

# UNAPOLOGETIC with K & C

## *Week 4 – Worksheet & Life Changing Actions (LCA's)*

Week 4, Video 3

Notes:

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What do you need to schedule less of?

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What do you need to schedule more of?

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***Turning SHOULDs into MUSTs:***

Over the course of the next 6 months, what do I know I MUST change?

*"I'm bringing to my awareness, and I recognise that this must shift over the next 6 months"*

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***Habit stacking initiation:***

What is one of my bad habits that I am committed to reduce or eliminate starting today? What will be the positive benefit of this? (What will be the negative effect if I don't make this decision and commit to it.)

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What's one positive habit I want to implement into my day immediately?  
What will be the positive benefit of this/outcome?

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Video 3 Action:

- Share a written FB post with your 1 (minimum) habit commitment (eliminate the negative and replace with the positive) into the group.
- *Optional, yet recommended: Listen to the 2 x short audios every day for the next 21 days (Morning Mantra & Affirmations) – Share in the group your experience of utilising these.*