



## How to Use the IGNITE Your Business: Spark 7 Day and 30 Day Journal

Download the \*Spark 7 Day Journal\*, \*Spark 30 Day Journal\* (PDF, Digital PDF, or Google Doc) at [phillipmatthew.com/ignite/resources/](http://phillipmatthew.com/ignite/resources/).

**Action:** Journal daily for 10 minutes to reframe limiting beliefs with the UYP Formula

### Track Your Progress:

- Use Google Forms: Create a form with: 1. Date (MM/DD/YYYY)]
- 2. Limiting Belief; 3. Reframed Belief; 4. Action Step. Save responses in Google Sheets.-
- Alternatives Suggestions: Google Docs, Sheets, Notion, or paper journal.-
- Example: Date: 01/06/2025; Limiting Belief: I'm not a natural leader; Reframed Belief: I can learn leadership skills;

**Action Ste:** Enrol in Leadership course

**“Unlock your potential with daily clarity.” – UYP Philosophy**

### Next Step:

Share insights with Phil at [phillipmatthew.com/book-a-call](http://phillipmatthew.com/book-a-call).