



LEAD *Laugh Learn Inspire*

MOTIVATING *Leaders in a* DIVERSE WORLD

Daily POWER Action Sheet

Your life is in your control. We are all busy however are you doing busy work or producing results.

Take control of your daily activities with the Daily Action Sheet.

Each day fill in the sheet.

You may not accomplish everything but you will stay on target towards what you want instead of just letting it flow.

Read each area and list what you can do today.

You will have amazing results at the end of the day! I guarantee it!

Income Producing Activities (activities that will generate sales, a raise, a promotion)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Business Activities (activities that must be done to meet contractual obligations and to run the business)

1. _____
2. _____

Diverse White Guys
Feisty, Fun, Fearless Females
Multicultural Mavericks



3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Volunteer (manage your volunteer activities. Don't let them take over your life)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Fiscal (actions that take care of your fiscal well being such as balancing your checkbook, checking your credit report, logging your expenses and income, paying bills)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Physical (an action that will make you stronger, healthier and energetic)

1. _____
2. _____
3. _____
4. _____

5. _____
6. _____
7. _____
8. _____

Emotional (actions that will make you feel calm, or release you from anxiety/worry/fear, an action that will make you feel capable, worthwhile, loveable and/or confident)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Spiritual (an action that will connect you with God/Spirit/Universe/HP)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Intellectual (actions that will cause you to stretch your mind - learn something new, read a book, work on a mind problem)

1. _____
2. _____
3. _____

4. _____
5. _____
6. _____
7. _____
8. _____

Home (Activities that will make my home life and family life more productive, serene and prosperous)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Romance (Activities that support my relationship)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____



ABOUT PEGINE ECHEVARRIA, MSW

New York Newsday calls Pegine Echevarria “a walking one-woman antidote to workplace cynicism.” Feisty and fun, Pegine Echevarria is one of 58 inductees into the prestigious *Motivational Speakers Hall of Fame* (awarded by GetMotivation.com) that includes luminaries Zig Ziglar, Dale Carnegie and Tony Robbins. The Society of Human Resource Management (SHRM) named her one of *100 Global Thought Leaders on Diversity and Inclusion*.

The author of “*Sometimes You Need to Kick Your Own Butt*” and the creator of the corporate licensed program *White Guys Are Diverse Too!*™, her newest book is, “*Lighten Up And Lead — How to be a Fun, Feisty, Focused, Fearless Female Leader.*”

Pegine presented on the stage with such notables as Maya Angelou, John Maxwell, Suze Orman, Barbara Stanny, Secretary of State Hillary Rodham Clinton and President Barack Obama as well as President Bill Clinton. Pegine Echevarria is CEO of Team Pegine Inc.

Pegine holds a Masters in Social Work in group and organizational behavior and has received numerous awards for her work on diversity and leadership. Pegine was a gang member, president of a direct sales company, owned two businesses in Spain (before age 23), performs stand-up comedy to reduce stress and rides a motorcycle.



Pegine has been quoted in and has appeared on:



Go online to www.pegine.com or call 904-280-8806 to see what Pegine can do for your organization.