

YOUR IMPLEMENTATION CHECKLIST

Brand the Real You 2019

BRAVE BRANDING

Name: _____ Date: _____

Priority	Next Step	How long will it take?	Who can I delegate it to (or hire)	When will this be ready?

ACTION SHEET

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Name: _____ Date: _____

I like to accomplish/ implement	When I have finished it, the ideal outcome would look like	This week I would like to feel	Possible obstacles might be	These are strategies that would help me overcome my obstacles	This week I will show up/share	My first action step is

I LOVE ME! Nurture your Self-love
Brand the Real You 2019

BRAVE BRANDING

I hereby promise that for the next 90 I commit to daily self-love actions

Name: ----- Date: -----

The Daily self-love sentence is:

My Daily action of self-love action is:

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MY BELIEFS

Brand the Real You 2019

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Name: _____ Date: _____

Things people told me and that still take up space	Do I still believe it?	Am I willing to let it go, burn it and/or make fun of it?



I AM SO GRATEFUL AND HAPPY NOW THAT ...

