



Lesson 6 - Taking Inspired Action

Module 2 – Energy Planning System

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NOTES

The lessons in this guide use a mix of American English and international rules for quote marks. This mix is a bow to both the birthplace of the system in the United States, and the people it meets in its ongoing travels around the globe.



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Recap of Module 2 To-Date

So far in Module 2, you learned and began working — on both intellectual and energetic levels — with:

- (Lesson 4) Energy Blueprint (EB) & Progressive Belief Process (PB)
- (Lesson 5) Order Form to the Universe (OFTU)

At this point in the program you have learned the first two steps in the energy planning process (creating an EB and PB to start shifting beliefs around the goal, and activating the experience of the accomplished goal with an OFTU).

This lesson introduces the final step in the energy planning process: identifying the actions you can take over the next 30 days to start moving your goal into reality, beginning to identify and dissipate any tangled energy you have around taking any of those actions, and setting them into a weekly timeframe. It presents the last tool in Module 2, the 30-Day Plan (30DP).

Taking Inspired Action: The 30-Day Plan (30DP)

When you activate a goal with an OFTU, you start energetically pulling it into your reality. You use a 30DP to nourish that pull and shorten the timeframe for the realization of that goal. It is critical to understand that a 30DP is **not just another version of a to do list**. Rather it is a way to:

- Define actions to take in the various categories of your goal so you are progressing on many aspects simultaneously, with a greater sense of ease.
- Begin to identify and dissipate any fear, procrastination or overwhelm around those actions using the tools you've learned thus far in this program. You are always moving your goal into reality from a more inspired, higher vibrational place.
- Organize the actions you feel inspired to take into a specific timeframe so you are always moving your goal closer to physical reality.



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When you are always moving from a more inspired place, you realize a goal becomes more of an amusing, fulfilling and joyful process. When you move from a higher vibrational place, you expect things to work out. You become more of an observer, curious to see what shows up next, where the next thing leads. You also start to develop a stronger sense of faith that even when things don't appear to be working out, everything in fact is in divine order. You begin to trust that regardless of what appears to be happening, by working on both the inner and outer levels, you are continually enhancing the probability of your energy lining up with what it is you want.

You find yourself experiencing a greater sense of peace, regardless of what is happening at a given point in time. The process of bringing a goal into reality becomes very alive, spontaneous, magical, and so much less stressful.

The 30DP process step-by-step

This section presents the 30DP process for a single OFTU, as this is the best approach to adopt while you are learning and integrating the process. Once you are at ease creating and using the 30DP process for a single OFTU, you can progress to creating a single 30DP for multiple OFTUs.

In the 30DP process for a single OFTU, you create one 30DP for that OFTU. That 30DP contains only those categories on which you want to take action in the next 30 days. You then create a weekly action plan each week until the end of that 30-day period.

As in all aspects of the program, it is important to partner with Spirit and follow your inner guidance as you create your 30DP and weekly action plan. Many of us have a wealth of experience creating to do lists and action plans so it can be easy to slip into a pattern of “I **have** to get this and this and this done each day”, into the energy of a taskmaster trying to force energy in a direction the rational mind has decided it “should” go. In this program we want to activate something else. In the energy planning system in particular we want to activate following Spirit's guidance on the best actions to take at this time.



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You use the 30DP process for a single OFTU as follows:

1. Identify those categories of the OFTU on which you want to take action in the next 30 days. (It's possible you may not be taking action on certain categories.)
2. Create a 30DP. The 30DP identifies the actions you want to take in each of those categories, and addresses any tangled energy you have around taking any of those actions.
3. At the start of each week in the 30-day period, create a weekly action plan.
4. At the end of the 30-day period, return to your OFTU and repeat this process until the OFTU is complete (you've addressed all the categories in the OFTU).

You may want to refer to the example presented in Appendix A as you read through the rest of this section.

Step 1: Identify the categories

Identify those categories of the OFTU on which you want to take action in the next 30 days. In small OFTUs, you may intend to take action on all categories. In OFTUs for large goals or projects that extend over periods longer than 30 days, you may have categories for which you don't intend to take any action in the next 30 days (for example planning a wedding or losing weight). In those projects, follow your inner guidance on the best categories on which to take action (these are usually the ones that are going to provide the greatest Return on Energy (ROE) or be the greatest drain on it). A guideline for determining the best ROE categories is to consider categories that:

- have the greatest impact on revenue
- make you feel excited to take action on them
- feel most aligned with your passion
- feel like they are the highest priority at this time



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Step 2: Create a 30DP

You create a 30DP by defining the actions you want to take in the next 30 days in each of the categories and you identify and start to manage any tangled energy around taking any of those actions.

You create a 30DP as follows:

Define the actions

1. Take one of the categories you identified and in the “Next Actions” section of the OFTU, list the actions you that you took to make the affirmative statement for that category a physical reality (Don’t worry if you did not have any actions identified in the OFTU). You may have already listed some of these when you created that category of the OFTU. If there are others that come to mind, add them to that list.
2. Review the actions you listed and identify the ones you want to work on in the next 30 days (usually the ones that are most likely to provide the greatest ROE). Follow your inner guidance! Also check in with your inner guidance on whether this action is doable in 30 days. If it doesn’t feel doable, break it down further into actions that do feel doable in 30 days. You want to be moving from inspiration, not overwhelm. Jot these down in your 30DP template (see Appendix B).
3. Break each of the actions you identified into any sub-actions it requires. This helps you see all of the things required to accomplish that action so you have a better sense of the time it may require. For example if you had a category “Venue Staging” with an action “clean the living room”, the sub-actions might be “sort through all of the paper piles and throw away what is no longer needed; move furniture that is not needed at the party; remove the carpet to make room for dancing”.

Manage any tangled energy

4. Review each action and sub-action and determine whether you have any “yeah buts” around any of them. A “yeah but” is a feeling that you can’t or won’t accomplish that action for some reason; the action triggers you on some level.
5. For each “yeah but” see if you can identify an action that would address it or help to dissipate it, and if you can, remove the “yeah but” and add that action to the others in the category. For example, if the “yeah but” was “I don’t have time to do all this”, you might feel you can help dissipate it, make it less of a trigger, by talking to a



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local college about getting an intern to help you; you would add “talk to local college about intern” to your list of actions.

6. Review all of the “yeah buts” you could not address with an action, create one or more Progressive Beliefs (PBs) and add those PBs to your daily PB shifting session. For example, if your “yeah but” was “I’ve never been at ease entertaining, I’m an introvert” you may not find an action to address it and instead create a PB for it. If you had more than one “yeah but”, oftentimes there is a common theme running through all of them that can be addressed in a single PB. If that is not the case, create additional PBs as needed. Energetically assess the PBs you require.
7. Repeat steps 1–6 above for each of the remaining categories on which you want to take action in the next 30 days.

Step 3: Each week, create a weekly action plan

At the beginning of each week in the 30-day period, you create a weekly action plan for the coming week.

NOTE: If you have several 30DPs (i.e. you are working on several OFTUs simultaneously) we recommend you create a **single** weekly action plan from all of the actions you want to take that week on **all** of your 30DPs.

You create a weekly action plan as follows:

- Get an overall picture of your available time in the coming week by looking at the commitments you’ve already made on your time (e.g. workout time at the gym three mornings, a parent-teacher meeting one evening, a massage scheduled mid-week, a monthly business presentation one afternoon, lunch with a friend, attending your child’s soccer game, etc.). Map out these time slots in your weekly plan.
- Review the actions and sub-actions in all categories of your 30DP and identify the ones you want to take in the next week (for those actions or sub-actions around which you created a PB, the only thing you need do for now is shift the belief).

Take the time to assess them energetically and be sure to include the ones that:

- you feel most inspired to take at this point
- have deadlines this week



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- have less than joyful consequences (on either the inner or outer level) if you don't take action on them this week
- Notice any dependencies or time constraints on any of those actions (for example, perhaps you can't take one action until you complete another, or an action must be done at a certain time). This helps you determine which actions must be done first or on specific days. For example you want to ask a colleague a question in-person and you won't see them until a certain date. Or you are planning a dinner party and in the GUESTS category you have an action "decide how many people to invite" that depends on the action "price seafood menu options" in the MENU category.
- Create and implement an action plan for the week. The following are three approaches to doing this. Follow your inner guidance on what works best for you or create your own approach. See Appendix A for an example of each of the first two approaches.

Full week plan.

Set all of the actions for the next week on a timeline; assign each action a day and time by which you intend to accomplish it. Follow your inner guidance on what feels best for you. Then, each morning review what you've committed to accomplish that day and organize your day around completing those actions.

Day-by-day plan

Enter any date- or time-specific actions on the timeline for the next week (e.g. "meet with accountant Friday at 2:00 PM"). Then, each morning, connect with Spirit, review the list of actions you want to accomplish this week, pick and choose the ones you feel most inspired to take this day, and organize those actions into a timeframe for that day. Organizing the actions into a timeframe helps you set up a day that flows easily, and helps you more easily determine whether the actions you intend to take are easily doable in that day.

Day-by-day moment-by-moment plan

This is a modified version of the day-by-day plan that works well for people who may need to reprioritize as they go along. A parent, a caretaker for an elderly family member, someone who carries a pager, are all examples of



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people who may need to drop what they intended to do to handle a higher priority commitment. In this case, the person prioritizes the actions they identify into ones that absolutely must get done this week no matter what, ones that are important to get done this week, and ones that would be great to get done this week. They then proceed as for the day-by-day plan with the exception that they choose and organize the specific actions for a given day according to priority (an “absolutely must get done” action takes precedence over a lower priority item).

It is important energetically that when you commit to completing an action, you intend to honour that commitment. Your clarity and commitment activates the completion of that action; it exists as complete at that point in time. If you must change the timeframe for an action, treat it in the same way you would if you were breaking a commitment to a colleague.

NOTE: If assigning a specific date and time to an action is uncomfortable for you, you may simply connect with the action you want to accomplish and set the intention to accomplish it.

- At the end of that week, take time to acknowledge and celebrate the actions you’ve accomplished and all the PEs that have shown up! (feelings that have shifted, beliefs that have shifted, insights you gained, things that showed up out of the blue, etc.) Your goal is closer to reality than it was a week ago! Then review the 30DPs for your categories, cross off the completed actions and any new actions that arose from the ones you took.

NOTE: The celebratory review amps up the energy around your goal and its manifestation so do not skip it! Reschedule it if necessary but take time to luxuriate in all you have noticed and accomplished!

Step 4: Repeat the process until the OFTU is complete

At the end of the 30 days, review your OFTU, cross off what you’ve accomplished in your 30DP and repeat the process until your OFTU is complete, or the OFTU itself has shifted into something new (in this system your goal is a living one that is constantly



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evolving). If your OFTU was part of a larger vision, you may want to review that vision to see if there are any new categories you want to add to the OFTU. For example, for a larger goal that you divided into quarterly goals, as those goals begin to manifest you may want to review the larger vision to see if there are any categories for which you want to create specific affirmative statements in your OFTU.

Important points on 30DPs

- If your OFTU was small, it may not require a full 30 days to complete.
- Your 30DP also helps you refine the details of your goal as you begin to take action and have deeper insight into what you do and don't want around your goal.
- It is important to acknowledge any "yeah buts" around an action so you can begin to dissipate the energy around it and shift the belief underlying it into one that serves you.
- If you have several "yeah buts" with a similar theme, you can combine them into a single PB.
- Be sure to partner with Spirit and follow your inner guidance as you create a 30DP and weekly action plan. You want to be following Spirit's guidance, not forcing energy in a direction your rational mind has decided it "should" go.
- Sharon has used the analogy of a buffet to describe using the 30DP process to work on an OFTU. In a buffet you take a little of this and a little of that and you go back and sit down and eat. When you're done you revisit the buffet table and repeat the process. You can think of each of the categories in the OFTU as a serving dish on the buffet table. Every 30 days you visit the buffet table and take a little of this and a little of that to work on in the next 30 days. Then you look at what's on your plate and decide what you'd like to start with first; as you complete that, you move on to the next thing and then the next thing. When you're done with that plate, you go back to the buffet table and repeat the process until your OFTU is complete or it has shifted into something else.
- If you don't accomplish everything on your plate in 30 days, just move any outstanding items to the next month. As each month unfolds you may find yourself responding to opportunities and situations that require you to reprioritize. Let that be okay. Think of yourself as moving **towards** your goal by taking action each day and week in a fluid, adaptable way.



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- Once you are at ease creating and using the 30DP process for a single OFTU, you can move to creating a single 30DP for multiple OFTUs. In this case you create a single 30DP that contains all categories on which you want to take action, from multiple OFTUs. That single 30DP in turn gives rise to a single weekly plan. In this case you are advancing on many different OFTUs through a single 30DP and weekly action plan.
- Love the journey your goal leads you on as it manifests! As Sharon often says, you're never "done". You always have another goal, something else you want to accomplish. That is the nature of being a human; we naturally seek growth, new ways to expand and experience life. It's in the journey itself that we find our experiences of joy.

Common contrasts on 30DPs

I don't get highs any more when I reach a goal!

As you become skilled in using this energy planning process, you may indeed find you no longer experience extreme highs when you accomplish a goal. This is because you are managing your energy throughout the process. Instead of running on adrenaline and a lot of action to bring a goal into reality, you run on the expectation the goal is manifesting and follow your inner guidance on the next actions to take to help it along. It is also because your goals themselves are shifting as you accomplish them. For example, if your initial goal was to make \$4,000 net in monthly income, as you begin to see that goal manifesting, you begin to realize it's possible to make more than that and begin to imagine what would be possible if that were the case. Your goal starts to shift. So by the time you start making \$4,000 net in monthly income, you've already made an energetic shift towards a new goal. A vision that becomes reality is no longer a vision; as one vision moves into reality, another is born.



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My goal doesn't seem to want to manifest!

You already have a lot of OFTUs out there, whether or not you've committed them to paper or are even conscious of them. For example, we all have OFTUs circulating around time, balance, fulfillment. Some of these may be competing with each other and preventing the energy from aligning on your particular goal.

It is also important to hold your goals lightly and stay open to where Spirit may be leading you. If an action doesn't lead you where you intended or expected, let that be okay. Connect with Spirit and ask for guidance from that point. Spirit may be walking you towards something completely outside your range of vision.

If you are experiencing this contrast, we recommend you use your energy management skills to manage your energy, to make peace with where you are right now and take your bearings. Then, always in partnership with Spirit, ask "what now?", "where do I go from here", "what's my next action".

Getting and Staying Organized

At this point in the program you have established your own system for staying organized. The following are a few suggestions you may or may not feel led to use:

- Keep your 30DP with its associated OFTU for easy reference to both as you move the goal or project into reality.
- If you are working on several OFTUs simultaneously, you might have a separate binder section (or if you are working online, a separate file) for a single weekly action plan that incorporates all actions for that week on all 30DPs.

Suggested Process for Integrating the Tools

As mentioned in the previous lesson, at this point in the program it is assumed you have integrated the Module 1 tools into your day in a way that works for you. If this is not the case, refer to this section in previous lessons for suggestions.



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In Module 2, you use the energy planning process whenever you have a goal or project you want to realize. Once you begin using the energy planning process with a specific goal, you create a weekly action plan at the start of each week. The following is a suggestion you may or may not feel led to use:

- Set aside a regular time each week for creating your weekly action plan. In doing so you create a rhythm that eventually becomes a natural part of your week.
- Set aside a regular time each week to celebrate everything you've accomplished in the previous week on your weekly action plan, and any signs of your goal manifesting (completed actions, PEs, insights, shifts, things showing up out of the blue, etc.).

Note: You might make this part of your regular time for creating your weekly action plan or keep it separate, as you feel guided. What is important is to take time to celebrate and amp up the energy!

Mastering the Material

- Continue actively developing and refining your skill with the Module 1 tools.
- Create a 30DP and a weekly action plan for the OFTU you created. Refer to Appendix A of this lesson for an example.
- Continue to pay attention to any PEs of your vision starting to manifest and express gratitude for each PE, no matter how small it may appear at this point in time. Amp up the energy around it! Continue rewiring your brain to expect wonderful things!

Reminders

- Make peace with where you are right now; you are always right where you need to be
- Play! Keep the energy light!
- The energetic is deeper and often newer than the conceptual and takes time to integrate.
- You can always review material by listening to the recording of classes.
- You are part of a powerful energy grid that is holding the highest vision of yourself and more for you.



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APPENDIX A: Example 30DP and Weekly Action Plan for Buying A Car

We are continuing our example from Lesson 5, where we created the OFTU for buying a car. In this example, we create the 30DP from that Order Form.

Note: You do not have to select all of the categories – select the ones that resonate with you the most.

In the second step, we give you an example of a weekly action plan. If you are working online, simply review each category and bold the individual actions or sub-actions on which you intend to take action in the next week. Then copy and paste those bolded actions into your weekly action plan, and from there organize them into a sequence for the next seven days.

CATEGORY	Color, Make & Model
AFFIRMATIVE STATEMENT(S)	<ul style="list-style-type: none"> • I own a beautiful, new, elegant, blue car!
30-DAY ACTIONS + SUB-ACTIONS	<ul style="list-style-type: none"> • Decide on makes & models of cars to look at <ul style="list-style-type: none"> • Connect with Spirit around trusting that I am being guided to look at the makes & models that best suit my needs • Dedicate the time to make a list of the cars I have been attracted to • Become clear about the car's purpose and who will be driving it the majority of time. • Review the cars that I have enjoyed test driving. • Take note of my reactions/thoughts about certain colors I enjoyed the most and ask myself which made me smile • Set a time to pick up brochures for the cars I like and notice which are easily obtained vs which are not. (I want to pay attention to messages Spirit may be giving me) • Decide which features I need vs nice to have
YEAH BUTS	<ul style="list-style-type: none"> • There are so many choices, I don't know that I will be able to make the right one
PB	I want to believe that I will choose the right car for myself and my needs



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CATEGORY	Cost & Financing
AFFIRMATIVE STATEMENT(S)	<ul style="list-style-type: none"> • I have an incredible deal on financing this new car. • There are no repairs to make; everything is in perfect working order.
30-DAY ACTIONS + SUB-ACTIONS	<ul style="list-style-type: none"> • Decide the amount I want to spend on my car <ul style="list-style-type: none"> • Invite Spirit to guide me as I determine the true amount that I want and can spend & guide me to a perfect vibrationally matched car. • Figure out the amount I have available in the budget to purchase a car or determine other sources of income. • Research the price ranges for this car. Is there a savings available for the car? • Calculate insurance cost for the car. • Identify financing options available to me. • create a PB for this YB (cost & financing)
YEAH BUTS	<ul style="list-style-type: none"> • I am not sure that I can afford to buy a car at this time.
PB	



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CATEGORY	Sales People
AFFIRMATIVE STATEMENT(S)	<ul style="list-style-type: none"> • I have the most amazing sales people • They are knowledgeable, helpful, respectful, and know exactly what I want and need. • They make the whole experience fun! • I trust them.
30-DAY ACTIONS + SUB-ACTIONS	<ul style="list-style-type: none"> • Find Dealerships that sell the make & model of the car I want <ul style="list-style-type: none"> • Ask Spirit to guide me to the perfect local dealership. • Schedule time to research local dealerships that have the car I am considering. • Make appointments to speak with head of dealerships I am considering • Let people know that I am considering buying a car <ul style="list-style-type: none"> • Reach out to 10 people and ask for first hand experience with dealerships and sales people. • Connect with family and friends who recently purchased a car • Obtain some testimonials from other owners of the car I want
YEAH BUTS	<ul style="list-style-type: none"> • I have never had good luck with sales people and I am always feeling like I am being taken advantage of because I do not know how to play the game.
PB	<ul style="list-style-type: none"> • I want to believe I can easily and quickly find the right salesperson for me and my car purchasing experience will be joyful and rewarding.



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CATEGORY	Time & Effort
AFFIRMATIVE STATEMENT(S)	<ul style="list-style-type: none"> • I spend almost no time making this happen; everything went so easily and effortlessly
30-DAY ACTIONS + SUB-ACTIONS	<ul style="list-style-type: none"> • Figure out how much time I am willing to spend <ul style="list-style-type: none"> • Connect with Spirit and get guidance on how much time and effort the car project will entail • Realistically assess how much time I have available for this • Ask people I know how much time they spent purchasing a car • Determine if I want to spend this time right now to purchase a car • Research the best time of year to purchase a car <ul style="list-style-type: none"> • Do some internet research to find out when the best times of the year are for car purchases • Ask friends and family what they know about the best time of year to purchase a car • Identify one or two people that can be my “car purchase buddy” & support system <ul style="list-style-type: none"> • Ask M if he would make himself available to go to dealerships with me • Schedule some times he and I can go car shopping
YEAH BUTS	<ul style="list-style-type: none"> • I am not good at working with a plan and dates. I always let myself down.
PB	I want to believe that I can enjoy and complete the car purchase project on time, celebrating each and every step.



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CATEGORY	Safety
AFFIRMATIVE STATEMENT(S)	<ul style="list-style-type: none"> • I have a car that is in perfect condition and has all the safety features I need to feel confident driving in any weather conditions.
30-DAY ACTIONS + SUB-ACTIONS	<ul style="list-style-type: none"> • Define safety features I want <ul style="list-style-type: none"> • Ask Spirit to guide me so that I may become aware of any issues I need to know about for now and the future • Identify how a car is valued around safety • Inquire with friends/family what safety features have ensured safe travels • Speak to C regarding her car rolling over and her being able to walk away without a scratch • Determine any safety issues my desired make & model has/had <ul style="list-style-type: none"> • Look at Consumer reports • Review Edmunds automobile magazine which analyzes cars on many levels • Identify people who have my desired car make and model and ask them about safety features present or missing
YEAH BUTS	<ul style="list-style-type: none"> • none
PB	



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Weekly action plan (full week plan)

Create a full week plan, taking all of the actions you want to accomplish in the coming week and setting them on a timeline. An example of how you might use a day-by-day plan follows the full week plan (You only need to do this if it feels right for you).

Notate the category alongside the action, as a reminder you are progressing on many aspects of their OFTU simultaneously.

Notice that at the end of the week you can also add an action to update your 30DPs for this OFTU, to cross off the completed actions and add any new actions that resulted from your work this week.

Note: You may choose to use the day-by-day plan or simply use the weekly plan. **Determine what would work best for you – Know & Trust Thyself.**

If you decide that a day-by-day approach is best for you, this action plan gives you an example of how you might work with a day-by-day rather than a full week plan. Note the following:

- The plan includes commitments outside of the 30DP (lunch date, teaching a class, working one-on-one with a client,...).
- The first row of the plan just lists all of the remaining actions you may want to take in the coming week.
- When you have completed an action, you simply highlight that action in a different color and use that as a PE.
- October 28, 2009 is an example of an entry made when you initially create the plan.
- The second row (“TODAY”) takes the ones you feel most inspired to take this day and organize them into your day.



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WEEK OF 26 OCTOBER TO 1 NOVEMBER 2009

DATE	ACTION
	<ul style="list-style-type: none"> ● (Color, Make & Model) Connect with Spirit around trusting that I am being guided to look at the makes & models that best suit my needs ● (Cost & Financing) Create a PB for this YB ● (Sales People) Ask Spirit to guide me to the perfect local dealership. ● (Sales People) Schedule time to research local dealerships that have the car I am considering. ● (SALES+MKTG) Ask M if he would make himself available to go to dealerships with me ● (SALES+MKTG) Schedule some times M and I can go car shopping ● (Time & Effort) Connect with Spirit and get guidance on how much time and effort the car project will entail ● (Safety) Review Edmunds automobile magazine which analyzes cars on many levels ● Update 3ODPs with completed + any new actions, and create new action plan for next week
TODAY	<ul style="list-style-type: none"> ● 8:00–9:00 (scripting + team meeting) <ul style="list-style-type: none"> ● (Cost & Financing) create a PB for this YB ● (Time & Effort) Connect with Spirit and get guidance on how much time and effort the car project will entail ● 10:00–11:00 <ul style="list-style-type: none"> ● (Safety) Review Edmunds automobile magazine which analyzes cars on many levels ● 14:00–15:30 <ul style="list-style-type: none"> ● (SALES+MKTG) Ask M if he would make himself available to go to dealerships with me
Oct 27, 2009	<ul style="list-style-type: none"> ● 18:00 (teach)
Oct 28, 2009	<ul style="list-style-type: none"> ● 09:00–11:00 (private session with Dana) ● 11:45–13:00 (lunch with Sarah) ● 13:00–14:00 (pick up samples) ● 14:00 (during meeting) <ul style="list-style-type: none"> ● (Sales People) Schedule time to research local dealerships that have the car I am considering.
Oct 29, 2009	
Oct 30, 2009	
Oct 31, 2009	
Nov 1, 2009	



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APPENDIX B: Templates for a 30DP and a Weekly Action Plan

30DP

This template contains four categories. Adjust it to fit the number you require.

CATEGORY	
AFFIRMATIVE STATEMENT(S)	
30-DAY ACTIONS + SUB-ACTIONS	
YEAH BUTS	
PROGRESSIVE BELIEF	



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Weekly action plan

WEEK OF:	
DATE	ACTION