartbeat. Feel your hands, your fingers, the gentle rhythm of your breath moving in and out.

This is your reset – your reminder that peace is always available when you pause and listen.



FIND GRATITUDE

Take a moment to think of three things you're most grateful for today. Really feel the gratitude spread throughout your body.

Be thankful for things big and small – a smile, a moment, a person, a thing, even a ray of sunshine across your back.

Gratitude shifts your energy. It grounds you in the present and gives perspective.

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DAILY HABIT TRACKER

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAILY HABITS



 Morning visualisation

 Get focused

 Grow yourself

 Take action

 Have fun

 Move your body

 Find quiet

 Be grateful

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I AM EXACTLY WHERE
I NEED TO BE

