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The June Reset Challenge Your Action Planner & Workbook Day 5

HOW TO USE THIS WORKBOOK

Daily Focus: Each day of the challenge has a dedicated section.

Read & Reflect: Read through the day's prompt and intention.

Engage: Complete the exercises directly in this workbook or in a dedicated journal.

Connect: Share your insights (if comfortable!) in our <https://www.facebook.com/groups/1677049233016463/> or use the QR code below

Use #JuneNorthStarReset.

Be Patient & Kind: This is a journey of self-discovery. There's no right or wrong answer.



DAY 5 - ACTION & INTENTION TAKING MEANINGFUL STEPS

Intention for Today: To translate your insights and clarity into actionable steps and a powerful intention for the next phase.

Today's Insight: Clarity is powerful, but authentic living comes from combining self-awareness with meaningful action.

Activity 5.1: Your Next Big Ambition (10 minutes)

Based on your reflections from Days 1-4, what's one key dream, ambition, or area of focus that you want to make significant progress on in the next 30-60 days? (This should feel exciting and aligned!)

My next big ambition:



DAY 5

Activity 5.2: Breaking It Down (15 minutes)

For your "Next Big Ambition," brainstorm the first 3-5 small, concrete steps you need to take to get started. Don't worry about the whole journey, just the very next steps.

Activity 5.3: Your Powerful Intention (5 minutes)

Complete the following sentence to create a powerful intention for yourself for the coming weeks. Let it be concise, positive, and inspiring.

"I will embody [Feeling/Value from Day 3/4] by taking [Specific Action from Activity 5.2] to bring more [Desired Outcome from Day 3] into my life."

My Intention: "I will embody _____ by taking _____ to bring more _____ into my life."

My Key Takeaways from Day 5 & The Challenge:

What's the most significant shift or insight I've gained during this challenge?

What's one thing I will commit to doing to support my authentic purpose this month?



CONGRATULATIONS!

You've Completed The June Reset Challenge!

You've taken a brave and powerful step towards living with more clarity, purpose, and authentic expression.

You have shown up for yourself, prioritized your needs, gained clarity on what you want and how you want to get there.

Remember, this is just the beginning of your journey.

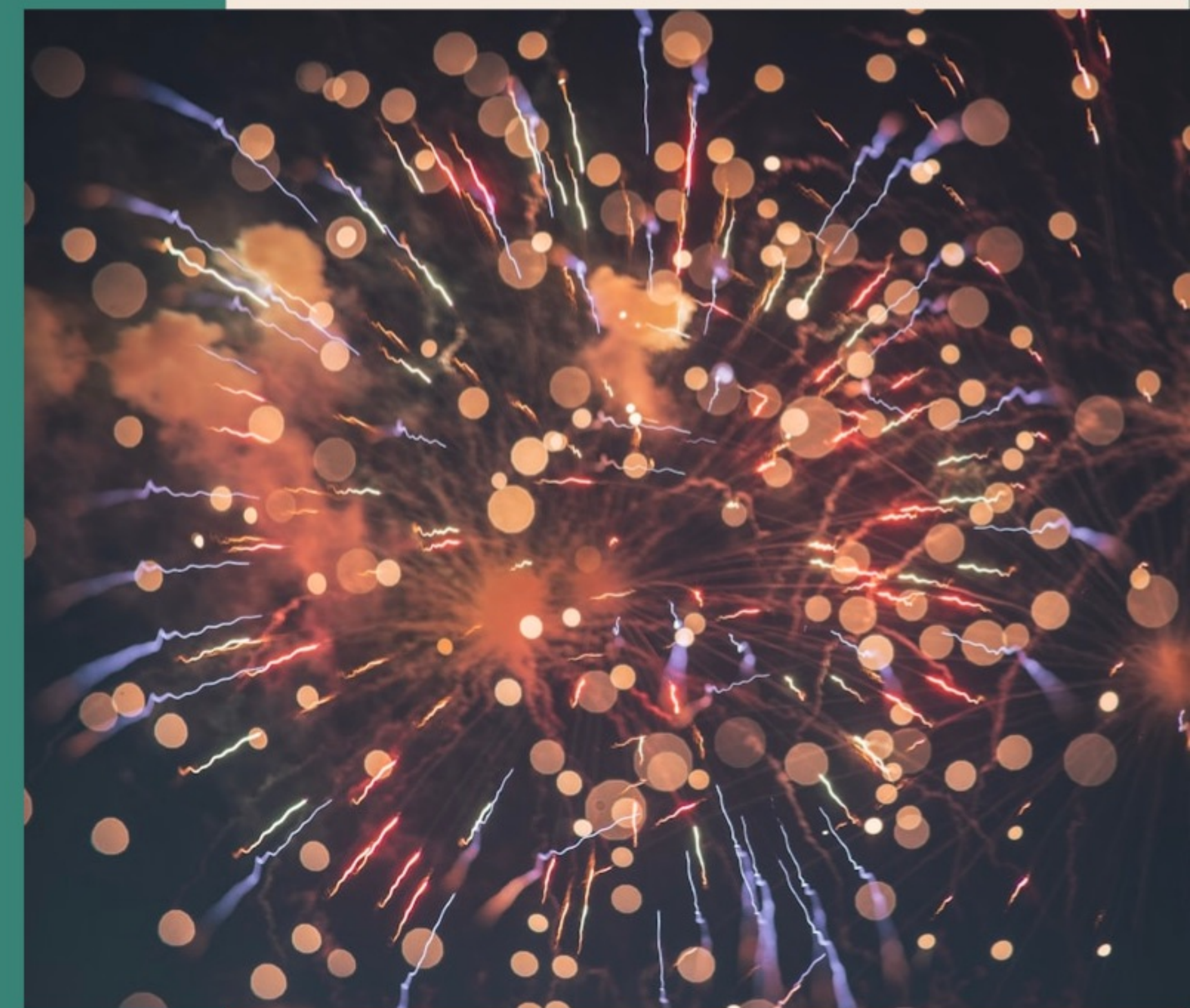
You can find more free tools and resources on www.catherineskinner.org and on my YouTube Channel.

Living authentically and with purpose is a practice that means shifting your approach and reframing your thoughts.

If you are ready to go deeper and truly Unlock Your Authentic Purpose and felt a shift towards your North Star, you can dive into an even more comprehensive journey with sustained support.

Turn the page for your next steps to continue cultivating self-compassion, connecting with authenticity, and living life on purpose:

#JuneNorthStarReset #UnlockYourAuthenticPurpose



NEXT STEPS ON YOUR JOURNEY

Join our next monthly workshop: "Overcoming Self-Doubt & Embracing Authentic Expression." This is where we dive deeper into the strategies you've just sampled, providing sustained tools and a supportive community. Special Offer for Challenge Participants: Use code RESET10 for 10% off your first workshop entry! Learn more & Register:

<https://catherineskinner.org/ola/services/overcoming-self-doubt-and-embracing-authentic-expression>

Download "Find Your North Star." This comprehensive course builds on these foundations, providing a complete roadmap to navigate life's challenges, embrace your unique power, and design a life fully aligned with your authentic self.

Discover the Full Course and download lesson 1 for free.

<https://catherineskinner.org/ols/products/lesson-1---self-awareness-and-inner-wisdom>

Thank you for showing up for yourself. I'm so excited to see you continue to thrive!

Warmly,

Catherine Skinner
Female Empowerment Coach
www.catherineskinner.org | cat@catherineskinner.org |
[@aspirewomencoaching](https://www.instagram.com/aspirewomencoaching)
[#JuneNorthStarReset](https://twitter.com/JuneNorthStarReset) [#UnlockYourAuthenticPurpose](https://twitter.com/UnlockYourAuthenticPurpose)



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THANK YOU

Thank you so much for joining this challenge!

If you want to talk more then get in touch!

cat@catherineskinner.org
[@aspirewomencoaching](https://www.instagram.com/aspirewomencoaching)

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