

OOMPH!

Daily Accountability

OOMPH!



Own Your Canvas.
Create Strategically.
Lead with OOMPH!

**Confront your day.
Own your numbers.
Build unstoppable momentum.**

1. Observation—Radical Awareness of Resistance

What am I avoiding that would move the needle?

1. _____ 2. _____

How would it feel to take a step today toward accomplishing this?

1. _____

2. _____

2. Ownership — Today's Non-Negotiables

Three needle-moving actions I commit to finishing before day-end:

1. _____

2. _____

3. _____

3. Mastery — Mindset Calibration

When I notice I'm being triggered, I will recognize it by:

1. _____

2. _____

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3B. Mastery — Mindset Calibration Continued

Instead of reacting in the old pattern, I will pause and shift to this neutral, productive next step:

4. Possibility — Future in Motion

One bold possibility I'm actively creating and the next single step to advance it today:

Possibility:

Next Step (scheduled time):

5. Happy — Celebrate & Anchor Wins

5 Things I am Truly Grateful for today: 1. _____

2. _____

3. _____

4. _____

5. _____

Print this page and keep it visible. On the back, jot every additional success, insight, or synchronicity you notice.
What you acknowledge, amplifies.

In OOMPH!
Debra Pearlman

Performance Coach & Creator of The OOMPH Method™

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