

A-C-T TRANSFORMATION STRATEGY

THE INTENTIONAL MOM ACCOMPLISHED MINI-WORKSHOP: GETTING UNSTUCK © 2023



A - 5 COMMON REASONS FOR BEING STUCK

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C-STRATEGY ONE: 5 TAKE ACTION NOW TRUTHS

T - BREAKOUT: WHICH CLUTTER TRUTHS SPEAK TO ME?

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C -STRATEGY TWO: LET GO, REDEFINE, EMPOWER

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STRATEGY THREE: THREE-DAY RULE

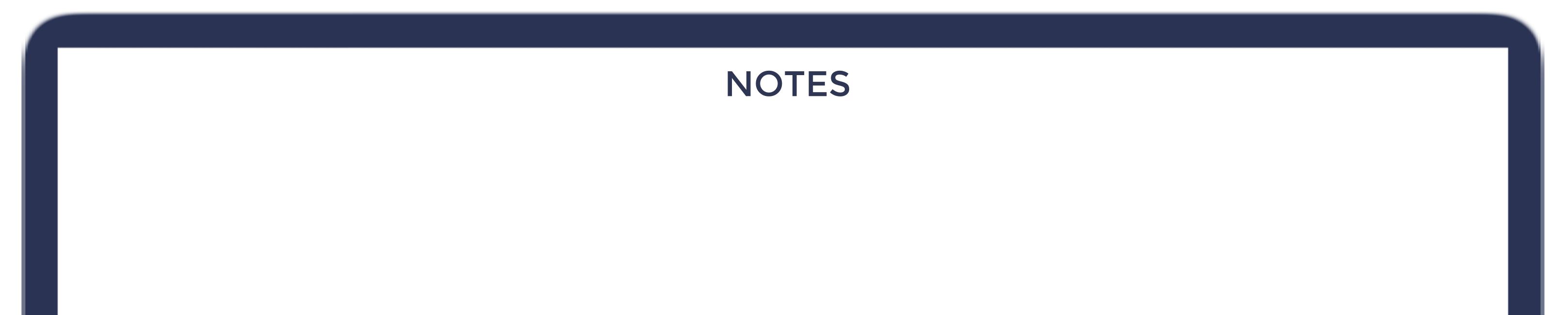
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FIRST ACTION STEP I'LL TAKE

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