



Nancy *transformation coach*

Be Brave

Do



Stop Wishing. Start Doing.

Your Journal of 30 DoDays





Be Brave

Do



Stop Wishing. Start Doing.

The life you want will not “Just Happen” by some miracle.

You will have to do something to make it happen.

To get the life you want, you will have to take action, do something continuously and consistently in small, simple steps.

To get the life you want is not an End Result, it is a Continual Result.

You live your life everyday and not someday.

And everyday is DoDay!

This 30 Day Journal will set you in motion to create the habit of focused action and break the mold of inaction.

Let your journey begin!

Stop Wishing



Start Doing





# Introduction

I am a woman, just like every other woman.

I did not just arrive at the point where I am in my life today, I transformed into it.

I am deeply passionate about Transformation Coaching and have stood in awe of its results many a time.

Coaching feels like a calling and I am answering that call through my Coaching Practice.

The aim of my Coaching Practice is to be the catalyst that makes women “tick over” and then to enable these women to empower themselves to take real action, to achieve real transformation and to utilize the full power they hold inside.

When women truly become everything that they really can be, they become extremely powerful and far less susceptible to abuse and exploitation and eradicate the notion of being “the weaker sex” or being wanting in any shape or form.

I wish this type of transformation for all women.

Stop Wishing. Start Doing.

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DoDay 1

The best thing you can do for yourself is to get disturbed by Inaction.

Be Brave **Do**

What habits do I have that feeds my Inaction. How much of my Active Life and Fulfillment does these habits steals?

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What can I replace these habits with and how will it make me feel?

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Where is the one place that I am simply not taking action?

Why is that? What small step can I take today to shatter this thought.

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Stop Wishing



Start Doing



# Energy Balancing Activity for DoDay

1

Aim to do the Energy Balancing Activity every hour – on the hour.

## Breath-a-Liser

Breath out, all the way out. Breath in, raise your shoulders. Hold it. Hold it. Now let it out, all the way out. As you breath out, drop our shoulders and chin to your chest. Repeat once more.

## Sparkle & Shine

Get up. Look up. See what is around you. See the colors and shapes. Now Smile. Feel the warmth of it. Let it reach your eyes. Let it shine!

I Choose



2

## Butterfly Wings

Get up. Stretch your arms up and out. Nice and slow. Feel your muscles moving. Feel your Butterfly Wings!

3

## Catch the Sun

Find a Sunny Spot. Open your hands and close your eyes. Raise your face to the sun and breath it in. Let the warmth in. Let it nestle in your belly.

4

What small thing can I do today that will move me from Wishing to Doing?

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Stop Wishing  Start Doing