

The 21-Day
Empowered
Life & Growth

JOURNAL

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02 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	01	02	03	04	05	06	07	08	09	10
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Finance	01	02	03	04	05	06	07	08	09	10
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Career/Business	01	02	03	04	05	06	07	08	09	10
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Health/Fitness	01	02	03	04	05	06	07	08	09	10
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Projects	01	02	03	04	05	06	07	08	09	10
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03 SELF-EXPLORATION

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

GIFTS	TALENTS	SKILLS

04 EXPLORE YOUR POTENTIAL

List your strengths and areas of improvement.

STRENGTHS	AREAS OF IMPROVEMENT

09 AFFIRMATIONS

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"

10 GOAL SETTING

List your personal and professional goals.

PERSONAL	PROFESSIONAL

11 FOCUS

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	<ul style="list-style-type: none">•
GOAL 2	<ul style="list-style-type: none">•
GOAL 3	<ul style="list-style-type: none">•

12 OPPORTUNITIES & 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

13 MONETIZATION PLAN

HOW ARE YOU GOING TO SELL IT?

17 LIFESTYLE

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

TO ADOPT	TO QUIT

18 BELIEFS

01 The truths/convictions that govern your life.

02 Self-worth statement.

03 Disconnected parts of you that need your attention.

04 Mental preparation for your awesome life.

21 MASTER PLAN

GOAL	HABITS/BELIEFS	COMMUNITY
MILESTONES	SKILLS	OPPORTUNITIES
IMPACT	TOOLS	

