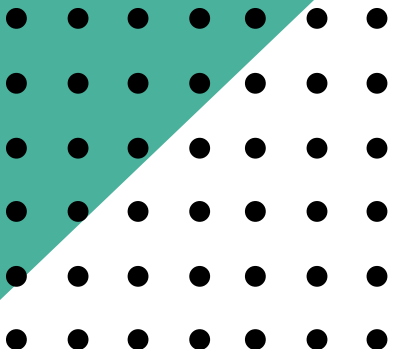

MINDSET RESET CHALLENGE

PERSONAL JOURNAL

"My past does not define me, it refines me." -Jai



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MINDSET RESET CHALLENGE

Personal Journal

Dear Friend,

Welcome to the inner thoughts and belief system of your mind! This place that is mysterious, yet revealing; loose, yet controlled; dimmed, yet powerful. Yes, all of this can take place here in your mind.

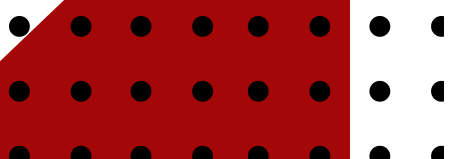
But here's the good news... only YOU can give authority to change your mind, your thought pattern, and ultimately your life. Oftentimes I tell people that in order to heal the mind, you must first master it. This Mindset **Reset** Challenge will teach you practical ways on how to accomplish that daunting task.

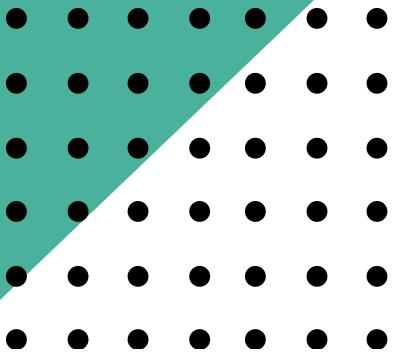
In conjunction with the Mindset **Reset** challenge, my sister and I have designed a personal journal for you to keep track of the thoughts that seem to be dominating your life. Not just keep track of them, but monitor, examine, explore them completely.

Once you are granted insight on the working of your mind, you will be better equipped to offset the broken record that kept you stuck in the pain of your past for years. Now, let's explore this very complex beast inside your head, shall we?
Sincerely,

Jai & Trina

Your Emotional Fitness Strategists





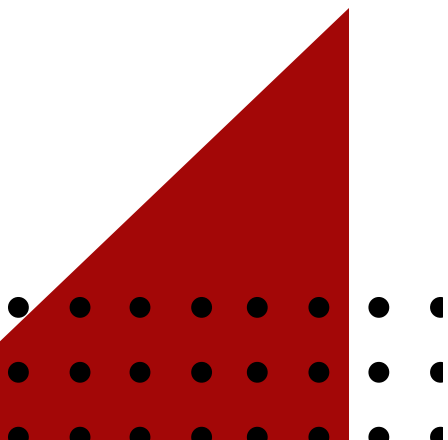
MINDSET RESET CHALLENGE

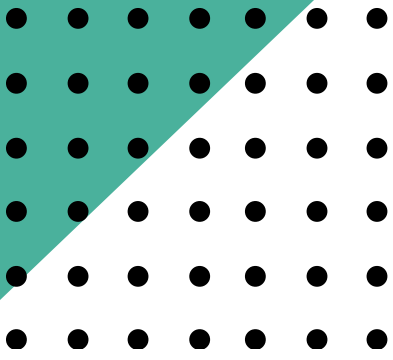
Personal Journal

Instructions: Answer each question as thoroughly and as honestly as possible. These answers will help you see how your mind functions. Keep this journal in a safe place, and only discuss it (when you are ready) with your trusted support system. Feel free to use your own journal or extra pieces of paper. This journal is simply a guide. Do not limit yourself on what you write based on the space provided in this journal. Keep writing until there is nothing left to pour out of you. Okay, let's go.

QUESTION 1

What triggers your remembrance of the past?





MINDSET RESET CHALLENGE

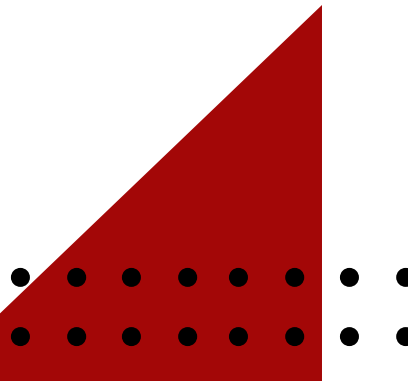
Personal Journal

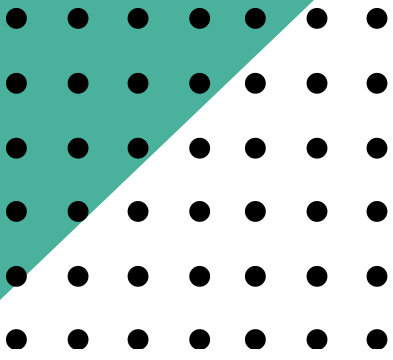
QUESTION 2

What areas of your life do you consider as your weakest point(s)?

QUESTION 3

What areas of your life do you have control over?





MINDSET RESET CHALLENGE

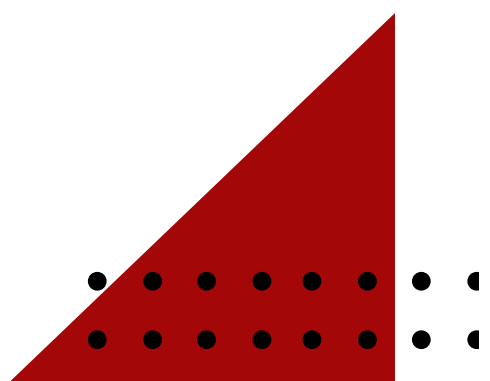
Personal Journal

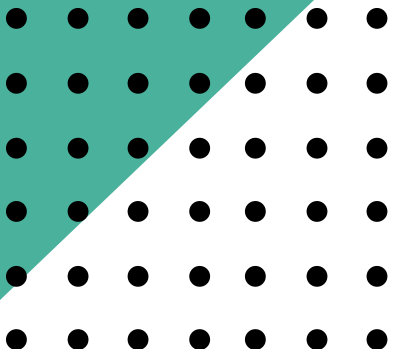
QUESTION 4

How do you handle pain?

QUESTION 5

What ways have you tried to escape pain?





MINDSET RESET CHALLENGE

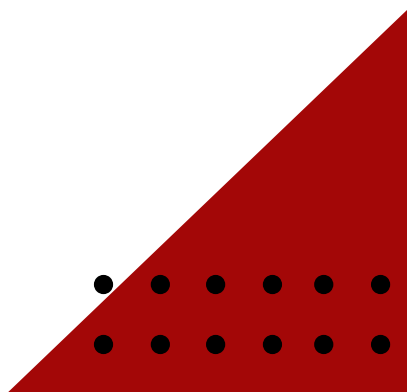
Personal Journal

QUESTION 6

How has holding on to the pain affected you, your family, your job, etc.?

QUESTION 7

What is stopping you from living a victorious life (be specific)?





MINDSET RESET CHALLENGE

Personal Journal

Now remember, keep this journal (and all of your personal journals) in a safe place. Only discuss this with your victim advocate, therapist/counselor, or trusted support system. Below are a few more declarations that empowers you to continue the path of re-shaping your mind to think on strong, powerful and positive things. Until next time, love you to LIFE, Jai & Trina

BONUS DECLARATIONS

- I will eliminate anything that is stopping me from moving forward.
- I will make it, despite every difficulty coming my way.
- I will only speak positive words of faith.
- Healing, restoration and hope is taking place in my life.
- I will rise above every difficulty.
- I will choose faith over fear.
- I will not just survive, but I will thrive!
- I will face every challenge with faith and hope.
- I will stay focused, no matter what I encounter in life.



The End

BUT NOT REALLY, KEEP GOING!

ABOUT TRINA

JAI'S SISTER & PARTNER IN THE
MINDSET RESET CHALLENGE



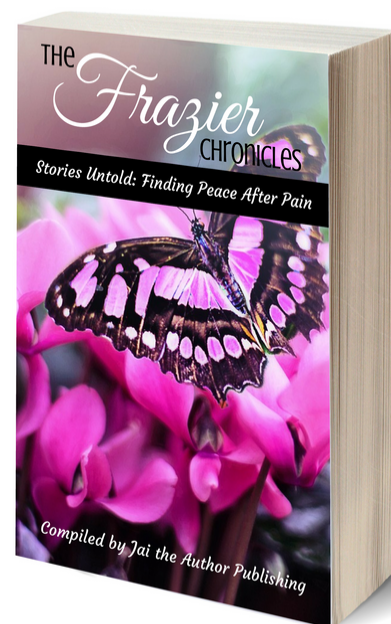
Katrina M. Brown, also known as Trina, was born in 1979 in Clarksdale, Mississippi. She has three beautiful children: Delvin (19), K'Shiya (12), and KaMarviun (11). Trina and her husband of 15 years live in Tennessee, along with their children.

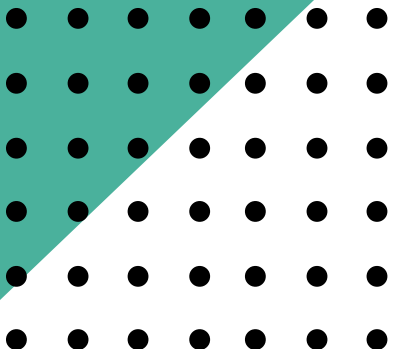
Trina was educated at Colorado Tech University, where she majored in Business Administration. She has 20 years of customer service experience and is currently on a leave of absence from the work field to explore her God-given purpose to inspire and uplift other survivors of childhood sexual abuse.

Her life passion is encouraging and helping others. She finds some way to speak life into everyone's situation. She strongly believes this is one of her purposes in life. Katrina had to experience things at a young age that most people wouldn't have been able to endure. Because of her faith in God, she was able to break free from the pain of her past. Now her life is just beginning.

Trina is a co-author of the bestselling family anthology, *The Frazier Chronicles: Stories Untold: Finding Peace After Pain*.

Get your copy at bit.ly/FrazierChronicles





ABOUT JAI

EMOTIONAL FITNESS STRATEGIST

www.jaipublishing.com



Jamie "Jai" Hopkins is a best-selling author, publisher, victim advocate, and visionary. She has over 20 years of professional experience in research, project management, consulting and victim advocacy, both international and domestic.

Jai self-published her first memoir, *It Is Forbidden: The Untold Story of Child Rape Survival*, and has spent a good amount of time and resources empowering others to tell their story and be free from the pain of it. She founded Jai Publishing, Inc. as a means to provide a safe space for survivors of trauma to emotionally heal from the pain of their past through the art of writing. Her message is, "My past does not define me, it refines me."

The pain of Jai's past has developed into a passion to help others like her, realizing there are people hurting all over the world. Her purpose in life is to be the voice of the child (boy or girl) who is being abused by someone they know, yet they do not have the wherewithal to verbalize the abuse. Jai declares, "I will continue the fight to bring awareness to what is done in the dark, expose the ugly truths, and create an environment of healing for the hurt."

Her focus now is to partner with organizations with the same mission. Jai strongly believes in partnership. "Together, we can eliminate domestic violence and sexual assault in this world!" As such, Jai is an active speaker/volunteer for the Rape, Abuse & Incest National Network (RAINN), the nation's largest anti-sexual assault organization.

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