A home study course to strengthen the skills you need to do more, be more and have more of what you truly desire

Mindset Mojo - within our greatest challenges we discover our deepest strength.

Created by
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Denise helps people learn the foundation principles of personal development so they can do more, be more and have more of what they truly desire in their life. She also helps independent service professionals (coaches, entrepreneurs and artists) learn the foundation of internet marketing, including social media, how to brand themselves, automate their businesses, and leverage their expertise so they can get more clients and help more people.

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Welcome

Hello!

Welcome to the Unapologetically Bodacious community! I’ve designed your personal action guide to be an interactive tool to help you chart the transformation of your mindset as you progress through “21 Days to a Motivated Mindset.” This course is a wonderful tool designed for people like you who want to strengthen their mindset.

I’m sure you’ve heard that it takes as little as 21 Days to develop a new habit. Well, that’s exactly what you’ll be doing in this course. You're going to strengthen your mindset in 6 key areas that will help you recognize not just where you are, but you're capable of and how you've been holding yourself back.

Through harnessing and focusing your mind power you’re going to collaborate with the exercises and principles discussed in the course and for the next 21 days this will be your sacred space. You're going to record your transformation and create your own unique action plan for increasing and maintaining your motivated mindset.

your sister in unlimited possibility,

Denise

Philosophy

Each one of us holds the key to making our unique contribution to the world. We bring this key into being through embracing our dreams and pursuing our goals.

Pursuing our goals is an intimate process that provides us with the opportunity to we make many different discoveries about ourselves. In the process, we find out what helps us and what holds us back from living our dreams.

The process of examining yourself through this course will help you be better equipped to make the kind of contribution you truly desire to make.

You're going to increase and maintain a more motivated mindset through exploring the following 6 Key Mindsets Areas:

- Mindset 1 - Discover your creativity
- Mindset 2 - Strengthen discipline
- Mindset 3 - Cultivate courage
- Mindset 4 - Time Management
- Mindset 5 - Manage Negativity
- Mindset 6 - Celebrate success
Prep Work

“To do things in the way you want to do them, you will have to acquire the ability to think the way you need to think” ~ Wallace Wattles

Carefully contemplate your answers and fill out the following:

What made you invest in this course?

What do you hope to accomplish during this process?

How might increasing your creativity and motivation improve your life?

What kinds of motivational challenges are habitual for you?

In what ways has experiencing motivation paralysis detracted from your life?

Why is it important for you to do this now?

Do you believe that you are creative?
Select 1 significant goal you’d like to accomplish during this course.

Select 3 major goals you’d like to accomplish in the next 60 days.

Extra Support

It’s great to include the following for additional support:

1.) Sign up for a free account at www.43things.com. 43 things is a great goal setting tool. It’s a place where you can write down your goals, get inspired by others, and share your own progress.

Ways to use 43 things: brainstorm for both immediate goals and long term goals. List at least 10 immediate goals and 5 longer term goals. Cheer each other on. Sign up for email reminder for at least 2 of your goals. Make your goals a mix of both light-hearted and serious. Re-examine your list bi-weekly. Talk to people about your goals. Helping and allowing yourself to be supported is a part of developing a strong motivation mindset.

Motivational Tip Jar - Tip yourself!
During the 21 Days to a Motivated Mindset here’s a neat thing to do throughout. It’s a fun motivational project that comes from my friend on twitter.com, Jimmy Robbins. During each day of the workshop every time you do something that moves you forward towards your goals, put a dollar in a jar. At the end of the week note in your action guide how much money you made. Tip yourself for good work!! It’s just that simple!
Mindset - #1 - Creativity

Day 1 – Creative Mindset

Mindset Mojo - dive into the trifecta of creativity:
1) stay curious 2) explore the world 3) make discoveries and repeat often!

The most important thing to each of us is to make something of ourselves. To make something of our selves is to provide something of value to the world. That desire can be found in the 100’s of creative choices we make within the span of a day. Each thought we experience is a suggestion for us to do something, to create.

The definition of creating is the act of bringing something new into being. Please don’t confuse being creative with being artistic. Yes, you can choose to use your creative impulses to render something with an artistic aesthetic, but I’d like you to begin to see yourself as the creator you were born to be. Creators are empowered. You are a creator. You are empowered.

To support you in this mind shift, I’d like for you to consider whether or not you believe that you matter. Whisper to yourself: “I matter.” How does that feel? Now say, “I am significant.” & “I make a significant contribution to the world.” How does that make you feel?

The focus of Day 1 is to challenge you to decide to really matter in your own life. This will require you to take charge of influencing yourself positively, communicating with yourself openly, and showing up daily to monitor your progress. If you don’t do this, you will remain blind. You will make decisions based on anxiety and short circuited meaningfulness which will severely deplete your creative and motivational impulses.

**Exercise:** Throughout the day repeat to yourself at least twenty to thirty times: “I matter,” “My creative contribution to my life makes a difference,” & “What I contribute to the world matters deeply.”

**Day 1 Reflective notes:** What discoveries & progress have you made? What blocks have you experienced? How do you feel about today's exercise?
Each day of the course you will be charting your *Attitude of Gratitude*. Take a moment to identify 2 things that you're truly grateful for:
Day 2 – Creative Mindset

“It does not take much strength to do things, but it requires a great deal of strength to decide what to do” ~ Elbert Hubbard

Exercise:

Visit www.ted.com and at search type in: Ben Dunlap.

From the list click on: “The lifelong learner: Ben Dunlap on Ted.com.” (19 minutes)

View the video and take notes on how you can adapt what is being discussed into your approach to your creative mindset and your life’s passions.

Day 2 Reflective notes: What discoveries & progress have you made? What blocks have you experienced? How do you feel about today’s exercise?

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Attitude of Gratitude. Take a moment to identify 2 things that you’re truly grateful for:

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Day 3 – Creative Mindset

“What you feel passionate about is your compass to self fulfillment” ~ Sylvia Brallier

Few people live their lives with passion. What is your life’s passion? Each of us desires to make a contribution to the world. Our desires provoke thoughts that lead us to create meaning.

A passionate cook makes delicious meals, a passionate jewelry designer creates jewelry, a passionate accountant creates glorious spreadsheets, a passionate crafter creates Afghans and Christmas ornaments, and a passionate web designer creates web sites that meet the needs of their clientele. A child expresses life’s passions by basking in the joy and spontaneity that passion can bring until they require rest for rejuvenation.

What are you passionate about?

The focus of Day 3 is on you making use of your innate talents, abilities and desires; choosing to purposefully focus on using your whole being rather than sporadically, serving truth telling; getting genuine satisfaction out of your tasks; working hard on meaningful projects; experience loving and caring relationship with yourself and others.

Exercise: List 3 of your innate abilities, talents, & desires. Select one ability, talent or desire and do something that is connected to expressing your passion about it. Purposefully do whatever you have decided to do. Be truthful about your desire to matter and to make meaning as a result of this passion. Allow yourself to experience satisfaction from what you are doing. Work hard and with meaning on what you are doing.

Day 3 Reflective notes: What discoveries & progress have you made? What blocks have you experienced? How do you feel about today’s exercise?

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Attitude of Gratitude. Take a moment to identify 2 things that you’re truly grateful for:

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Motivational tip jar - remember to pay yourself for completing your goals!
Day 4 – Creative Mindset

Mindset Mojo - self judgment is the death of creativity, while self assessment opens you up to unlimited possibility.

Each of us has been gifted the opportunity to make our unique contribution to the world. We exercise this opportunity through our creative impulses. Every person is creative. Accepting your creative mindset makes you bolder and braver.

Lack of motivation has a lot to do with feeling uncreative. Relearning how to play and think creatively is a real challenge for most adults. Playfulness is important because it makes you feel better, do tasks better, and pursue your goals with less pressure. Adults tend to judge and self edit our ideas and our goals. The risk of editing yourself is it leads you to feeling unmotivated. When you deflate yourself through judgment and editing you kill the seeds of inspiration. The desire to be completely original is at the foundation of self editing and judgment.

The focus of Day 4 is challenging you to do something that is bold, different and playful.

**Exercise:** Do something that is bold, different and playful. It should in some way connect to one of the goals you identified in your list in the prep work for this course.

**Day 4 Reflective notes:** What discoveries & progress have you made? What blocks have you experienced? How do you feel about today’s exercise?

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**Attitude of Gratitude.** Take a moment to identify 2 things that you’re truly grateful for:

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Day 5 – Creative Mindset

“Conditioning can deflate your view of yourself and severely diminish your creative impulses” ~ Rollo May

Most of us have been conditioned out of our creative mindset. Just look around, most children are naturally inquisitive and playful which leads to creative exploration. They write a story, or sing a song, or want to help you cook, or even throw a tantrum. All of these are created.

We become conditioned by our environments and perceptions of what is permissible and we become cut off from our creative impulses. When you feel less creative, you feel less empowered and you end up feeling less motivated.

The focus of Day 5 is on two short exercises to help you connect to your creative impulses and thus deepen your relationship to feeling playful, creative and motivated.

1) Embracing dualities – To become conscious that both parts of any pair can have value
2) Eliminating dualities by answering the question “What does my work/goal require of me at this moment?”

Exercises:
1) List 3 dualities you should embrace and then repeat them as each having value. For example a duality is phrased as: I am flexible and inflexible; I am process oriented and I am product oriented; I am disciplined and undisciplined. I am focused and unfocused. To embrace dualities you rephrase them as I am both flexible and inflexible.

2.) Identify what aspect of a duality does your goal require of you at this moment? For example, do you need to be more flexible at a given moment or more rigid?

Day 5 Reflective notes: What discoveries & progress have you made? What blocks have you experienced? How do you feel about today’s exercises?
your **Attitude of Gratitude.** Take a moment to identify 2 things that you’re truly grateful for:


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**Days 1-5:** Over the past 5 days you may find yourself flooded with new ideas, concepts and a changing perception of yourself. This is good.

Your personal needs, desires, and interest may begin to announce themselves in a new and bold way. Let them.

The discussion and exercises you’ve encountered during the Creative Mindset section of the course have been designed to move you into a deeper relationship and understanding of your passion, purpose and inherent creative impulses and as a result of these discoveries and connections, take your motivated mindset to a new level.

**Days 1-5 Reflection:** What discoveries & progress have you made in deepening your connection to your motivated mindset?

*I feel I have...* ______________________________________________________________

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Day 6 – Strengthening Discipline

“Without goals and plans to reach them, you are like a ship that has set sail with no destination” ~ Fitzhugh Dodson

Do you have an unwillingness to plan? Be honest with yourself. Do you think that planning takes all of the fun out of things? Well if you answered yes, than you are setting yourself up for failure.

Over the years, I have found that most people don’t like to plan because it requires a level of discipline that they don’t want to participate in. Your relationship with discipline is one of the essential keys in achieving things in life and in maintaining your motivated mindset.

The focus of Day 6 is to examine your relationship with discipline.

Exercise: Answer the following:

I am most disciplined when I am ______________________. I am most unlikely to remain disciplined when I have to do ______________________. I learned to dislike discipline when __________________________. I know that I need to improve my discipline in the following ways __________________________. I enjoy planning __________________________, but dislike planning _______________________.

I’d like to plan __________________________ in a more effective manner.

My new relationship with discipline will look like this:

I make the commitment to improve my discipline in the following areas of planning:
Planning ______________________
Planning ______________________
Planning ______________________
Planning ______________________

Now, plan something for one of the 4 things listed above and do it.
Day 6 Reflective notes: What discoveries & progress have you made? What blocks have you experienced? How do you feel about today’s exercises?

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Attitude of Gratitude. Take a moment to identify 2 things that you’re truly grateful for:

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Motivational tip jar - remember to pay yourself for completing your goals!
Day 7 – Strengthening Discipline

“Goals are dreams with deadlines” ~Diane Scharf Hunt

Many people look at deadlines as a downer. If this is you, I’d like you to shift your mindset and begin to see deadlines as a support system. Deadlines help you to understand what you are facing, when something needs to be completed, and tell you how to adjust your behavior and pace yourself.

When I played basketball, I knew that the game was four quarters and then it was over. Well, it would have done me no good to apply myself with purpose and meaning only in the fourth quarter would it? Of course it wouldn’t. Instead, along with my coach, I knew that it made the most sense to pace myself based on what was happening in the game. Shoot the ball and guard my opponent with a sense of strategy, which would hopefully aide me in achieving the goal of helping to win the game.

Deadlines are boundaries that help us to adjust the usage of our motivation based on the timeframes presented in a given situation.

The focus of Day 7 is for you to see deadlines as a support system for strategizing.

**Exercise:** set 2 deadlines for today and aim to complete the assigned tasks with purpose and a mindset geared towards making meaning and adding value to your world.

Write down the 2 deadlines and make sure you discuss the completion in your daily reflection notes.

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**Day 7 Reflective notes:** What discoveries & progress have you made? What blocks have you experienced? How do you feel about today’s exercises?

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**Attitude of Gratitude.** Take a moment to identify 2 things that you’re truly grateful for:

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Day 8 – Strengthening Discipline

Mindset Mojo - I am determined, devoted and disciplined.

Strengthening discipline can be served by developing an attitude of stick-to-it-ness. When you are practicing stick-to-it-ness you adopt the following five steps:

1. You choose a goal
2. You make a conscious decision to achieve the goal
3. You identify what’s required to achieve the goal (what price must be paid)
4. You pay the price
5. You reap the rewards of your committed effort

The focus of Day 8 is examining your attitude of stick-to-it-ness.

Exercise: Answer the following: Are you willing to stick to a project? Do you find that you can stick to large and small goals with equal discipline or do you find that you stick to large over small goals or vice versa?

Reflect upon a goal you achieved in the past. Was it small or large? Using the criteria of stick-to-it-ness above, discuss each area of criteria as it relates to the past goal you achieved.

1. What was the goal?
2. Did you make a conscious decision to achieve the goal?
3. What was required to achieve the goal?
4. What price did you pay to achieve the goal?
5. What were the rewards you reaped?

If you discover that it is easier for you to stick to small versus large goals, than determine that you will support yourself by breaking large goals in to smaller sections. If you find you stick to large goals better, than determine to group several small goals together and support yourself by committing to completing a group of small goals.

The goal here (no pun intended) is to support your style, not to try to change it.
**Day 8 Reflective notes:** What discoveries & progress have you made? What blocks have you experienced? How do you feel about today's exercise?

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Each day of the course you will be charting your *Attitude of Gratitude.* Take a moment to identify 2 things that you’re truly grateful for:

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Day 9 – Strengthening Discipline

“Crystalize your goals. Make a plan for achieving them and set yourself a deadline. Then, with supreme confidence, determination and disregard for obstacles and other people’s criticisms, carry out your plan” ~Paul Meyer

The focus of Day 9 is to make a plan that you’re willing to keep.

**Exercise:**
Create a plan of action for one of your goals. Include in your plan the following:

- Inspiration – brainstorm ideas that edify your goal
- Clarify – why do you want to achieve this goal?
- Explore – what’s in your way and what are you going to do about it?
- Identify – when do you need to achieve your goal?
- Determine – beginning steps to move you forward.
- Invite – who will you need on your support team?
- Maximize – where will you be once you achieve your goal?

**My Plan:**

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**Day 9 Reflective notes:** What discoveries & progress have you made? What blocks have you experienced? How do you feel about today’s exercises?

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Attitude of Gratitude. Take a moment to identify 2 things that you’re truly grateful for:

Days 6-9: Over the past 4 days you may have experienced some resistance as you embark on a rigorous schedule and application of exercises that require you to do things in a different way. This is to be expected. You are asking yourself to make significant changes that will be long lasting. You’re in the process of creating new boundaries for your needs, goals and desires. You are in charge. Stay the course. Keep going!

Days 6-9 Reflection: What discoveries & progress have you made in deepening your connection to your motivated mindset?

I feel I have... 

Motivational tip jar - remember to pay yourself for completing your goals!
Mindset – #3 –

Courage

Day 10 – Cultivating Courage

“Courage is not the absence of fear, but the ability to move forward despite fear or doubt” ~ Rollo May

When we consistently don’t function in courageous energy we diminish our motivation. Every day we get up and put one foot in front of the other and meet the many demands that life puts before us.

The following is from “The Courage to Live Courageously”, by Steve Pavlina:

“No matter how difficult it may seem, make the choice to live consciously. Do not succumb to that half conscious realm of fear-based thinking, filling you life with distractions to avoid facing what you feel in those silent spaces between your thoughts. Either exercise your human endowment of courage and progressively build the strength to face your deepest, darkest fears to live as the powerful being you truly are, or admit that your fears are too much for you, and embrace life as a mouse. But make this choice consciously and with full awareness of its consequences. If you are going to allow fear to win the battle of your life, then proclaim it the victor and forfeit the match. If you simply avoid living consciously and courageously, then that is equivalent to giving up on life itself, where your continued existence becomes little more than a waiting period before physical death – the nothing as opposed to the daring adventure. Don’t die without embracing the daring adventure your life is meant to be.” ~Steve Pavlina

The focus of Day 10 is to feel the fear and consciously deciding to go forward in spite of it.

**Exercise:** What do you want to achieve but you're experiencing some apprehension or fear around it?

Now, write down 5 affirmations that will assist you to shift your thinking. For example, "I am moving forward to achieve my goal." "I am headed in the right direction with achieving ____________."
Day 10 Reflective notes: What discoveries & progress have you made? What blocks have you experienced? How do you feel about today's exercises?

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Attitude of Gratitude. Take a moment to identify 2 things that you’re truly grateful for:

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Day 11 – Cultivating Courage

“I have learned over the years that when one’s mind is made up, this diminishes fear”
~ Rosa Parks

Get a grip on your mind. If you don’t get a hold to it, your mind will take you in a direction you don’t want to go.

The focus of Day 11 is to help you to get a grip on your mind. Unfortunately our minds can give us the run around. You know how you say one thing and the next thing you know, you’re thinking just the opposite. Well, our mind energy can be channeled in the direction we want it to go.

**Exercise:** Today, you’re going to be using a form of meditation which focuses on using our breath to center ourselves and reset our mindset. Three times throughout the day set aside 5 minutes to be in a quite space (this could be the bathroom at work or a room in your house), you’re going to focus on your breathing. Listen to it, feel your muscles moving in and out and feel the breath moving in and out from your body. Focus your mind energy on your breathing.

This exercise will center you and is an excellent tool for training you to be present and release the negative chatter that can get in your way. Whenever you find that you are listening to and being affected by the negative chatter stop and connect to observing and being aware of your breath. This can become the way you reset your mindset.

**Day 11 Reflective notes:** What discoveries & progress have you made? What blocks have you experienced? How do you feel about today’s exercises?

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**Attitude of Gratitude.** Take a moment to identify 2 things that you’re truly grateful for:

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Day 12 – Cultivating Courage

“Let us not look back in anger or forward in fear, but around in awareness”
~ James Thurber

The focus of Day 12 is for you to challenge yourself.

**Exercise:**
First, list what 3 things are preventing you from achieving one of the goals you wrote down in your prep work.

3 Things in your way:

Now, answer the following questions:

1. How will you feel if you’re in exactly the same place this time next year?

2. What advice would you give to someone else experiencing the same challenge?

3. If you could get beyond these 3 things what would be possible for your life?

Now, look back at your answer to number 2 and take your own advice.

Motivational tip jar - remember to pay yourself for completing your goals!
**Day 12 Reflective notes:** What discoveries & progress have you made? What blocks have you experienced? How do you feel about today's exercises?

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Attitude of Gratitude. Take a moment to identify 2 things that you're truly grateful for:

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Day 13 – Cultivating Courage

“Fear is static that prevents me from hearing my intuition” ~ Hugh Prather

Sometimes our courage awareness becomes blocked because our lives have gotten stuck into a very predictable rut. When we go through the motions of our everyday lives we find that it makes it very difficult for us to do something that would be outside of our comfort zone.

The focus of Day 13 is to listen to your inner voice or your intuition and do what it is asking you to do.

**Exercise:** Ask your inner voice/intuition what you should do differently about achieving one of your goals. Then, for 3-5 minutes write down what your inner voice or intuition is telling you. Finally, take action to pursue just one of the things that you realize you should do.

*Day 13 Reflective notes:* What discoveries & progress have you made? What blocks have you experienced? How do you feel about today’s exercises?

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**Attitude of Gratitude.** Take a moment to identify 2 things that you’re truly grateful for:

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**Days 10-13:** During the past 4 days you may have experienced some anxiety combined with feelings of newly tapped power and awareness. These experiences are all valuable and it’s okay for them to exist in the same space.

The process of cultivating more courage is a process characterized by both exhilaration and apprehension. You needn’t demand that you experience one or the other, but give yourself to experience both. You are coming into a strengthened relationship with your motivated mindset.

**Days 10-13 Reflection:** What discoveries & progress have you made in deepening your connection to your motivated mindset?

*I feel I have...*  
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Day 14 – Time Management

“Our goals can only be reached through a vehicle of a plan, in which we must fervently believe, and upon which we must vigorously act. There is no other route to success.”
~ Stephen A. Brennan

Organization is not something that just happens. You have to make it happen. The way to do that is to ACT, which stands for:

Assess your situation
Commit to a plan
Take action

Take control of your life by creating a realistic plan for it. This plan will include identifying your daily priorities and utilizing good time management. When you activate these skills in your life, you will have more motivated energy available. You will be able to act upon your creative impulses. You will feel empowered. You will thrive.

The focus of Day 14 is to use your support tools for maximum benefit.

Exercise: Get your calendar or electronic calendar and make sure that you are using it in a way that supports your goals and plans. Write down 5 things you need to complete over the next 3 days. Get our your calendar and schedule those activities.

If you're like many people who don't use a calendar at all, get started using your calendar as a tool to help you ACT: assess, commit and take action. Write down everything you need to do. That way you can say no to those things that will overwhelm you and that don't fit into your action plan at this time of your life.
**Day 14 Reflective notes:** What discoveries & progress have you made? What blocks have you experienced? How do you feel about today's exercises?

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**Attitude of Gratitude.** Take a moment to identify 2 things that you're truly grateful for:

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Day 15 – Time Management

“Opportunities are usually disguised as hard work, so most people don’t recognize them”

The focus of Day 15 is to assess where you are.

**Exercise:** Identify the following:

On a scale of 1 to 10 – with 1 being “I don’t even know where to start” and 10 being “I’m a pro’!” where are you now regarding your goals? Why?

On a scale of 1 to 10 – with 1 being “I’ll give it a try” and 10 being “I’ll do whatever it takes to make it happen” – how committed are you to your goals right now? Why?

How are you making your goals a priority and committing to the kind of time management that will help you to carve out time to achieve your goals?

**Day 15 Reflective notes:** What discoveries & progress have you made? What blocks have you experienced? How do you feel about today’s exercises?

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Attitude of Gratitude. Take a moment to identify 2 things that you’re truly grateful for:

Motivational tip jar - remember to pay yourself for completing your goals!
Day 16 – Time Management

“Life is short. What's that have to do with getting organized? Everything”
~Donna Smallin

I love the above quote from Donna Smallin. It has been scientifically proven that when we are in an environment of disarray we are more likely to experience diminished creativity and motivation. As well, it has been discovered that when we have too many things that are no longer useful the resulting clutter sucks the energy from our lives. At this time purging becomes a necessary act of resuscitating our lives. Plus, when you can find the things you need to get the job done you feel more organized and accomplished.

The focus of Day 16 is to foster the release of energy found in getting organized.

Exercise
Clean out/organize a small closet, a few cluttered drawers, or a kitchen cabinet in your home. If you feel like it, do another small project of organizing/clearing out.

Day 16 Reflective notes: What discoveries & progress have you made? What blocks have you experienced? How do you feel about today's exercises?

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Attitude of Gratitude. Take a moment to identify 2 things that you’re truly grateful for:  

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Day 17 – Time Management

“If you want to achieve something, whatever it is, write it down. Be as clear and as specific as possible” ~ Harriet Schechter

The focus of Day 17 is to focus on how you prioritize your world. What areas do you include in your life focus list? For example, areas can include: God, Self, Family, Career/Work, Extra Curricular, Finances, Relationships, Spirituality, Health, Others.

I believe that our priority list should not be set in stone since our lives aren’t. From day to day our priority list shifts and we are better served when we allow those shifts to take place.

Exercise:
In order of priority, write down your top 5 categories.

1.
2.
3.
4.
5.

Now, just for today, reorganize your priority list to accommodate what best suits this specific day.

In order of priority, write down your top 5 categories.

1.
2.
3.
4.
5.

Day 17 Reflective notes: What discoveries & progress have you made? What blocks have you experienced? How do you feel about today’s exercises?

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Attitude of Gratitude. Take a moment to identify 2 things that you’re truly grateful for:

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Days 14-17: Over the past 4 days you’ve been asked to reconnect with and possibly to even create for the first time an attitude that includes prioritizing and time management. You are taking control of your life.

It is very difficult to remain motivated when you feel out of sorts with too much to do and not enough time to do it all. As you create the kinds of boundaries that show that you respect your life, you will find that you have more creativity available and thus more motivation to do what you really want to do.

Days 14-17 Reflection: What discoveries & progress have you made in deepening your connection to your motivated mindset?

I feel I have...
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**Mindset - #5 - Managing Negativity**

**Day 18 – Managing Negativity**

“What really matters is internal force. How do you respond? Over that you have complete control. You have the power.” ~Leo Buscaglia

The focus of Day 18 is to examine how you respond to negative thinking.

**Exercise:**
Reflect on the last time you had a bout of negative thinking. How did you respond? How did you feel? What did you do? What did you think?

Have you ever used meaningful counter thoughts to reroute your thinking? Counter thoughts are often called affirmations. Counter thoughts or affirmations are statements that take us back to the unshakeable truth. Here are three powerful counter thoughts you can use whenever negative thinking shows up.

1. I am worthy of meaningful connections, money & relationships present in my life.
2. I expect good things to come to me.
3. I am nurturing my very best thoughts.

Write your own counter thoughts to turn your negative thinking back to the empowered thoughts that are your birthright.

1. 
2. 
3. 

**Motivational tip jar - remember to pay yourself for completing your goals!**
Day 18 Reflective notes: What discoveries & progress have you made? What blocks have you experienced? How do you feel about today's exercises?

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Attitude of Gratitude. Take a moment to identify 2 things that you're truly grateful for:

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Day 19 – Managing Negativity

“You must get rid of the thought of competition. You are to create, not compete for what is already created” – Wallace Wattles

Sometimes our negative self talk is born from feeling overwhelmed by competing with others. One of the most powerful mind shifts you can make is to move from the competitive to the creative mindset.

Read the following from The Science of Getting Rich, by Wallace D. Wattles:

“You do not have to take anything away from anyone. You do not have to drive sharp bargains. You do not have to cheat or to take advantage. You do not need to let anyone work for you for less than he earns. You do not have to covet the property of others or to look at it with wishful eyes. No one has anything of which you cannot have the like, and that is without taking what he has away from him. You are to become a creator, not a competitor. You are going to get what you want, but in such a way that when you get it every other person whom you affect will have more than he has now.”

The focus of Day 19 is to confront your inner competitor and to quiet him or her for good.

Exercise
Recognize that you have been created to be a creator and not a competitor. Creative’s are not only people who use their creative impulses for a purely artistic aesthetic. Each and every one of us is creative. Write down your response to the above quote from the Science of Getting Rich. How can this information apply to shifting your mindset and improving your life?
Day 19 Reflective notes: What discoveries & progress have you made? What blocks have you experienced? How do you feel about today's exercises?

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Attitude of Gratitude. Take a moment to identify 2 things that you're truly grateful for:

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Day 20 – Managing Negativity

“Always leave enough time in your life to do something that makes you happy, satisfied, even joyous. That has more of an effect on economic well-being than any single factor.”
~ Paul Hawken

The focus of Day 20 is to allow you to experience and enjoy moments of happiness.

What’s the connection between happiness and motivation? Well, the answer is found in the above quote by Paul Hawken. Doing things that result in our happiness, satisfaction and joy have a profound effect on our overall well being, and when our well being is balanced it leaves us feeling more capable, thus more motivated to undertake whatever is necessary to pursue our goals.

**Exercise:**
Select 5 things that are realistically within your grasp at this time that you know will make you happy, satisfied and experience joy today and do at least one of them today.

*Day 20 Reflective notes*: What discoveries & progress have you made? What blocks have you experienced? How do you feel about today's exercises?

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Attitude of Gratitude. Take a moment to identify 2 things that you’re truly grateful for:

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Days 18-20: Over the past 3 days you have entered into the realm that tends to impact us more than all of the other skill areas the realm of our mind and the negativity that can cloud our sound reasoning. Acknowledging negativity is not admitting defeat, but is the beginning of standing up to a negative mindset and beginning the process of coping with it. You have undertaken a brave and admirable process of healing and self-support that will serve you well as you continue to create the kind of life you want to lead.

Days 18-20 Reflection: What discoveries & progress have you made in deepening your connection to your motivated mindset?

I feel I have... __________________________________________________________________

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Day 21 – Celebrating Success

“When we are motivated by goals that have deep meaning, by dreams that need completion, by pure love that needs expressing, then we truly live life” ~ Greg Anderson

The focus of Day 21 is to celebrate. You are celebrating the process as well as the end result, not one over the other. During your celebration pat yourself on the back for the progress you have made while acknowledging where you are going.

One final tip - 70% of the time we should play to our strengths, 30% of the time we develop ourselves and grow. Remember, your greatest benefit is to continuously invest in the 30% because that investment will impact your ability to play to your strengths 100% of the time.

Through this course you have shifted your mindset and become aware of new strengths and capabilities. Now it’s time to celebrate!

Exercise:
Using your reflection notes, document the beneficial mindset shifts you have made during the 21 Days to a Motivated Mindset course:

1. _____________________________________________
2. _____________________________________________
3. _____________________________________________
4. _____________________________________________
5. _____________________________________________
6. _____________________________________________
7. _____________________________________________
8. _____________________________________________
9. _____________________________________________
10. _____________________________________________

Don’t forget to count up all the money you made in your Motivational Tip Jar!

Attitude of Gratitude. Take a moment to identify 2 things that you’re truly grateful for:

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Thank You

*Mindset Mojo - change is imperceptible to the eye, but nonetheless it's taking place all around.*

Let me be the first to thank you for completing the 21 Days to a Motivated Mindset home study course and congratulations on investing in your growth and development. I know that you have experienced a significant amount of growth.

I encourage you to utilize your 21 Days to a Motivated Mindset by revisiting it often because within its pages you have created your very own action guide to get unstuck, experience greater clarity, maximize your creativity and maintain your motivated mindset!

Have a great year!

Denise

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CEO & Founder
Revenue Reinvention Academy

Additional Resources:
www.ted.com
www.first30days.com
www.43things.com
www.personaldevelopment.com – Steve Pavlina

Several of the exercises used in the 21 Days to a Motivated Mindset were inspired by the following excellent resources:

The Courage to Create – Rollo May
The Artist's Way – Julia Cameron
Coaching the Artist Within – Eric Maisel
Organizing Plain and Simple – Donna Smallin
Living Loving & Learning – Leo Buscaglia
Conscious Loving – Gaye & Kathleen Hendricks