

A woman in athletic wear is shown from the waist down, lifting a dumbbell with her right arm. The background is a dark, textured wall. The text is overlaid on the image.

**DAY 5**  
**Action**  
**Sheet**

**FREE**  
**Hot Rockin**  
**Body & Life**  
**5 DAY**  
**Challenge!**

# ACTION STEPS!

## Complete the following...

- ✓ What action are you going to take when it comes to people that don't support you?
- ✓ What are you going to tell yourself when or if they start giving you flack about your goals?
- ✓ Why it is important to you that you continue to move forward with your goals, even if they want to stay in their comfort zone?
- ✓ Who is your accountability friend or group? Name them...
- ✓ What three things do you need help with right now that you can be reaching out to your accountability group for support for today?
- ✓ What's three things that you would normally complain about to your negative friends about when things aren't going to plan that you could be asking your new accountability support network for help with?
- ✓ Name 5 negative things that you need to take charge of today, that you're using as an excuse or obstacle to prevent you from moving forward?
- ✓ List your daily must do "holding yourself accountable productivity" steps.
- ✓ You're now officially believing and living your goals... Give yourself a hug and congrats.. Now write down what steps have you taken this week, that you're super proud of!

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