

# Establish Your Master Mind Daily Action Plan

Using the following guidance, will help you establish your Master Mind Action Plan for the year and provide you a pathway into integrating your Master Mind spiritual journey into each day.

## A. DOCUMENT YOUR MAJOR COMMITMENTS FOR THE YEAR

You can use this Master Mind COMMITMENT format to establish your major commitments for 2022. Use one for each major commitment you make.

ACHIEVEMENTS AND EXPERIENCES I WELCOME WITH AN OPEN HEART AND MIND IN PARTNERSHIP WITH THE MASTER MIND....

Achievements/Experiences I welcome:

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Benefits I recognize inside of the achievement and experiences:

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Possible obstacles I may need to overcome:

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My Plan of Action:

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## **B. WRITE (OR FIND) PERSONAL AFFIRMATIONS THAT ALIGN WITH YOUR DESIRED ACHIEVEMENTS AND EXPERIENCES**

An affirmation is a positive declaration (usually aloud) that a fact or idea exists and is so. This declaration aligns your thinking in a Master Mind state of consciousness and is effective in influencing your thoughts and feelings and, therefore, your life.

You can affirm the experience and the existence of positive qualities about yourself and positive facts about your life - despite possible appearances to the contrary.

Affirmations have the power to bring about dramatic changes in your life when you hold your declaration in faith and firmly believe in the power within.

Affirmations:

- Represent the truth of your Inner Higher Being (even when they do not appear as outer facts at a given moment).
- Inspire and motivate you when stated and repeated with the same commitment and intensity of feeling you would have when the information is true.

Daily Affirmations are provided for you in the journal, however, writing and using affirmations that you have personally created is a powerful part of the Master Mind process.

Here are guidelines for creating your own.

- Be personal. Use “I”, “me”, “my”, or your first name. Ex: “I am a master manifestor.”
- Be positive. “I am intelligent and have a keen, sharp mind.”
- Use the present tense. “I radiate warmth and friendliness to all people that I meet.”
- Phrase your affirmation as if it is already a part of your reality. “I take care of my health and make good choices for me.”
- When change is needed, focus on yourself (not someone else), “I am effective and successful in my communications.”
- Do not compare yourself with others. “I am an excellent employee.”
- Use action words, “I take charge of my thoughts with steady care for my well-being.”
- Be realistic, while allowing yourself to reach and stretch into new and higher realms of living.

Affirmation Samples: • I look at every victory as an inspiration to keep moving forward. • I create the activities of this day in a calm, confident and peace. • I give only unconditional love, and in turn, I receive unconditional love. I am an energetic, healthy, radiant, active person. • I manifest my goals at the perfect time.

### **C. ESTABLISH YOUR PRACTICE OF TAKING PERSONAL INVENTORY**

A personal inventory is a fact finding- and fact facing- journey into your mind. The journey represents the beginning of a new way of life. It helps you move swiftly and directly towards increased self-awareness, and often, an improved self-image. It helps you develop a clearer idea of who you are and what your beliefs are.

The purpose of your personal inventory is to look at your character traits and review both your strengths and your limitations. You take stock of your feelings, beliefs, and attitudes with total honesty to discover what is good and desirable as well as to search out the character flaws that have become obstacles to your growth. It will then be possible for you to determine where your life is working well and where it is lacking and needs work. It will reveal the inner mental and emotional state of mind that controls your outer circumstances.

Because taking personal inventory demands total honesty with yourself, you may find this to be, the most challenging part The Transformation System™. To know yourself, however, you must regularly and honestly scrutinize your thoughts and feelings and write them down. Only when you begin to look at yourself without judgment and condemnation can you begin the process of change and growth. Remember, you are taking your own inventory, not that of other persons in your life.

Inside your journal, we offer encouragement for you to take personal inventory on a weekly basis, tapping you into the insight and value this important step offers you.

### **D. ESTABLISH YOUR PRACTICE OF FOCUSING ON AND EXPRESSING GRATITUDE**

Feelings of gratitude are perhaps the most powerful force in the Universe that connect us deeply in the Master Mind consciousness. Practicing gratitude requires deliberate intention and focus with the decision to recognize the gifts life is offering, even when we are faced with challenges.

Practicing gratitude is an investment in yourself. When we consciously spend time aligning our awareness and mindset on what we have versus what we don't, we wake up our awareness in all parts of our lives and this impacts our behavior and choices.

Inside your journal, there is a place for you to express gratitude at the beginning of each week. We encourage to also share thoughts of gratitude inside your daily journaling. Tap into the power. Gratitude can be a lifeline and is most certainly a celebration of life.

## **E. ESTABLISH YOUR PRACTICE OF WRITING DOWN YOUR WEEKLY ACTION PLAN**

With your commitments and goals in mind, we encourage you to write down your action plan for the week inside your journal.

This section includes:

### **WEEKLY ACTION PLAN**

My Desired Achievement and Experience:

Actions I need to take to realize this achievement and manifest this experience:

Affirmations that support my achievement and experience:

Celebrations I welcome confirming my achievement:

## **F. COMMIT TO DAILY TIME WITH THE MASTER MIND**

There are many ways to experience the Master Mind consciousness at work in your life. Given that journaling daily is a powerful way to be present and aware, use the pages within to connect in. Remember that reviewing the Master Mind Principles keeps you close to the wisdom offered in each step. Meeting with your Master Mind group and partners is effective. Prayer, meditation, time in nature, playing with children, watching an inspirational movie, all of these actions can move you closer to spirit and to live in the state of the Master Mind consciousness. Commit to spending time each day in the way that most effectively supports the realization of your dreams.