The 21-Day Empowered Life & Growth

JOURNAL

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CURRENT SITUATION

Assess your current situation by rating yourself in the categories below. 1 is the least satisfied and 10 is the most satisfied. Before you can design your dream life, you need to pinpoint areas of your life that need improvement.

Relationships	OI	02	03	04	05	06	07	08	09	ю
Finance	OI	02	03	04	05	06	07	08	09	ΙΟ

Career/Business	OI	02	03	04	05	06	07	08	09	Ю

Health/Fitness	OI	02	03	04	05	06	07	08	09	Ю

Projects	OI	02	03	04	05	06	07	08	09	Ю



List your gifts, talents, skills. Come back to this list whenever you can and update it.

GIFTS	TALENTS	SKILLS



List your strengths and areas of improvement.

STRENGTHS	AREAS OF IMPROVEMENT



Write the grand vision, the great dream for your life. Discuss how you plan on achieve it.

MY IDEAL LIFE

In order to get to your goals that you want to achieve, we can start describing your ideal life. What would your days consist of? What would you do in the mornings, evenings and nights? Where would you be and who would you be with? What experienced would you have? And what your professional life would be like?



Define YOU. The person that you are, want to be, that you are becoming. (E.g. Character traits, personal convictions, values, etc.)



Write the theme of your life, your main message based on your story and your dream(s) and the people you wish to impact. Write your life Manifesto.



In this part you'll write down positive affirmations that will have a positive impact on the aspects of your life you're trying to improve. A few important points: First, always write your affirmations in present tense using "I " pronoun. For example "I'm full on energy and always take action". It's important to build a habit of using these affirmations when you're doing the opposite of what you know you should be doing.

Relationships

ex. "I'm loving and giving in my relationships". "I'm in control of the people I let in my life"

Finance ex. "I'm capable of creating my dream financial life through hard work and dedication"

Career

ex. "I'm always striving to develop myself professionally"

Health/Fitness

ex. "I'm in control of my physical fitness"

Love

ex. "I have people who love me"



List your personal and professional goals.

PERSONAL	PROFESSIONAL



Choose three mini-goals that you are going to focus on for the next three months. Dedicate at least 20 minutes everyday to each goal.

GOAL 1	•
	•
	•
GOAL 2	•
	•
	•
GOAL 3	•
	•
	•

20PPORTUNITIES & IMPACT

Do your research and find one goal that has monetization potential and list monetizing opportunities that you foresee, the impact (transformation), value proposition.

OPPORTUNITIES	IMPACT	VALUE



HOW ARE YOU GOING TO SELL IT?



What are the platforms, networks that you are going to leverage to get your message out?

What is your unique communication style? Ways you relate to the people around you. How do you want them to feel?



What are you currently doing to hone your craft? List activities and associations.



What habits , rituals do you need to adopt or quit in order to achieve your goals?

TO ADOPT	TO QUIT



O1 The truths/convictions that govern your life.

O2 Self-worth statement.

03 Disconnected parts of you that need your attention.

04 Mental preparation for your awesome life.



Who is in your corner? Helping you? Keeping you accountable? Describe your support system that you are putting in place.

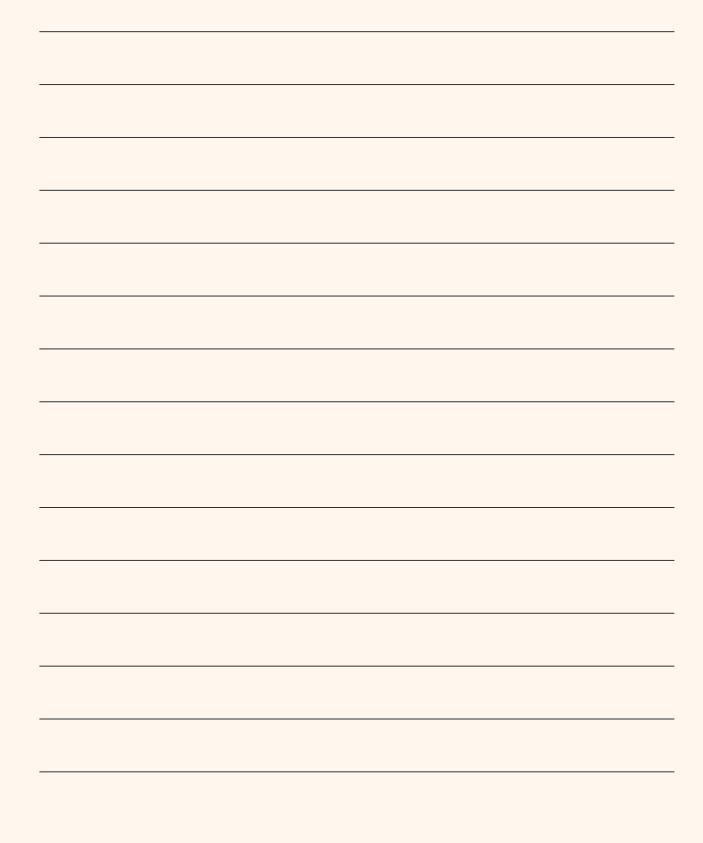
ZEINANCIAL LITERACY

Read 10 articles on financial management and use that knowledge to build on your monetization opportunities and to design a financial plan for yourself.



GOAL	HABITS	/BELIEFS	COMMUNITY
MILESTONES	SKII	LLS	OPPORTUNITIES
IMPACT			TOOLS

NOTES



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