



Use the Keywords below to complete the worksheet below:

You	Mission	Stay Ready	Need
I	Power	Purpose	Neglect
Power	Madness	Success	Being average
Win	Permission	Breakthrough	Just existing
Opportunity	Purpose	Victory	Doing just enough
Power	Penetrating Mental Vision		Would've
Movement	Never	Navigate	Could've
Power	Narrate	Neutralize	PROCRASTINATION

Discover the Power of NOW!

Martin Luther King, Jr., Maya Angelou, Nelson Mandela, Ruth Bader Ginsburg, Marcus Garvey, Shirley Chisholm, Robert Abbott, Madame C.J. Walker, W.E.B. Du Bois

POWER _____

NOW _____

Those before us had dominion, control, energy that moved mountains they had the ability to produce fire infused life-changing, remarkable, unimaginable, incredible, extraordinary results THEN!

Complete the sentences below.

_____ and _____ have that same _____

Now!

You are the _____ to someone's _____

Now!

Are you ready to walk in The Power of Now?

YES NO

Our _____ is connected to our _____, Our
_____ is connected to our _____, Our
_____ is connected to our _____, that's right, I
said Madness.

"It's Madness to pursue gigantic dreams when no one else believes them but you."

What Movements should become your Monumental Moments?

What is your Massive Mission?

What does your Entrepreneurial Madness look like?

It's madness because walking in the POWER of NOW is going to cost you something.

What have you given up or what are you willing to give up? What cost are you willing to pay?

That POWER that exudes inside of YOU is so much larger than YOU and WE are waiting for YOU to show up as the very best version of yourself and make an EFFECTIVE global IMPACT NOW.

Your NOW gives you _____.

Your NOW gives you _____.

Your NOW gives you _____.

Your NOW makes you a creative, courageous, unstoppable force that will break down barriers and transform lives.

N _____ allow an opportunity to be wasted, therefore you must _____!

N _____ your story before someone else does and because someone's _____ is connected to your _____.

N _____ the distraction in your life down to a zero, zilch, nada, nathan, zip because your _____ depends on it.

N _____ a course, _____ for your NOW! It must be _____. It must be _____. It must be STRATEGICALLY SPECIFIC!

N _____ the Natters, the idle chatter in your head.

Neutralize _____ for more money, more time, the family to approve, the children to leave the house, the husband to get on board, etc. etc. etc.

Neutralize _____, we get so caught up being everything for everybody that we forget how valuable we are, we forget our self-worth, we forget the significance of our NOW!

What actions must you take NOW that will impact your "N"?

“NO” is a complete sentence.

When we fully grasp the concept behind THE POWER OF NOW, we learn to say NO to

Excuses

Settling

Shrinking

NO to *Should've*, _____, _____

and NO to _____

What must you start saying NO to?

PROCRASTINATION IS SELF SABOTAGE

PROCRASTINATION - the action of delaying or postponing something.

SELF SABOTAGE - refers to behaviors or thought patterns that hold you back and prevent you from doing and being what you were created to excel in.

Let's make a declaration together:

I _____ WILL NO LONGER ALLOW
PROCRASTINATION TO IMPACT MY "NOW"

**TAKE A DEEP BREATH.
PUT PEN TO PAPER AND WRITE FROM YOUR HEART**

NOW is the time for you to LOVE yourself

What does loving yourself look like?

NOW is the time to write or finish the book

What books are in your belly or what book have you started?

NOW is the time to start the business or take it to another plateau

What business are you ready to give birth to?

What steps do you need to take to go to the next level?

NOW is the time for you to soar in your ministry.

What assignments have been placed on your life?

NOW is the time to use your voice to impact change on a global level

Whose life are you willing to impact, NOW?

NOW is the time to honestly change your money mindset

What are your feelings about money? (savings, investing, debt, earnings, giving, etc.)

NOW is the time for you to determine your legacy.

What type of Legacy do you desire to leave?

NOW is the time for you to tell your story.

How many stories do you have stored up for the world?

NOW is the time to DO THE WORK.

Are you ready to create a plan of action surrounding your amazing, gigantic dreams NOW? What does the plan look like?

NOW is the time for you to give back out of lack and abundance

*Whose life can you impact by giving of yourself intentionally, weekly?
(financially, physically, spiritually)*

NOW is the time to stop guilt parenting.

What boundaries do you need to put in place?

NOW is the time to discovery and or go to the next level of elevation in your Purpose

What is your purpose?

NOW is the time for you to declare that there is NO OTHER WAY.

Are you willing to be inconvenienced? What is an inconvenience for you?

NOW is the time for you to stand firm on NO OPPORTUNITIES WILL I WASTE.

Are you ready to play full out NOW? What opportunities are you ready to go after?

NOW is the time to discover the freedom in forgiving yourself and others.

Who are you going to forgive NOW, be it yourself or another?

NOW is the time to leave an unforgettable footprint on this earth.

What footprints are you going to leave behind no matter how hard it gets?

NOW is the time for you to be intentional in your every move.

What strategies are you going to put in place NOW?

NOW is the time for you to show up unapologetically as your phenomenal self.

Are you ready to give the world the best version of yourself? What does that look like?

NOW is the time for you to expose the lies and face your fears.

What lies are you willing to face and expose NOW?

NOW is the time to connect your Passion to your Purpose.

What are you passionate about?

What does connecting your passion to your purpose look like?

NOW is the time to WALK, to RUN, to SEEK understanding surrounding the Power of your Now!

I BELIEVE IN YOU!!!

Let's keep in touch!

The Experience by Lakeisa Arrington

www.theexperiencebyla.com

Email: theexperiencebyla@gmail.com

IG: @theexperiencebyla

FB: @theexperiencebyla