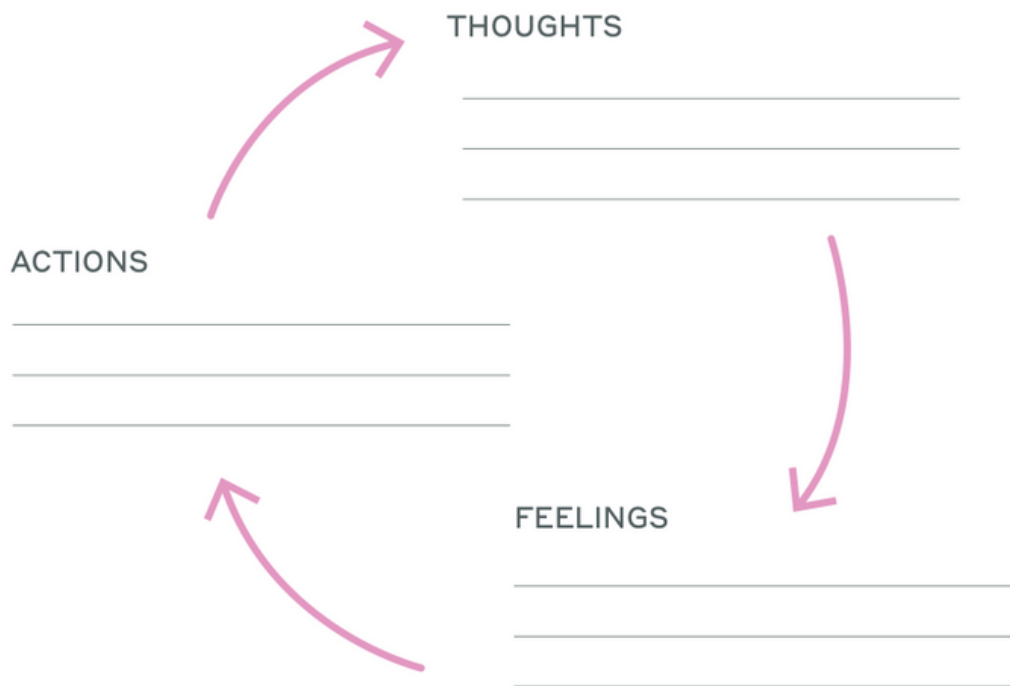
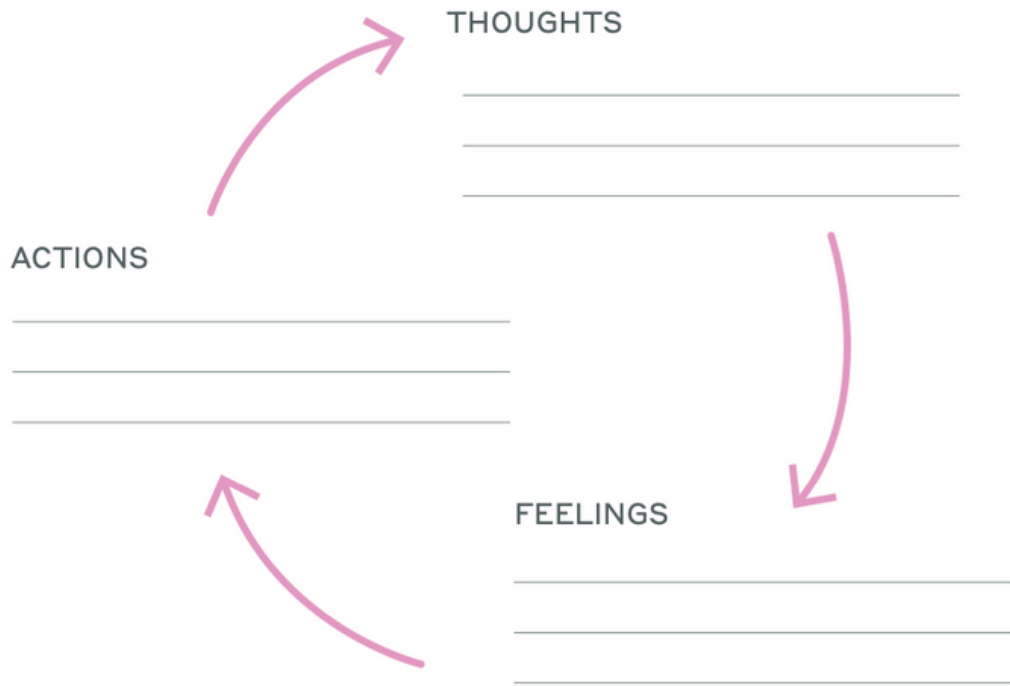




DR. EDIE WADSWORTH

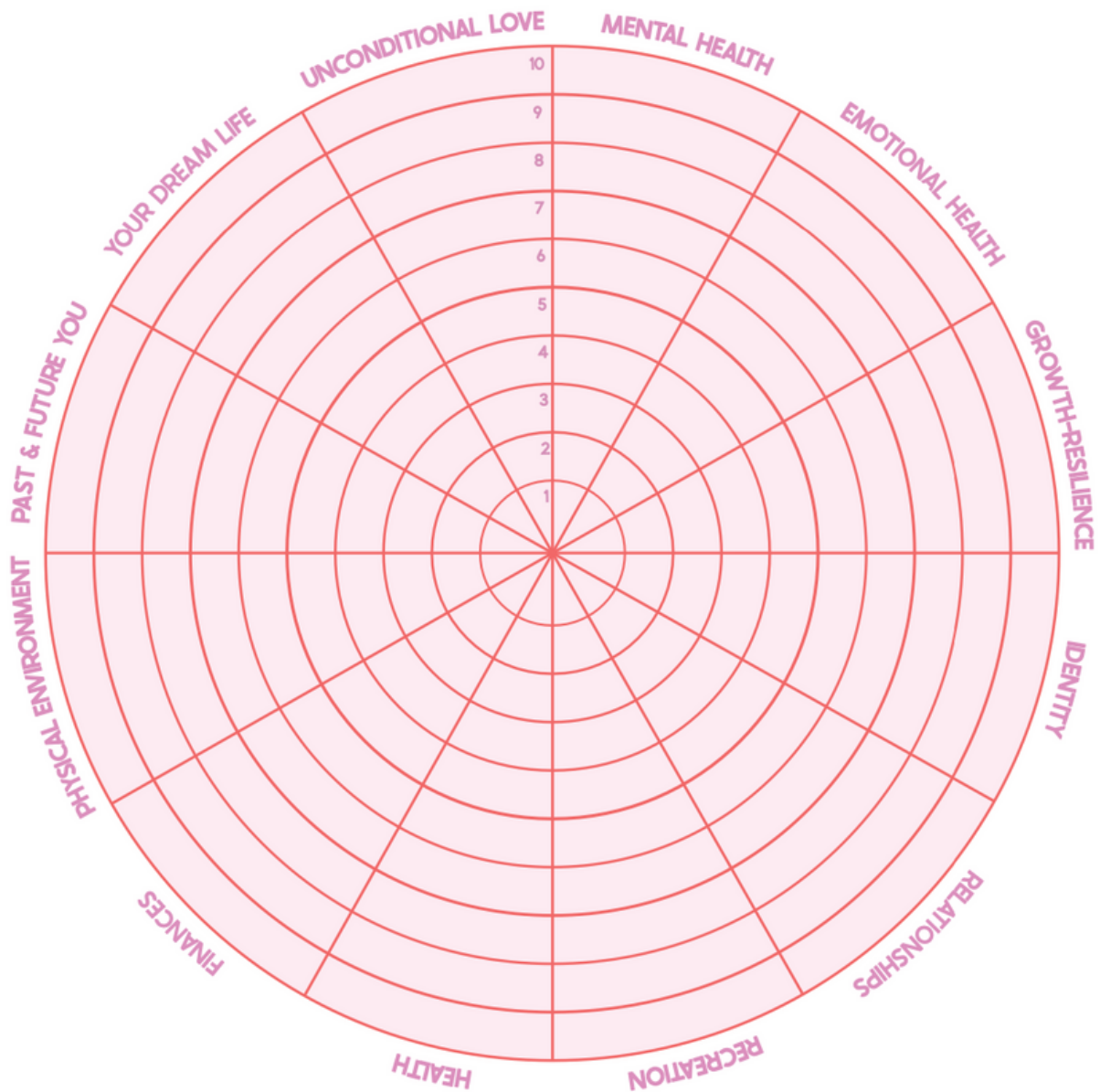
CREATION CYCLE



LIFE WHEEL

SELF ASSESSMENT

Use the question prompts on the opposite page to help you assess where you currently are in your life. Give yourself a score of 1-10 in each area, and pick 1 main area to focus on this quarter. Think of an area that would be a domino to help you in others areas as well.



MENTAL HEALTH

I take responsibility for my thoughts and manage them well.
My thoughts create the results in my life.

EMOTIONAL HEALTH

I understand the source of my emotions.
I am willing to feel my feelings, and I create the emotions I want.

GROWTH RESILIENCE

I look for opportunities to learn and grow.
Even in adversity I see the lesson.

IDENTITY

I believe I am who God says I am.
My identity does not come from my performance or others' opinions of me.

RELATIONSHIPS

I have meaningful connections with the people in my life.
I love unconditionally.

RECREATION

I have nourishing routines that allow for rest and play.

HEALTH

My nutrition and physical fitness is a priority in my life.
I eat food God made and move my body regularly.

FINANCES

I have a good understanding of my how to create, spend, and invest my finances. I believe there is always enough.

PHYSICAL ENVIRONMENT

My home fills me with joy and gratitude.
I am making it exactly what I need it to be to serve me and my people.

PAST FUTURE YOU

I set goals regularly and keep my word to myself.
I am doing things today that I will thank myself for in the future.

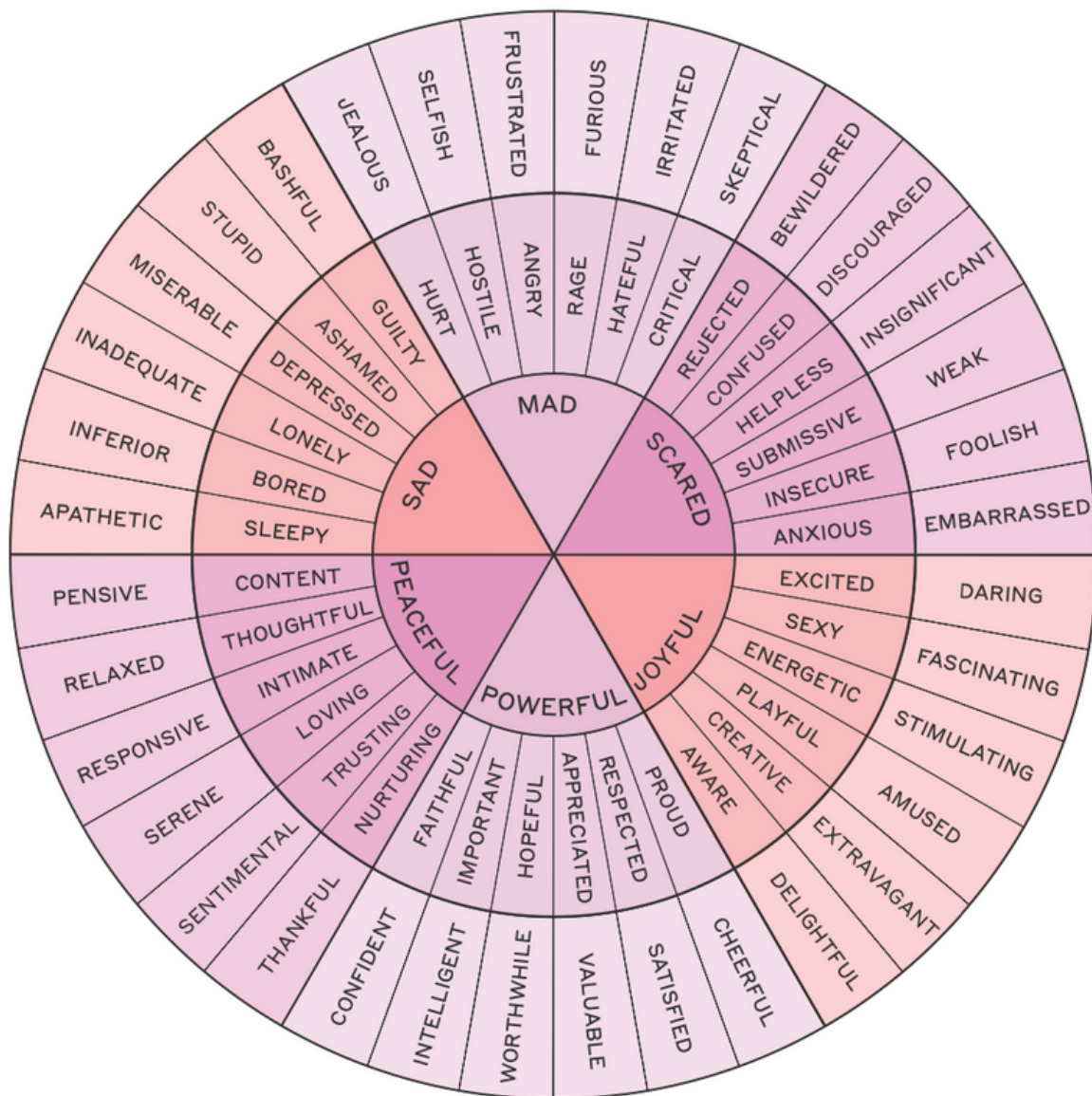
YOUR DREAM LIFE

I understand and am fulfilling my purpose/calling.
I believe in my ability to create the life I want.

UNCONDITIONAL LOVE

My ability to love does not depend on anyone else.
Love is created by my thoughts, and the renewing of my mind.

FEELINGS WHEEL



TRUE-SELF (LOVE)

FALSE-SELF (FEAR)

BRING HEAVEN TO EARTH

TRUE IDENTITY
NEW MAN
VULNERABLE,
TRUE OPEN
ACKNOWLEDGE DOUBT
TRUE SELF STRONG/
RESILIENT
AWARENESS
ABUNDANCE
GENEROSITY
FORGIVENESS
LOVE
COMPASSION
PROTECTING OTHERS
SERVING OTHERS
JOY

STRONG

EGO
NATURAL MAN
PROTECTIVE,
ARTIFICIAL PERSON
DEFENSIVE
HIDE INSECURITIES
EGO SELF IS WEAK →
MUST BE PROTECTED
(SELF CONSCIOUS)
LACKS AWARENESS
LACK JUDGMENT/ENVY
RESENT/BITTER
HATRED
INDIFFERENT
PROTECTING SELF
SERVING SELF
MISERY

WEAK

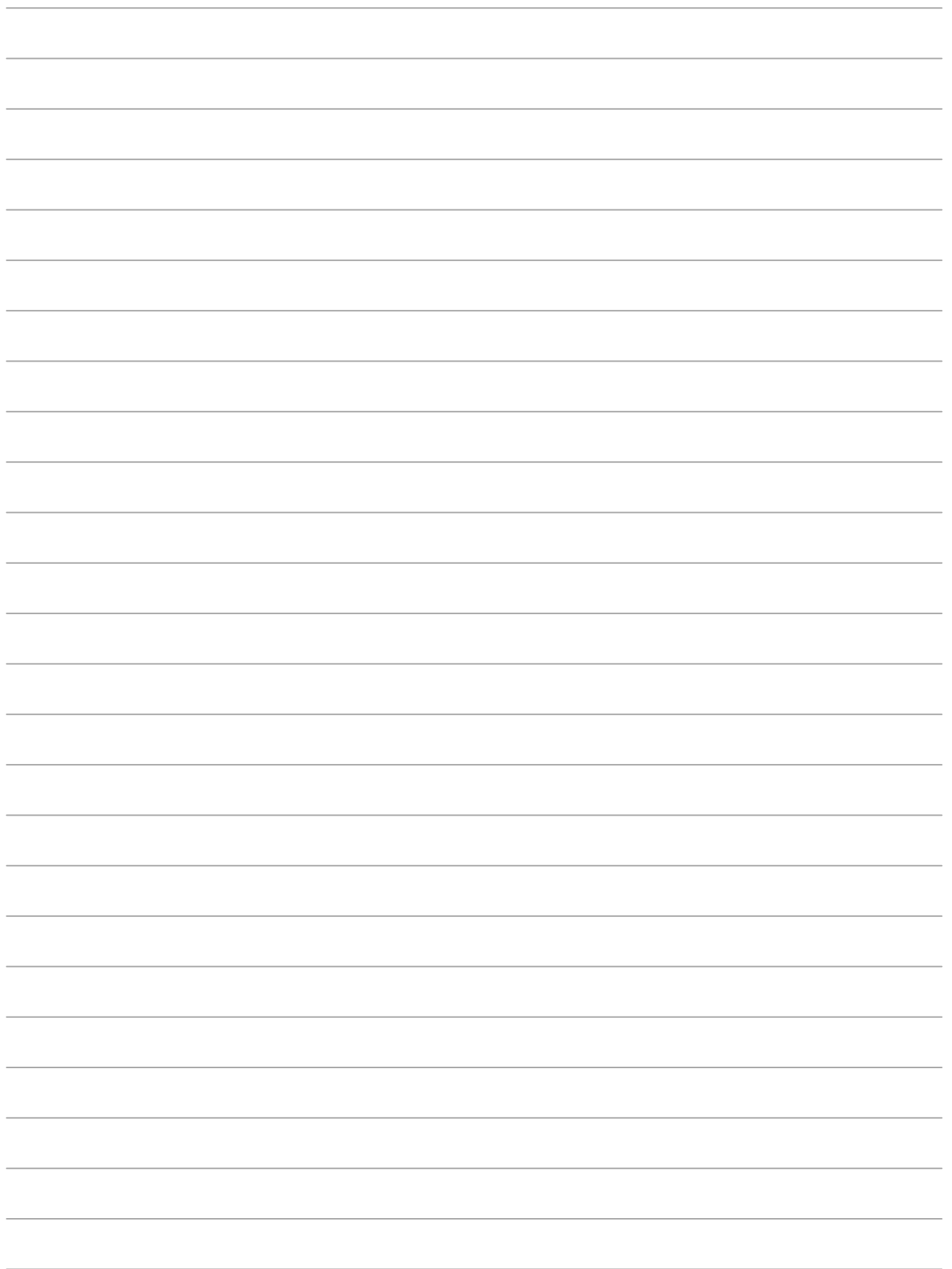
BRING HELL

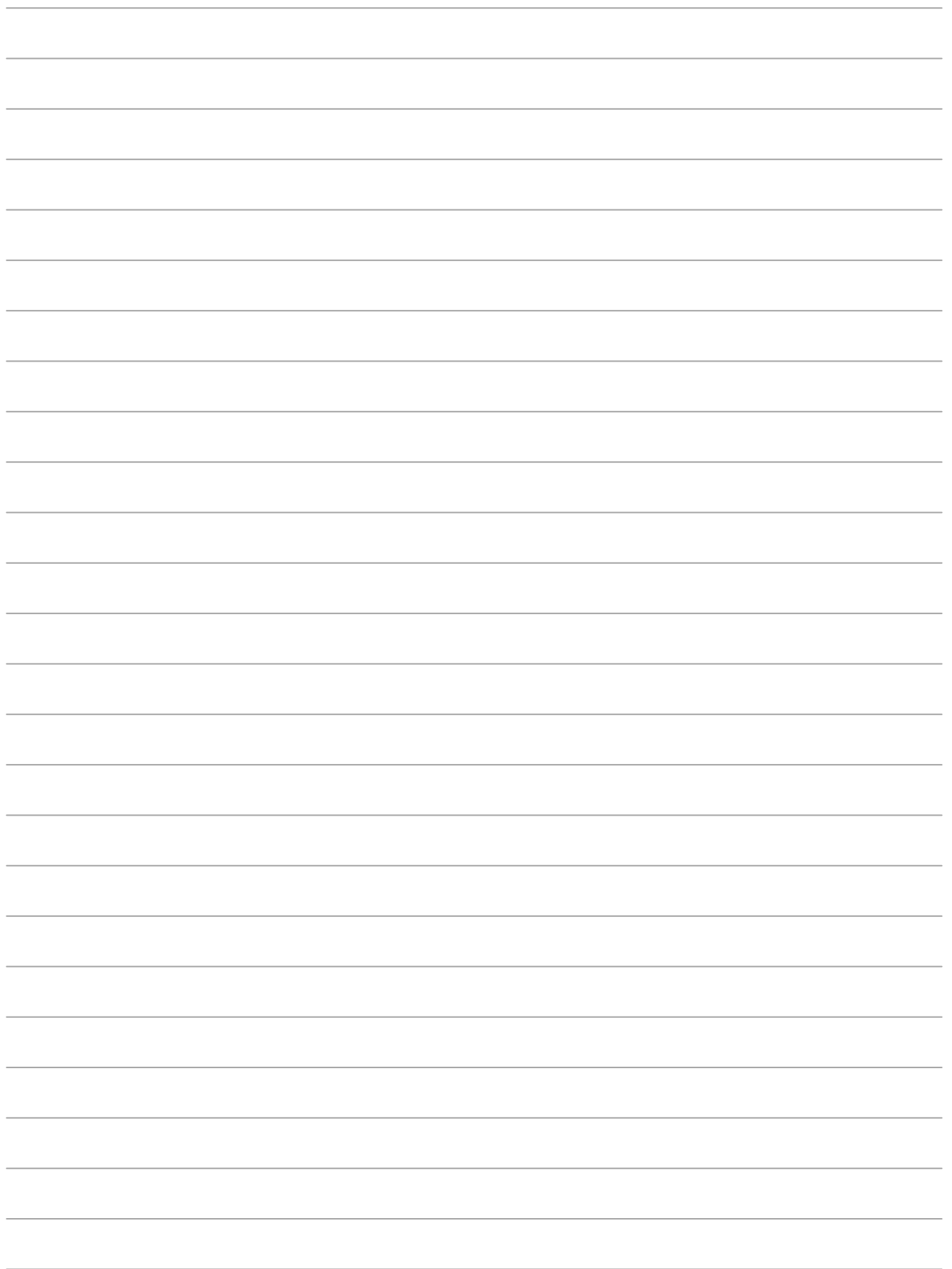


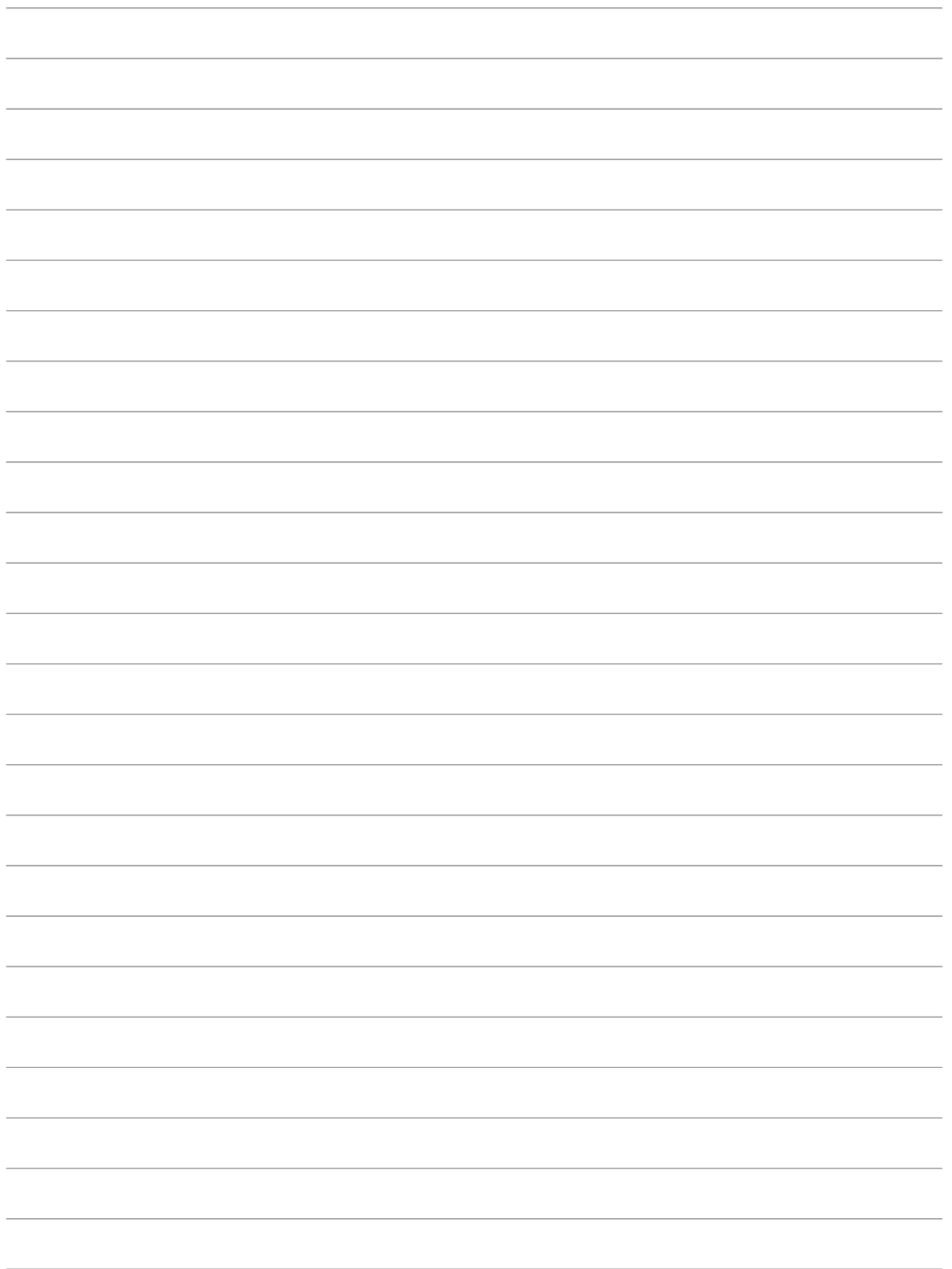
DESIGN YOUR LIFE
LIVE YOUR PURPOSE
UNLEASH YOUR POTENTIAL



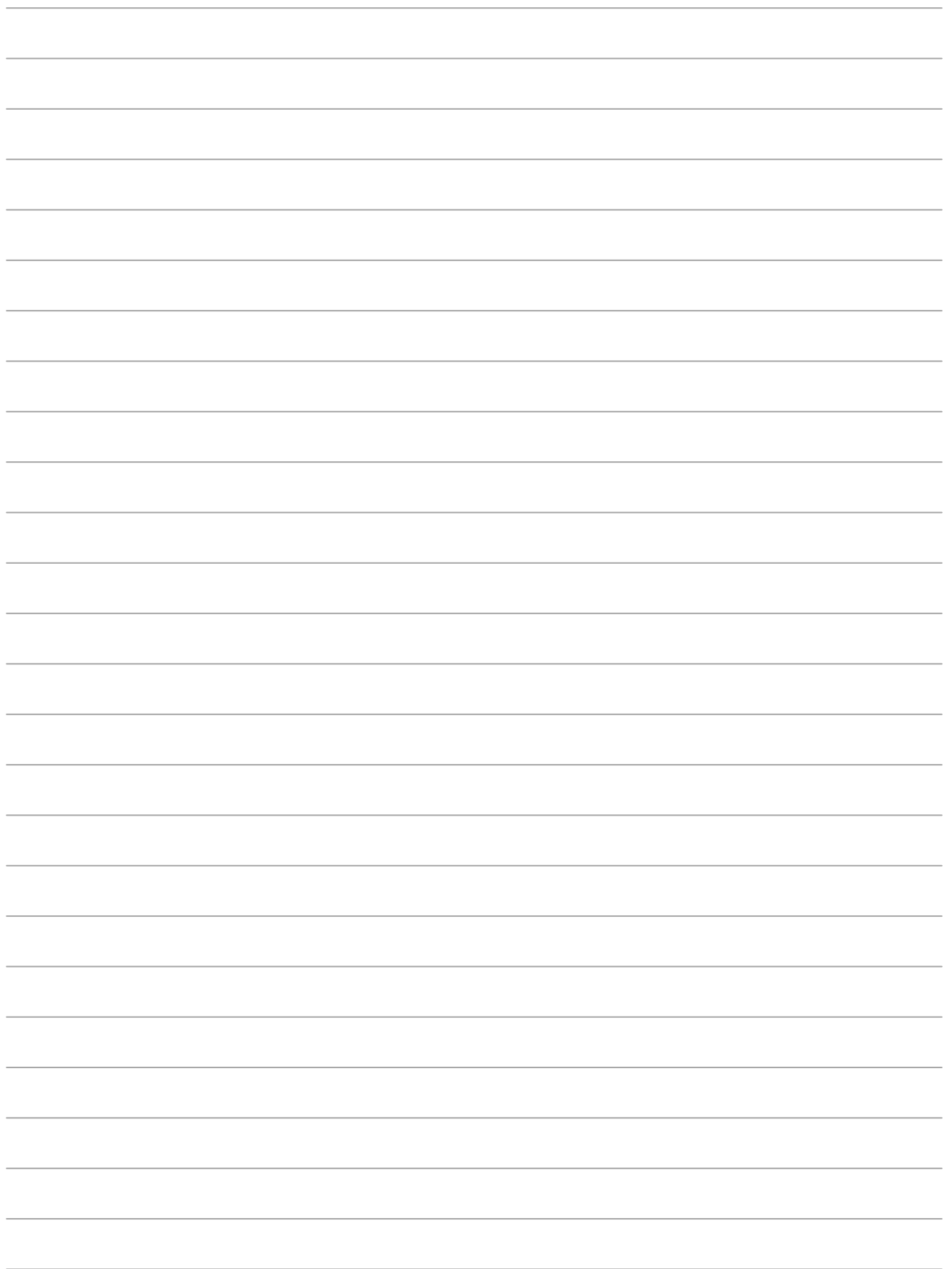
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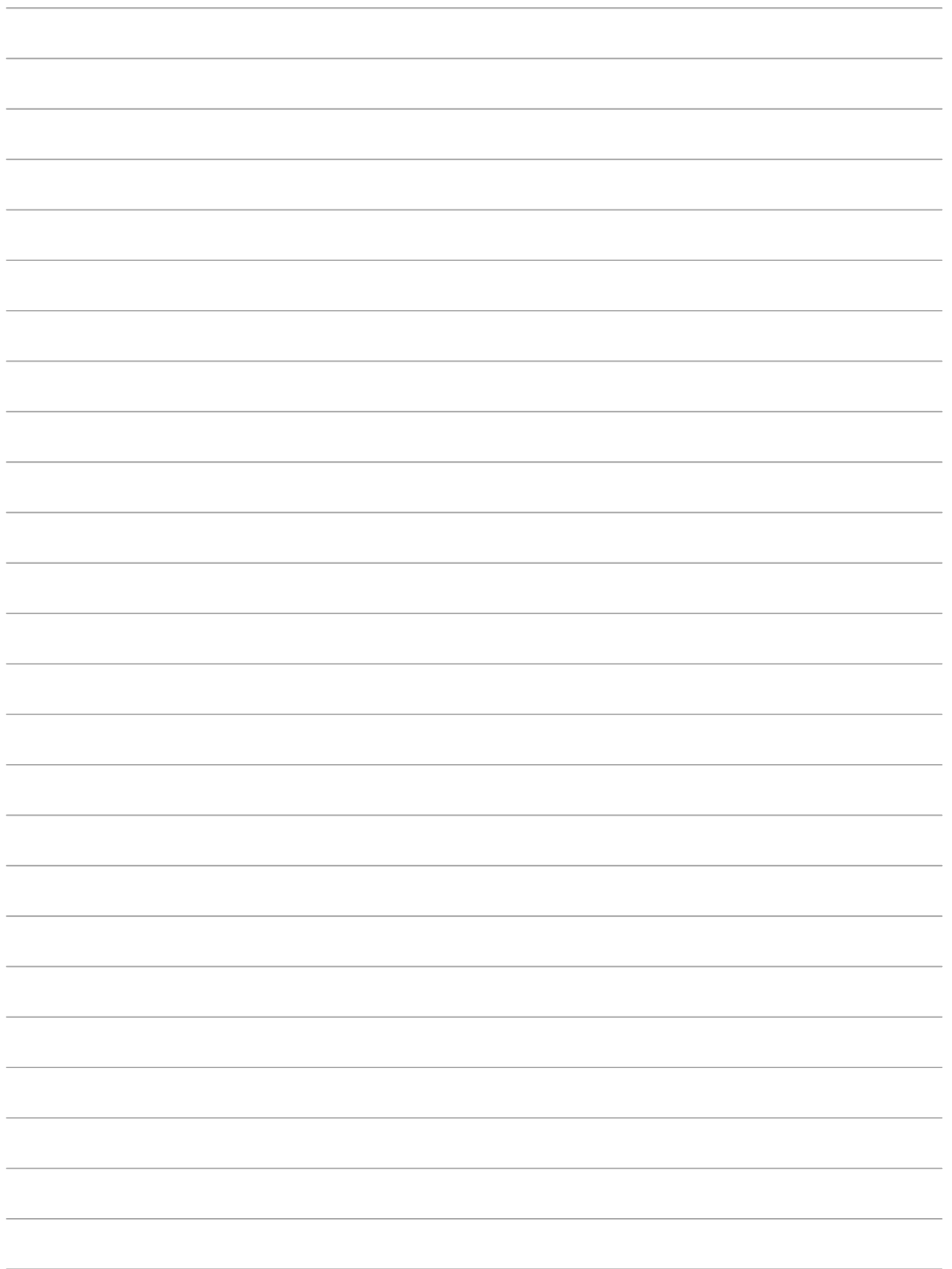


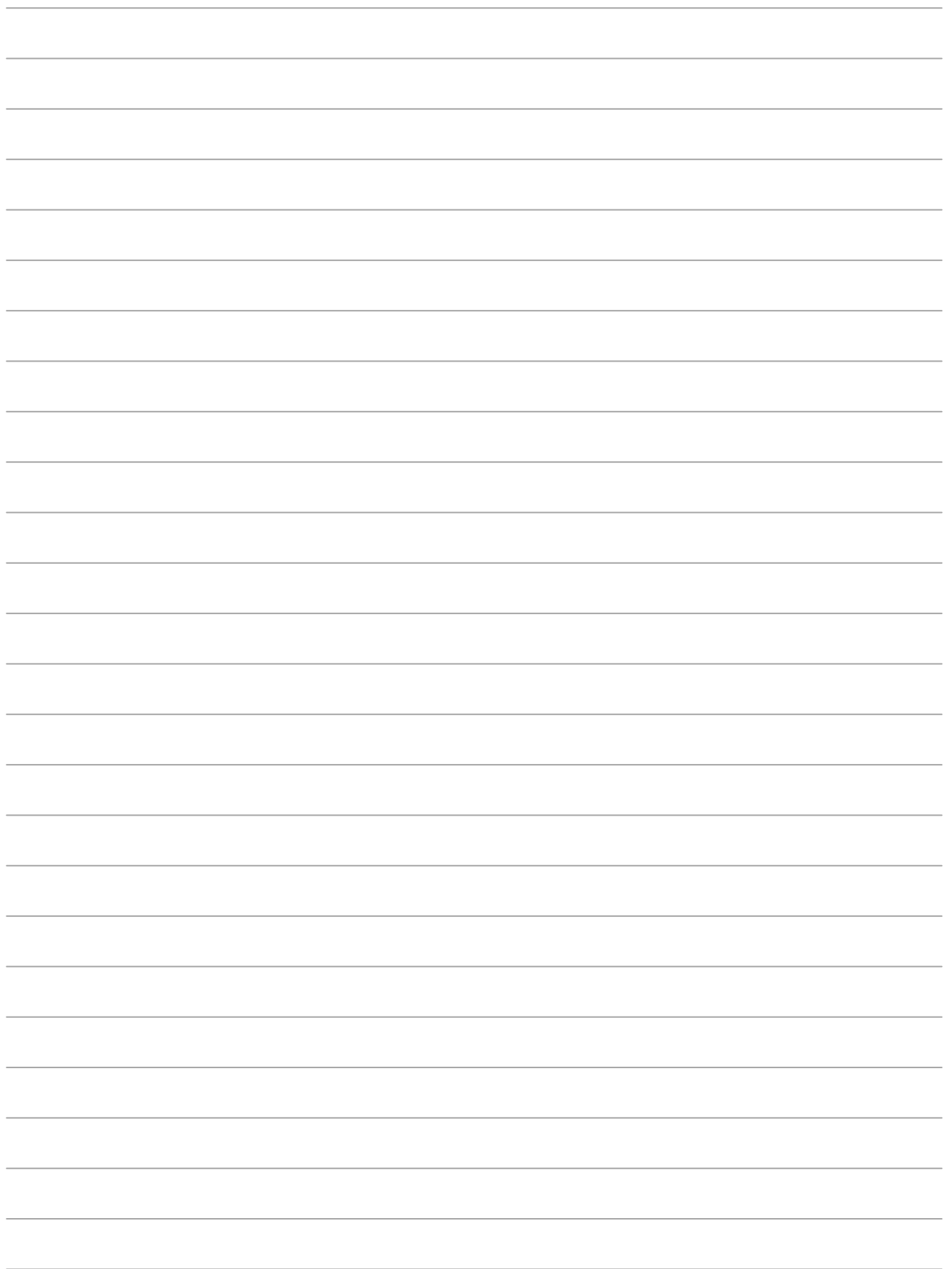




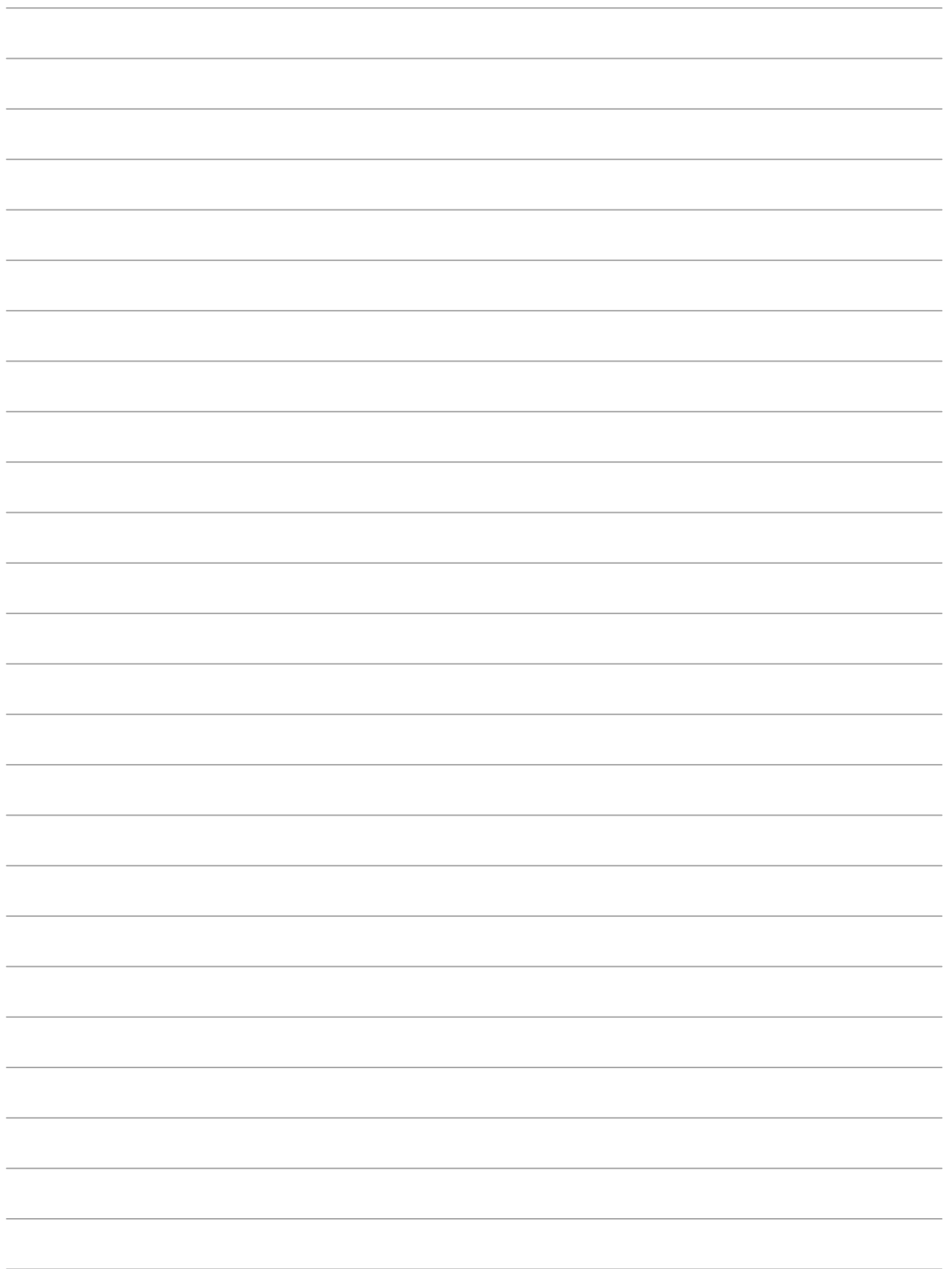
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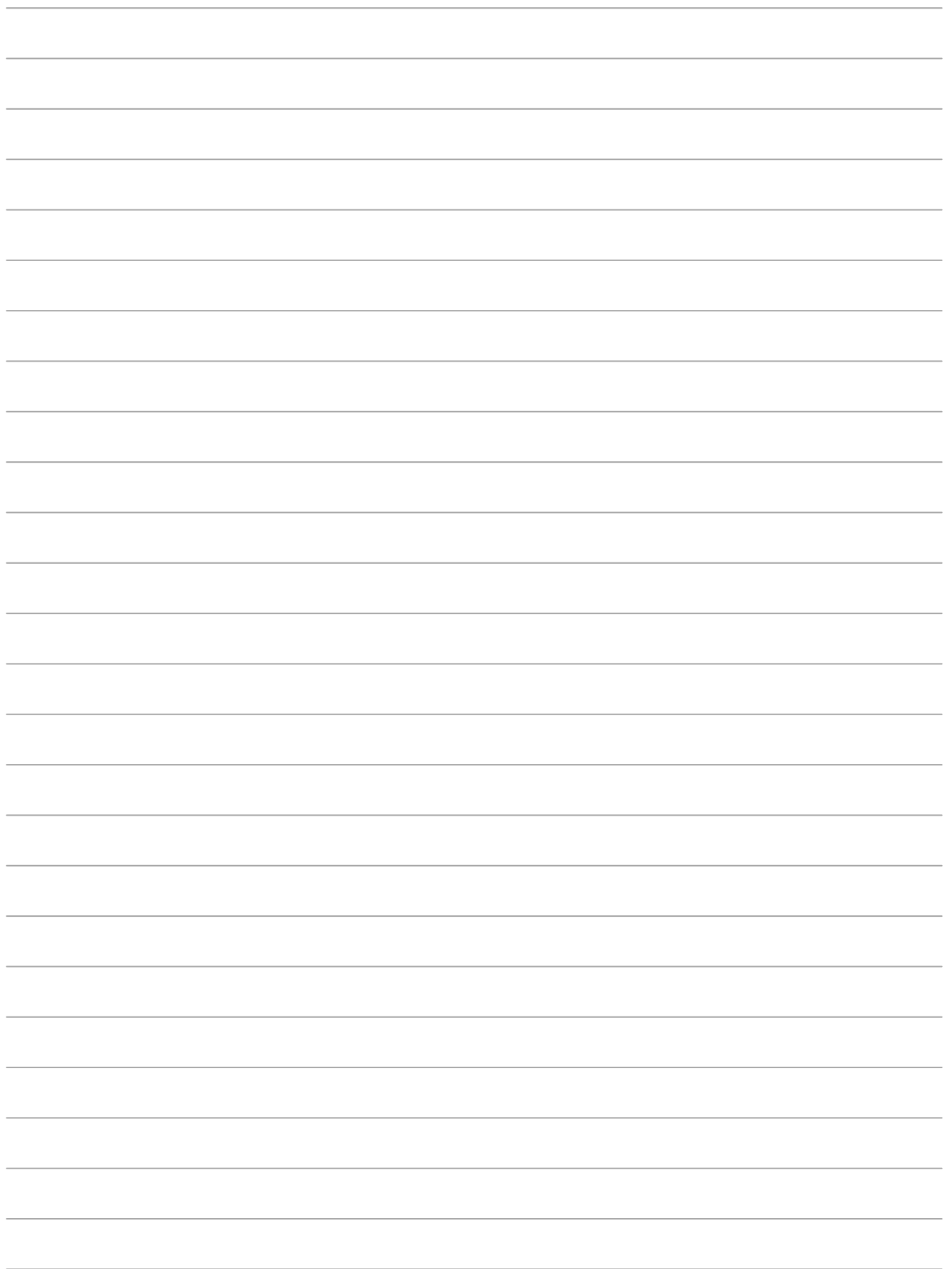


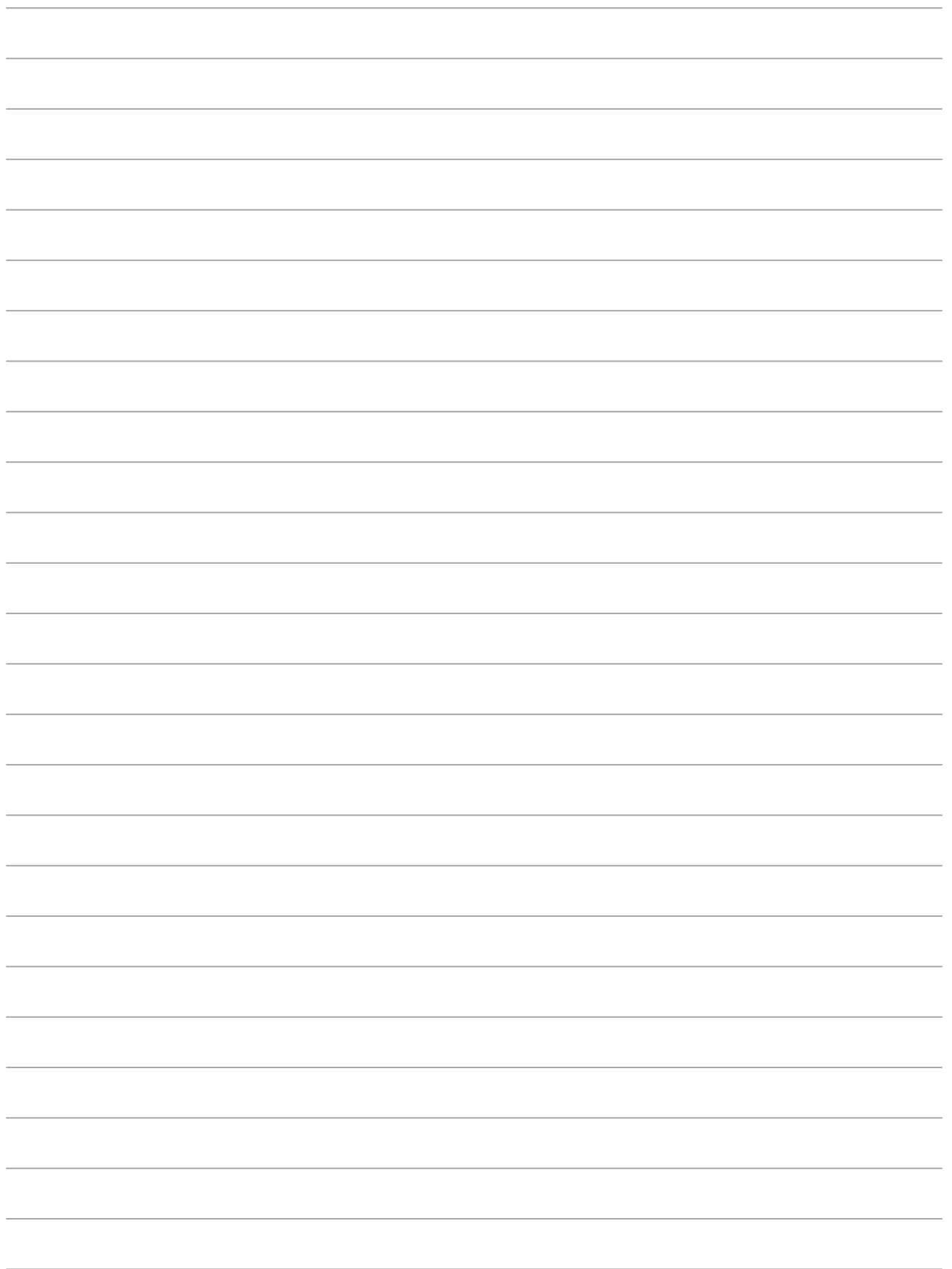




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PLANNER



month one PLANNING

WHAT RESULTS DO I WANT TO CREATE THIS MONTH?

WHAT TOOLS WILL I USE? (COACHING CALLS, PLANNER, ENCOUNTER GROUPS)

WHAT MAIN THOUGHTS WILL I PRACTICE THIS MONTH?

MONTH 1 *calendar*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY

MONTH 1 *calendar*

THURSDAY	FRIDAY	SATURDAY	NOTES

sunday

___/___/___

TOP 3 FOR TODAY

1	
2	
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90 DAY DREAM GOAL

SCHEDULE

5 AM	
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7 AM	
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9 AM	
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11 AM	
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DINNER

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THOUGHT TO PRACTICE

PERSON OF THE DAY

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SCRIPTURE OF THE DAY

TASK LIST

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MONEY

GRATITUDE

EMOTIONS TO ALLOW/GENERATE

sunday prep

_____/_____/_____
DATE

THOUGHT DOWNLOAD:

[illegible]

TASK LIST:

[illegible]

MEAL PLANNING

MONDAY:

TUESDAY:

WEDNESDAY:

THURSDAY:

FRIDAY:

SATURDAY:

SUNDAY:

WEEKLY GOAL CHECK-IN

What worked well? What didn't work well? What will I do differently this week?

the week ahead

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

monday

___/___/___

TOP 3 FOR TODAY

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90 DAY DREAM GOAL

SCHEDULE

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DINNER

THOUGHT TO PRACTICE

PERSON OF THE DAY

SCRIPTURE OF THE DAY

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MONEY

GRATITUDE

EMOTIONS TO ALLOW/GENERATE

tuesday

___/___/___

TOP 3 FOR TODAY

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90 DAY DREAM GOAL

SCHEDULE

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DINNER

THOUGHT TO PRACTICE

PERSON OF THE DAY

SCRIPTURE OF THE DAY

TASK LIST

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MONEY

GRATITUDE

EMOTIONS TO ALLOW/GENERATE

wednesday

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90 DAY DREAM GOAL

SCHEDULE

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DINNER

THOUGHT TO PRACTICE

PERSON OF THE DAY

SCRIPTURE OF THE DAY

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MONEY

GRATITUDE

EMOTIONS TO ALLOW/GENERATE

thursday

___/___/___

TOP 3 FOR TODAY

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90 DAY DREAM GOAL

SCHEDULE

5 AM

6 AM

7 AM

8 AM

9 AM

10 AM

11 AM

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DINNER

THOUGHT TO PRACTICE

PERSON OF THE DAY

SCRIPTURE OF THE DAY

TASK LIST

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MONEY

GRATITUDE

EMOTIONS TO ALLOW/GENERATE

friday

___/___/___

TOP 3 FOR TODAY

1 _____

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3 _____

90 DAY DREAM GOAL

SCHEDULE

5 AM _____

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DINNER

THOUGHT TO PRACTICE

PERSON OF THE DAY

SCRIPTURE OF THE DAY

TASK LIST

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MONEY

GRATITUDE

EMOTIONS TO ALLOW/GENERATE

saturday

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90 DAY DREAM GOAL

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DINNER

THOUGHT TO PRACTICE

PERSON OF THE DAY

SCRIPTURE OF THE DAY

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MONEY

GRATITUDE

EMOTIONS TO ALLOW/GENERATE

sunday

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TOP 3 FOR TODAY

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90 DAY DREAM GOAL

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DINNER

THOUGHT TO PRACTICE

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MONEY

GRATITUDE

EMOTIONS TO ALLOW/GENERATE

sunday prep

____/____/____ DATE

THOUGHT DOWNLOAD:

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TASK LIST:

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MEAL PLANNING

MONDAY:

TUESDAY:

WEDNESDAY:

THURSDAY:

FRIDAY:

SATURDAY:

SUNDAY:

WEEKLY GOAL CHECK-IN

What worked well? What didn't work well? What will I do differently this week?

WEEKLY GOAL CHECK-IN

What worked well? What didn't work well? What will I do differently this week?

the week ahead

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

monday

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TOP 3 FOR TODAY

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90 DAY DREAM GOAL

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DINNER

THOUGHT TO PRACTICE

PERSON OF THE DAY

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MONEY

GRATITUDE

EMOTIONS TO ALLOW/GENERATE

tuesday

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DINNER

THOUGHT TO PRACTICE

PERSON OF THE DAY

SCRIPTURE OF THE DAY

TASK LIST

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MONEY

GRATITUDE

EMOTIONS TO ALLOW/GENERATE

wednesday

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DINNER

THOUGHT TO PRACTICE

PERSON OF THE DAY

SCRIPTURE OF THE DAY

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MONEY

GRATITUDE

EMOTIONS TO ALLOW/GENERATE

thursday

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90 DAY DREAM GOAL

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DINNER

THOUGHT TO PRACTICE

PERSON OF THE DAY

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MONEY

GRATITUDE

EMOTIONS TO ALLOW/GENERATE

friday

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TOP 3 FOR TODAY

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90 DAY DREAM GOAL

SCHEDULE

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DINNER

THOUGHT TO PRACTICE

PERSON OF THE DAY

SCRIPTURE OF THE DAY

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MONEY

GRATITUDE

EMOTIONS TO ALLOW/GENERATE

saturday

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90 DAY DREAM GOAL

SCHEDULE

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DINNER

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THOUGHT TO PRACTICE

PERSON OF THE DAY

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SCRIPTURE OF THE DAY

TASK LIST

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MONEY

GRATITUDE

EMOTIONS TO ALLOW/GENERATE

sunday

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90 DAY DREAM GOAL

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DINNER

THOUGHT TO PRACTICE

PERSON OF THE DAY

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MONEY

GRATITUDE

EMOTIONS TO ALLOW/GENERATE

sunday prep

_____/_____/_____
DATE

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[illegible]

TASK LIST:

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MEAL PLANNING

MONDAY:

TUESDAY:

WEDNESDAY:

THURSDAY:

FRIDAY:

SATURDAY:

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the week ahead

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

monday

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TOP 3 FOR TODAY

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90 DAY DREAM GOAL

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DINNER

THOUGHT TO PRACTICE

PERSON OF THE DAY

SCRIPTURE OF THE DAY

TASK LIST

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MONEY

GRATITUDE

EMOTIONS TO ALLOW/GENERATE

tuesday

___/___/___

TOP 3 FOR TODAY

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90 DAY DREAM GOAL

SCHEDULE

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DINNER

THOUGHT TO PRACTICE

PERSON OF THE DAY

SCRIPTURE OF THE DAY

TASK LIST

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MONEY

GRATITUDE

EMOTIONS TO ALLOW/GENERATE

wednesday

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90 DAY DREAM GOAL

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DINNER

THOUGHT TO PRACTICE

PERSON OF THE DAY

SCRIPTURE OF THE DAY

TASK LIST

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MONEY

GRATITUDE

EMOTIONS TO ALLOW/GENERATE

thursday

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TOP 3 FOR TODAY

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90 DAY DREAM GOAL

SCHEDULE

5 AM

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DINNER

THOUGHT TO PRACTICE

PERSON OF THE DAY

SCRIPTURE OF THE DAY

TASK LIST

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MONEY

GRATITUDE

EMOTIONS TO ALLOW/GENERATE

friday

___/___/___

TOP 3 FOR TODAY

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90 DAY DREAM GOAL

SCHEDULE

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DINNER

THOUGHT TO PRACTICE

PERSON OF THE DAY

SCRIPTURE OF THE DAY

TASK LIST

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MONEY

GRATITUDE

EMOTIONS TO ALLOW/GENERATE

saturday

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90 DAY DREAM GOAL

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DINNER

THOUGHT TO PRACTICE

PERSON OF THE DAY

SCRIPTURE OF THE DAY

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MONEY

GRATITUDE

EMOTIONS TO ALLOW/GENERATE

sunday

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TOP 3 FOR TODAY

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90 DAY DREAM GOAL

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DINNER

THOUGHT TO PRACTICE

PERSON OF THE DAY

SCRIPTURE OF THE DAY

TASK LIST

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MONEY

GRATITUDE

EMOTIONS TO ALLOW/GENERATE

sunday prep

____/____/____ DATE

THOUGHT DOWNLOAD:

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TASK LIST:

[illegible]

MEAL PLANNING

MONDAY:

TUESDAY:

WEDNESDAY:

THURSDAY:

FRIDAY:

SATURDAY:

SUNDAY:

WEEKLY GOAL CHECK-IN

What worked well? What didn't work well? What will I do differently this week?

WEEKLY GOAL CHECK-IN

What worked well? What didn't work well? What will I do differently this week?

the week ahead

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

monday

___/___/___

TOP 3 FOR TODAY

- 1 _____
- 2 _____
- 3 _____

90 DAY DREAM GOAL

SCHEDULE

- 5 AM _____
- 6 AM _____
- 7 AM _____
- 8 AM _____
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DINNER

THOUGHT TO PRACTICE

PERSON OF THE DAY

SCRIPTURE OF THE DAY

TASK LIST

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MONEY

GRATITUDE

EMOTIONS TO ALLOW/GENERATE

tuesday

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TOP 3 FOR TODAY

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90 DAY DREAM GOAL

SCHEDULE

5 AM _____

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DINNER

THOUGHT TO PRACTICE

PERSON OF THE DAY

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MONEY

GRATITUDE

EMOTIONS TO ALLOW/GENERATE

wednesday

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TOP 3 FOR TODAY

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- 3 _____

90 DAY DREAM GOAL

SCHEDULE

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DINNER

THOUGHT TO PRACTICE

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SCRIPTURE OF THE DAY

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MONEY

GRATITUDE

EMOTIONS TO ALLOW/GENERATE

thursday

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90 DAY DREAM GOAL

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DINNER

THOUGHT TO PRACTICE

PERSON OF THE DAY

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MONEY

GRATITUDE

EMOTIONS TO ALLOW/GENERATE

friday

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TOP 3 FOR TODAY

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90 DAY DREAM GOAL

SCHEDULE

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DINNER

THOUGHT TO PRACTICE

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MONEY

GRATITUDE

EMOTIONS TO ALLOW/GENERATE

saturday

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90 DAY DREAM GOAL

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DINNER

THOUGHT TO PRACTICE

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MONEY

GRATITUDE

EMOTIONS TO ALLOW/GENERATE

sunday

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TOP 3 FOR TODAY

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90 DAY DREAM GOAL

SCHEDULE

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DINNER

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MONEY

GRATITUDE

EMOTIONS TO ALLOW/GENERATE

sunday prep

____/____/____ DATE

THOUGHT DOWNLOAD:

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MEAL PLANNING

MONDAY:

TUESDAY:

WEDNESDAY:

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DINNER

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MONEY

GRATITUDE

EMOTIONS TO ALLOW/GENERATE

tuesday

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TOP 3 FOR TODAY

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DINNER

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MONEY

GRATITUDE

EMOTIONS TO ALLOW/GENERATE

wednesday

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MONEY

GRATITUDE

EMOTIONS TO ALLOW/GENERATE

thursday

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DINNER

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MONEY

GRATITUDE

EMOTIONS TO ALLOW/GENERATE

friday

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MONEY

GRATITUDE

EMOTIONS TO ALLOW/GENERATE

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DINNER

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THOUGHT TO PRACTICE

PERSON OF THE DAY

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MONEY

GRATITUDE

EMOTIONS TO ALLOW/GENERATE

THOUGHT DOWNLOADS



THOUGHT *download* CHEAT SHEET

Thought downloads are very simply your thoughts taken out of your brain and put on paper.

Example #1 The Clean Out:

Go from the top of the paper to the bottom (or set a timer for 3–5 minutes) and just write whatever comes to mind. Don't edit. Just see what's in there!

Example #2 The Situation:

Write down all of your thoughts about a specific situation or person. This can be all positive thoughts or all negative thoughts or a mixture of both.

Pick your most troubling or sneaky thought and put it through a false self creation cycle.

Allow yourself to process the emotion and then decide what you want to feel instead.

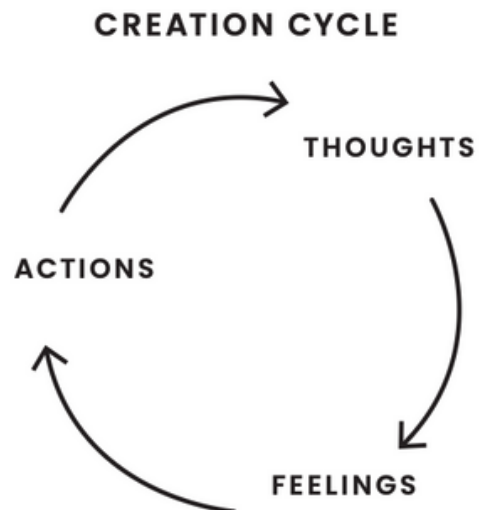
What would you need to think in order to feel that way?

Do a True Self creation cycle with the new thoughts and feelings.

Example #3 The To Do List:

Write down everything you have to do during the week. This is the thought download we do for Sunday Planning.

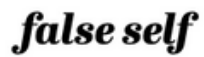
After you have written down everything you can think of, plug each item into time slot on your actual daily calendar inside of your planner. Check each item off as you get it plugged in.



THOUGHT *download*

DATE _____

CREATION CYCLES



THOUGHTS

ACTIONS

FEELINGS



THOUGHTS

ACTIONS

FEELINGS

THOUGHT *download*

DATE _____

CREATION CYCLES



THOUGHTS

ACTIONS

FEELINGS



THOUGHTS

ACTIONS

FEELINGS

THOUGHT *download*

DATE _____

CREATION CYCLES



THOUGHTS

ACTIONS

FEELINGS



THOUGHTS

ACTIONS

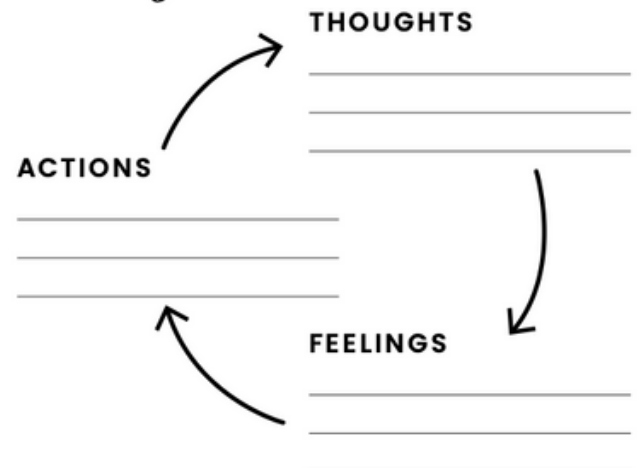
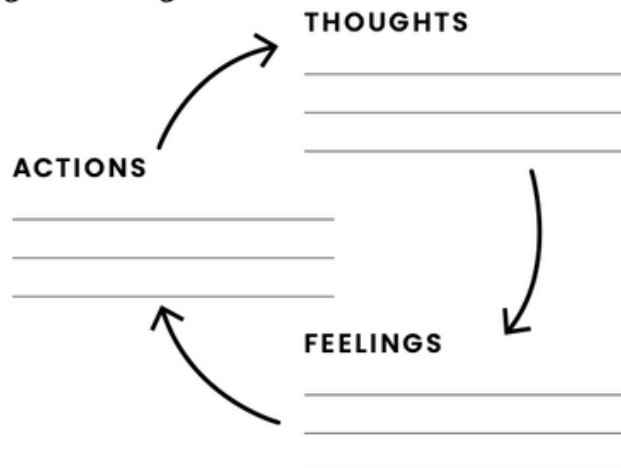
FEELINGS

THOUGHT *download*

DATE

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CREATION CYCLES



THOUGHT *download*

DATE _____

CREATION CYCLES



THOUGHTS

ACTIONS

FEELINGS



THOUGHTS

ACTIONS

FEELINGS

THOUGHT *download*

DATE _____

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CREATION CYCLES



THOUGHTS

ACTIONS

FEELINGS



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CREATION CYCLES



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CREATION CYCLES



THOUGHTS

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THOUGHTS

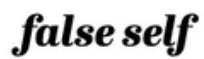
ACTIONS

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THOUGHT *download*

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CREATION CYCLES



THOUGHTS

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THOUGHTS

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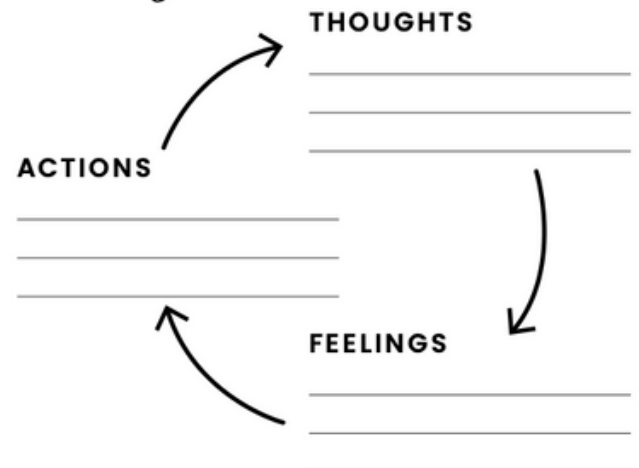
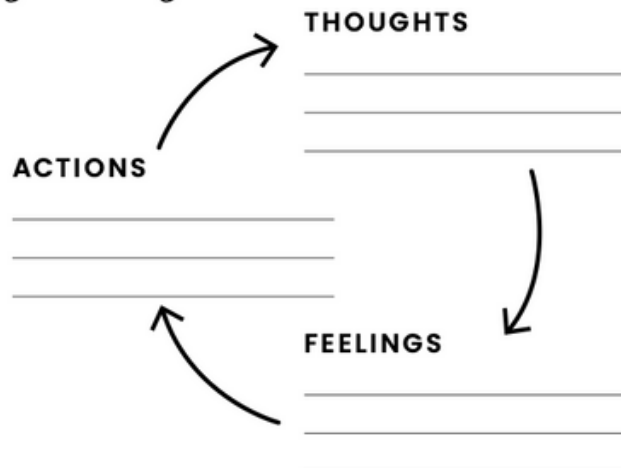
FEELINGS

THOUGHT *download*

DATE _____

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CREATION CYCLES



THOUGHT *download*

DATE _____

CREATION CYCLES



THOUGHTS

ACTIONS

FEELINGS



THOUGHTS

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THOUGHT *download*

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CREATION CYCLES



THOUGHTS

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THOUGHTS

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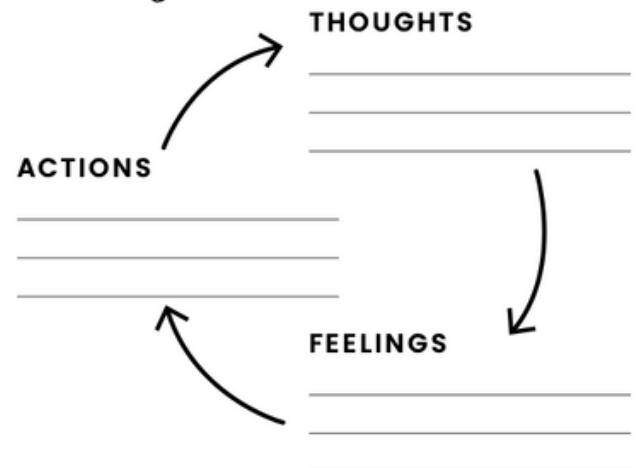
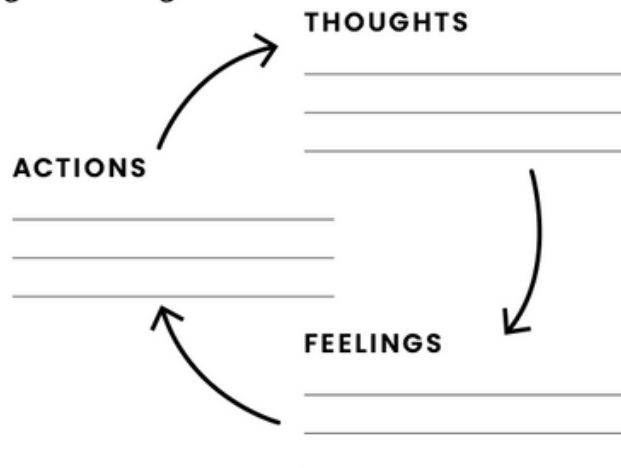
FEELINGS

THOUGHT *download*

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CREATION CYCLES



THOUGHT *download*

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CREATION CYCLES



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THOUGHTS

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CREATION CYCLES



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CREATION CYCLES



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THOUGHTS

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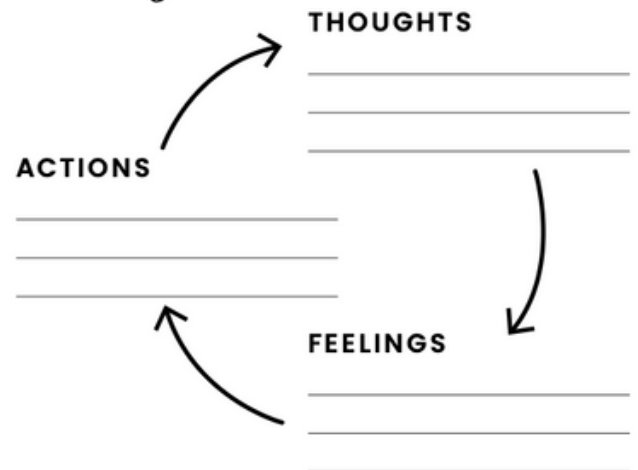
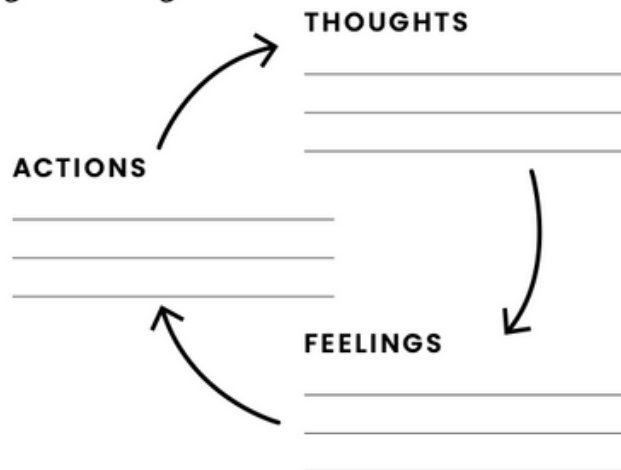
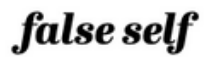
FEELINGS

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CREATION CYCLES

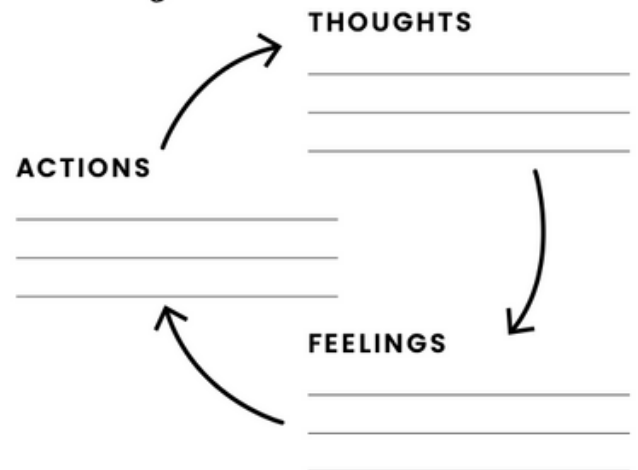
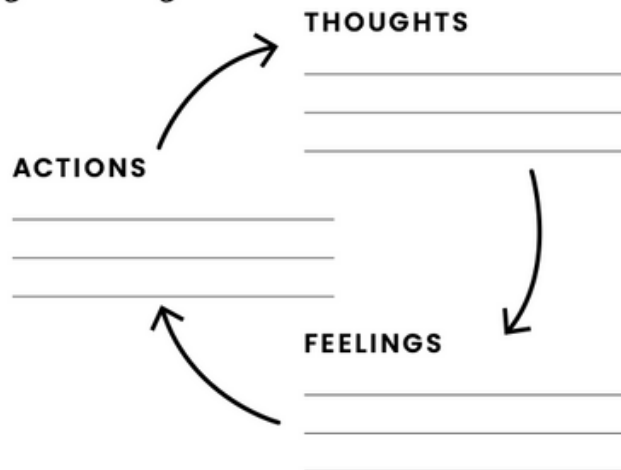
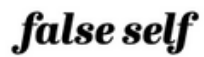


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CREATION CYCLES

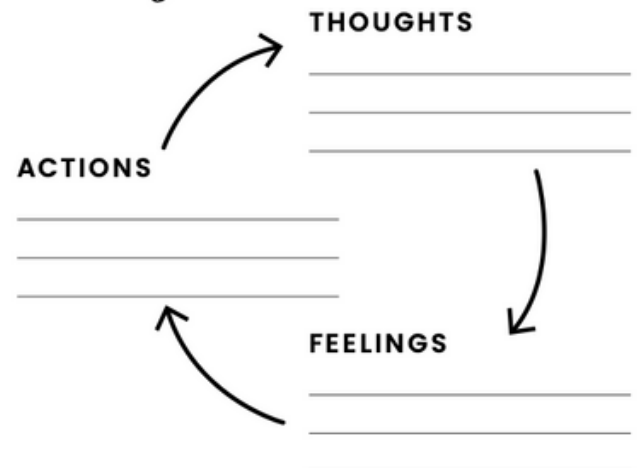
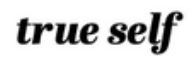
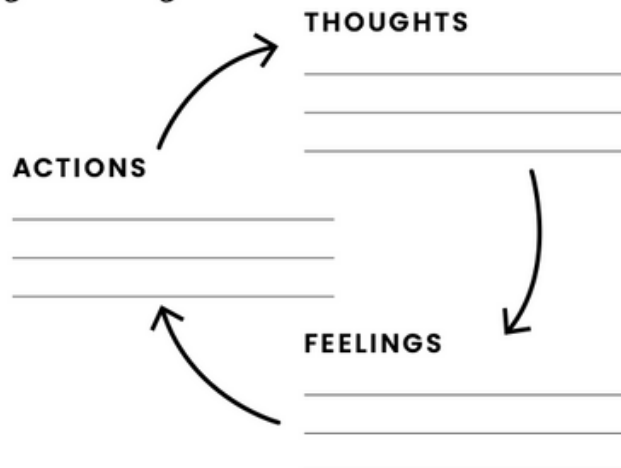
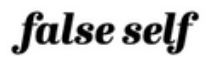


THOUGHT *download*

DATE

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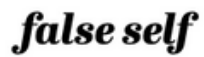
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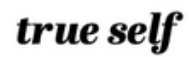
CREATION CYCLES



THOUGHTS

ACTIONS

FEELINGS



THOUGHTS

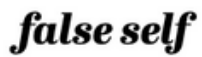
ACTIONS

FEELINGS

THOUGHT *download*

DATE _____

CREATION CYCLES



THOUGHTS

ACTIONS

FEELINGS

true self

THOUGHTS

ACTIONS

FEELINGS

THOUGHT *download*

DATE _____

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CREATION CYCLES



THOUGHTS

ACTIONS

FEELINGS



THOUGHTS

ACTIONS

FEELINGS

THOUGHT *download*

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CREATION CYCLES



THOUGHTS

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CREATION CYCLES



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CREATION CYCLES



THOUGHTS

ACTIONS

FEELINGS



THOUGHTS

ACTIONS

FEELINGS

JOURNAL PROMPTS



FIND YOUR FIRE

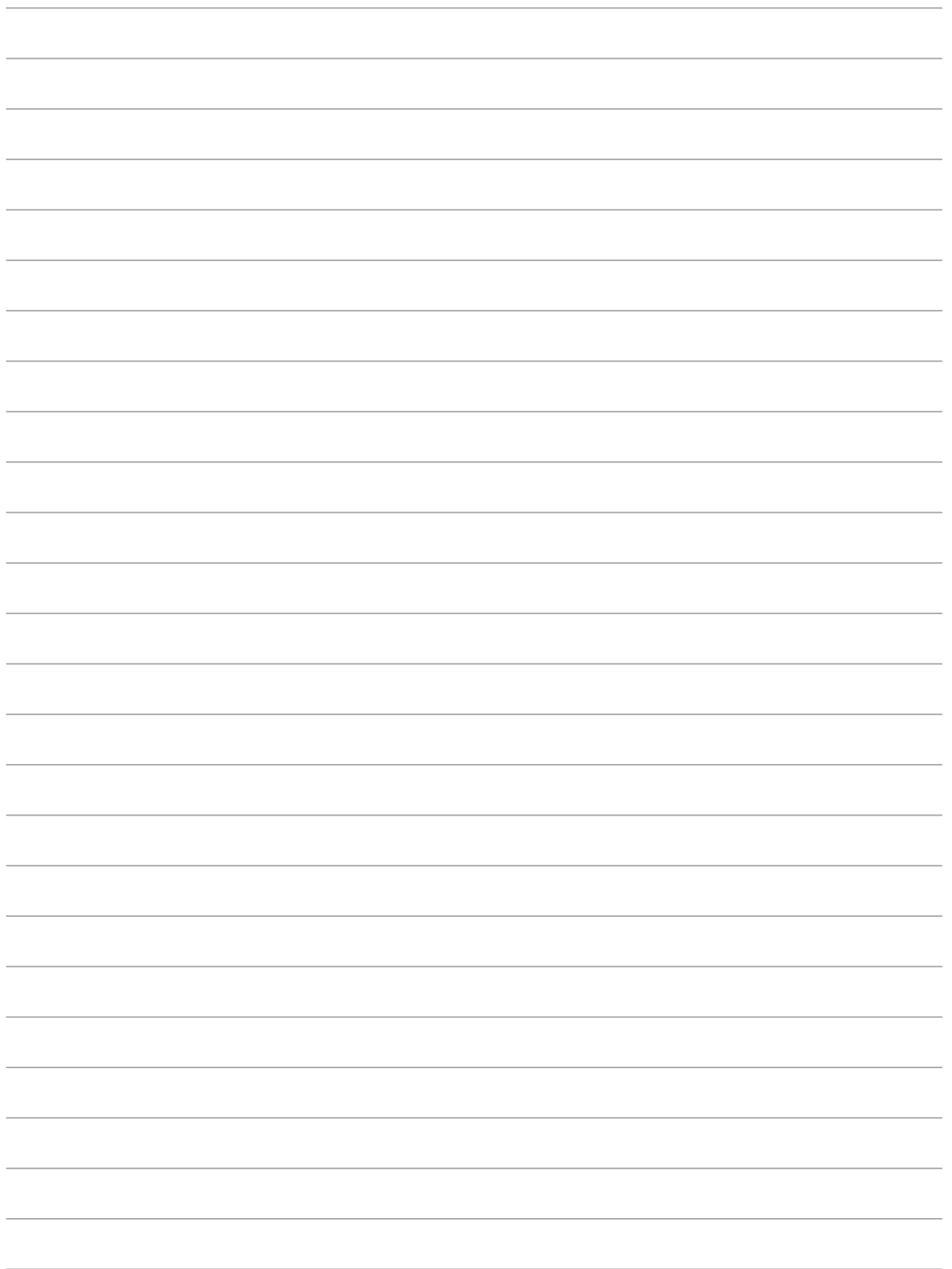
1. What lies have I been believing about midlife or my best years being behind me? How are those lies shaping the way I see myself today?
2. If I could write one life-giving sentence that captures my purpose and what matters most to me right now, what would it say?
3. When do I feel most connected to my “why”? What activities, people, or places help me remember what matters to me?

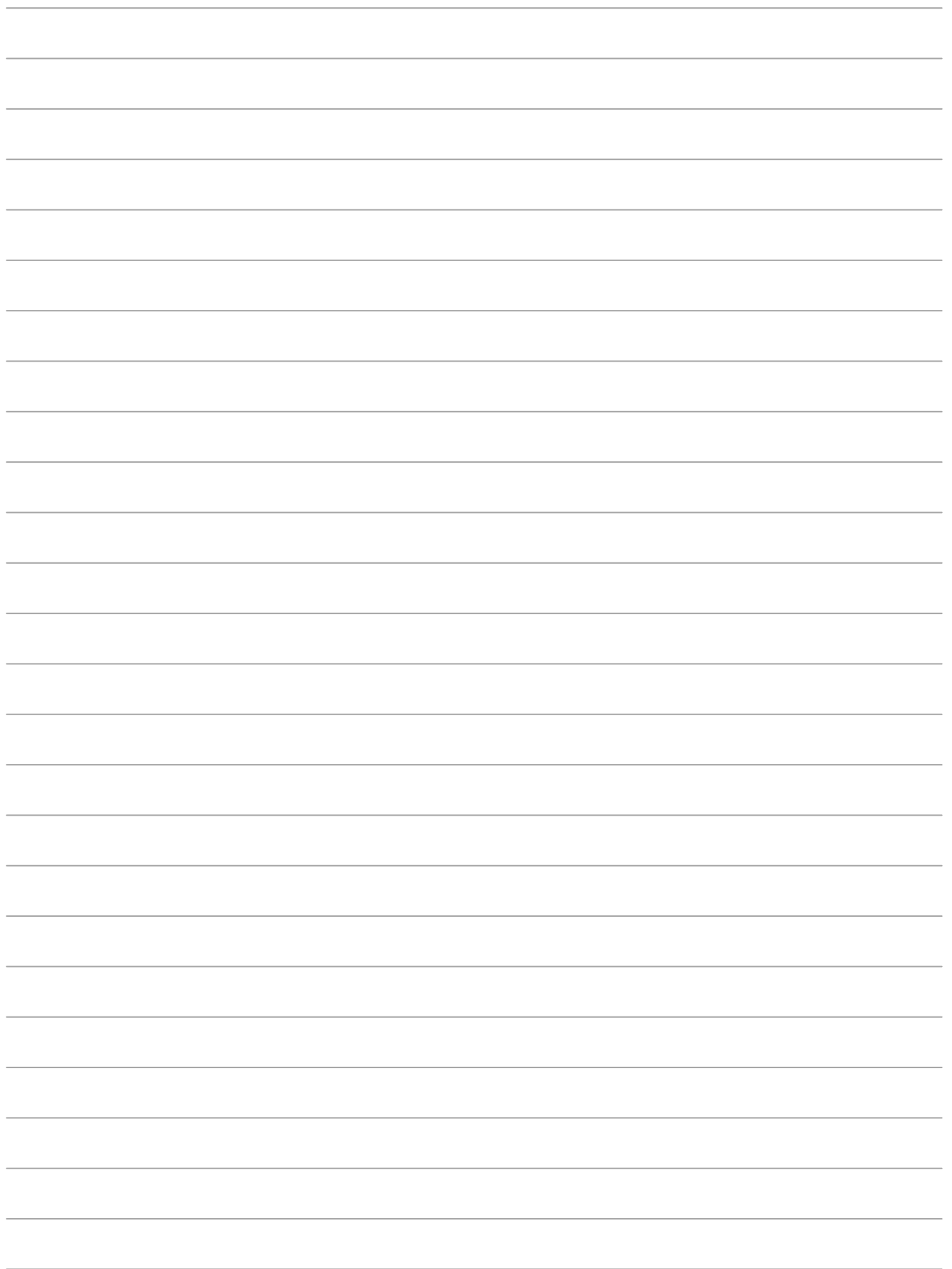
GET YOUR ENERGY BACK

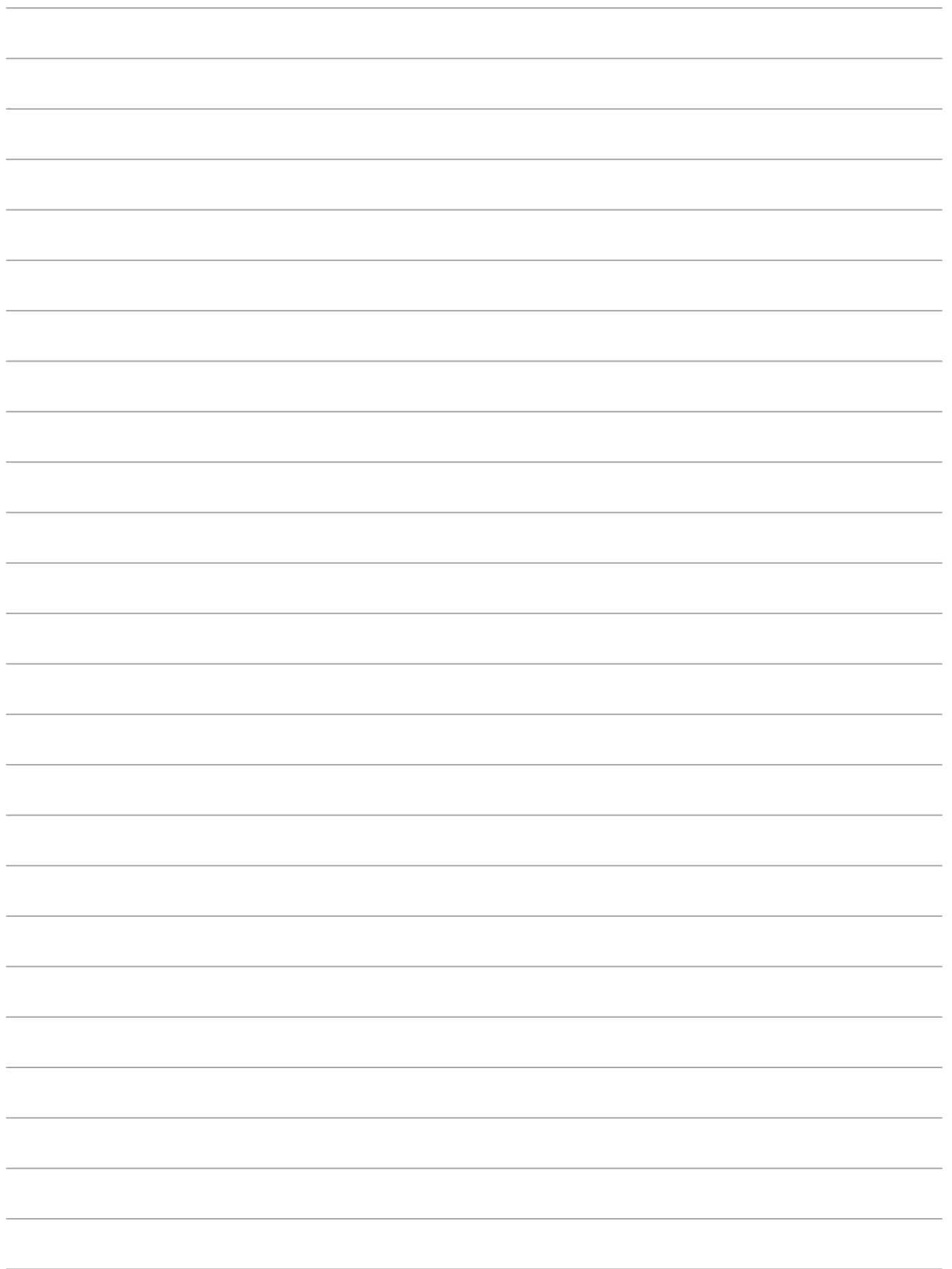
1. What responsibilities or expectations am I carrying right now that are draining me instead of fueling me?
2. Where am I delegating my emotions to other people, and how can I take responsibility for my own joy and peace?
3. What small daily habit is currently draining my energy, and what new habit could I create to give me energy instead?

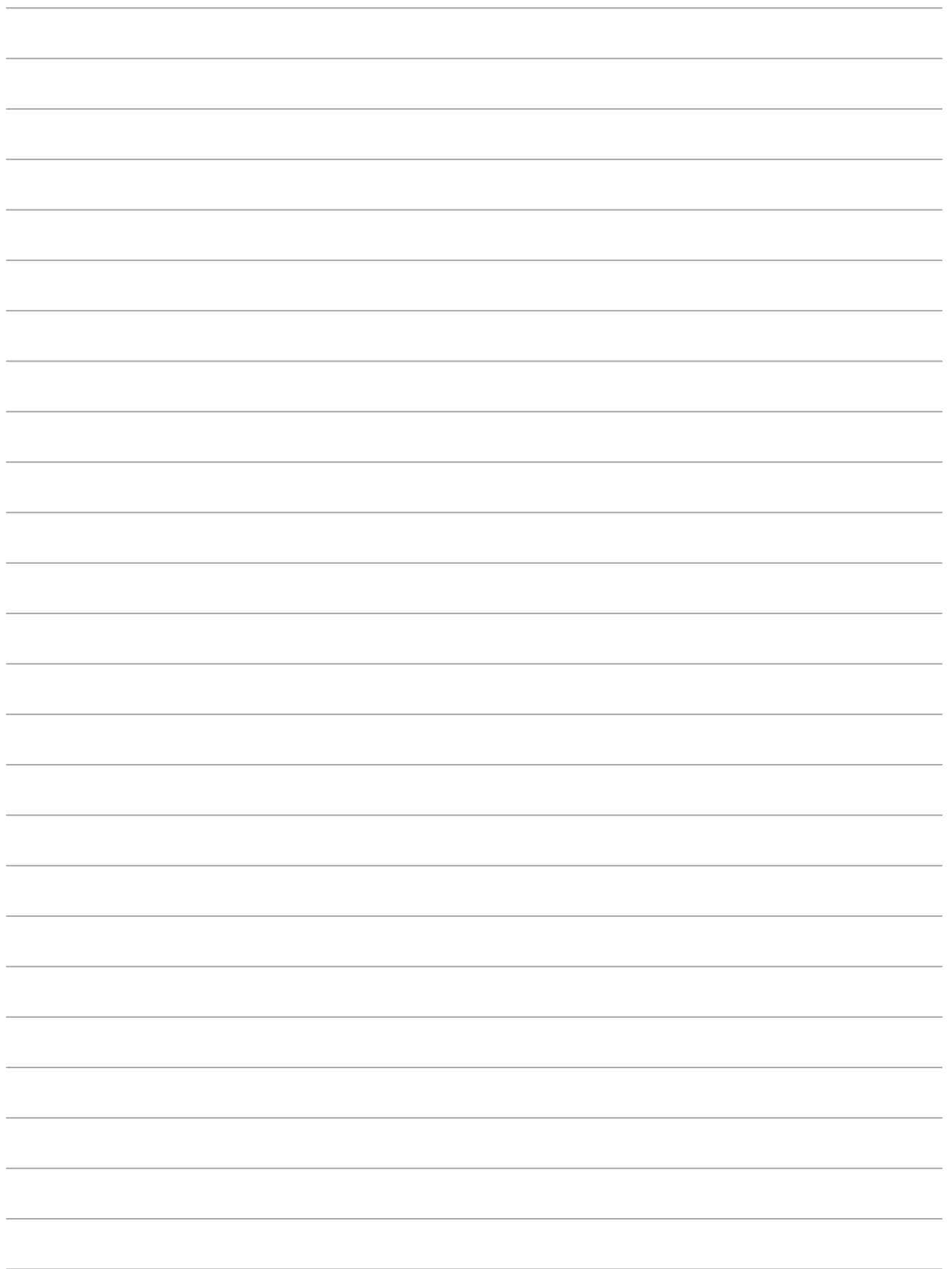
WAKE UP & SHOW UP

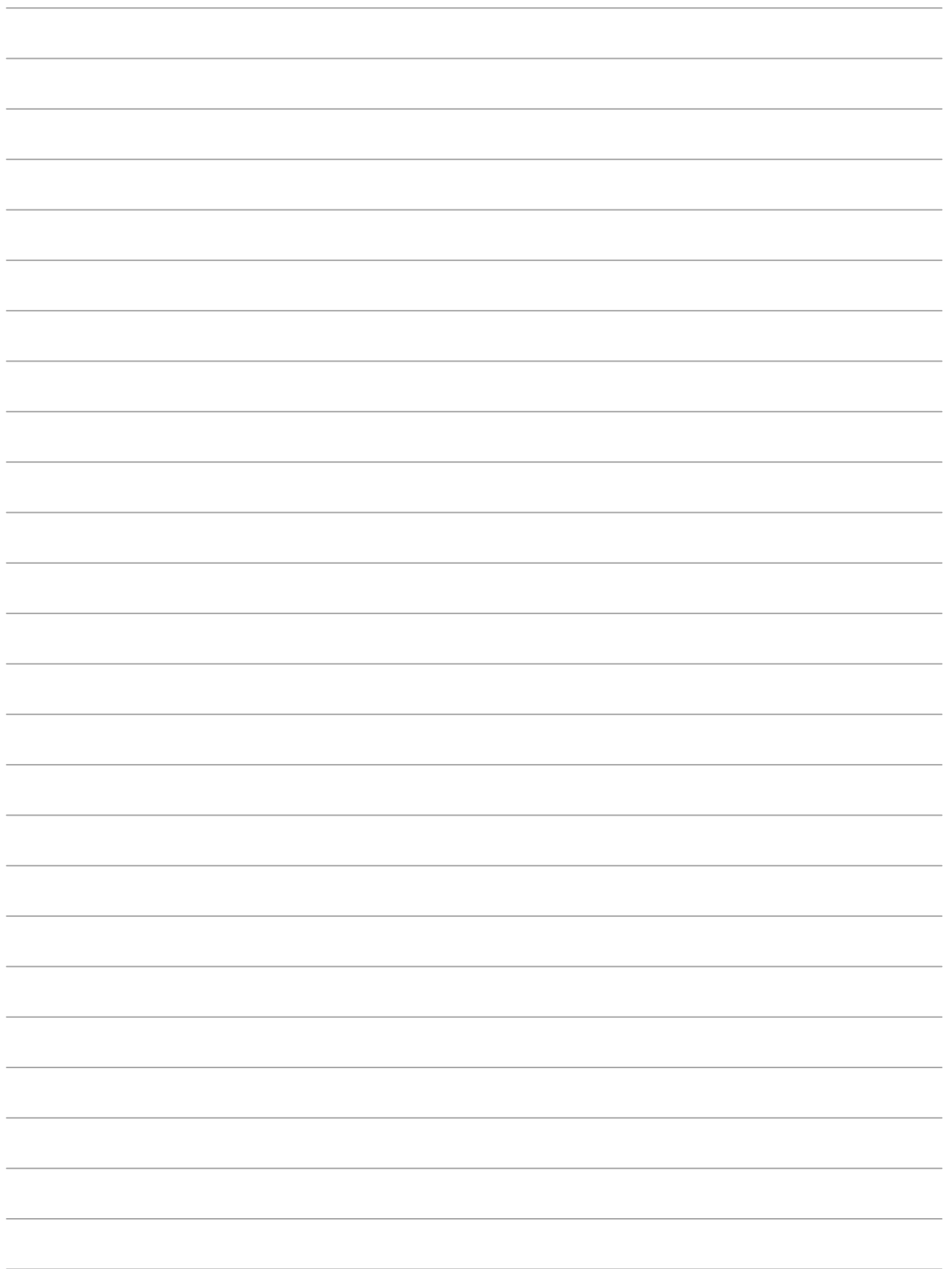
1. In what ways have I been “missing” my own extraordinary life by focusing only on stress, overwhelm, or lack?
2. What does the “extraordinary version of me” look like? How does she think, feel, and act in her everyday life?
3. What would it mean for me to truly show up in my full power, joy, and love — both for myself and for others?
4. What is one bold action step I can take this week to embody the extraordinary version of me that’s been hiding in plain sight?

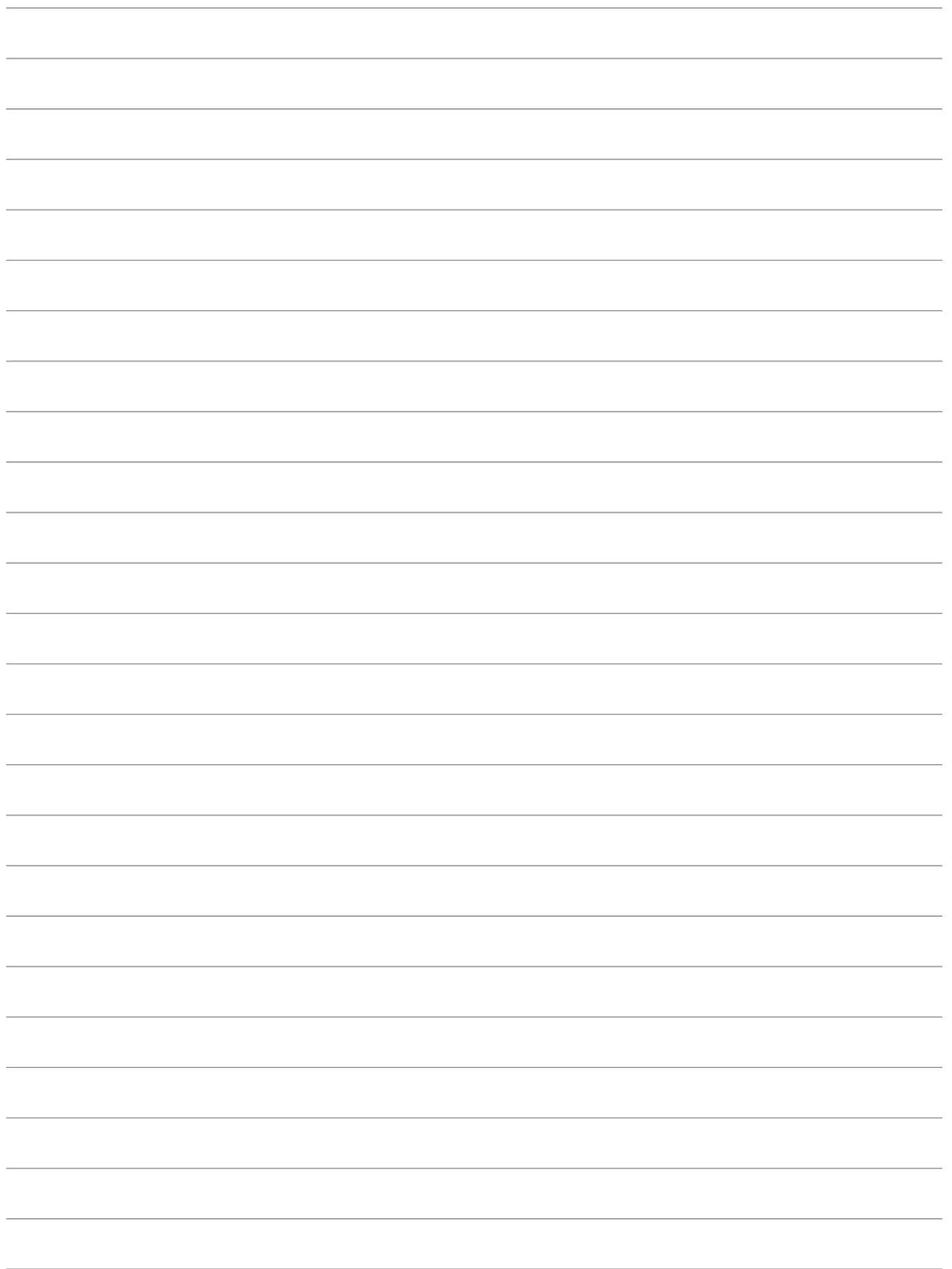


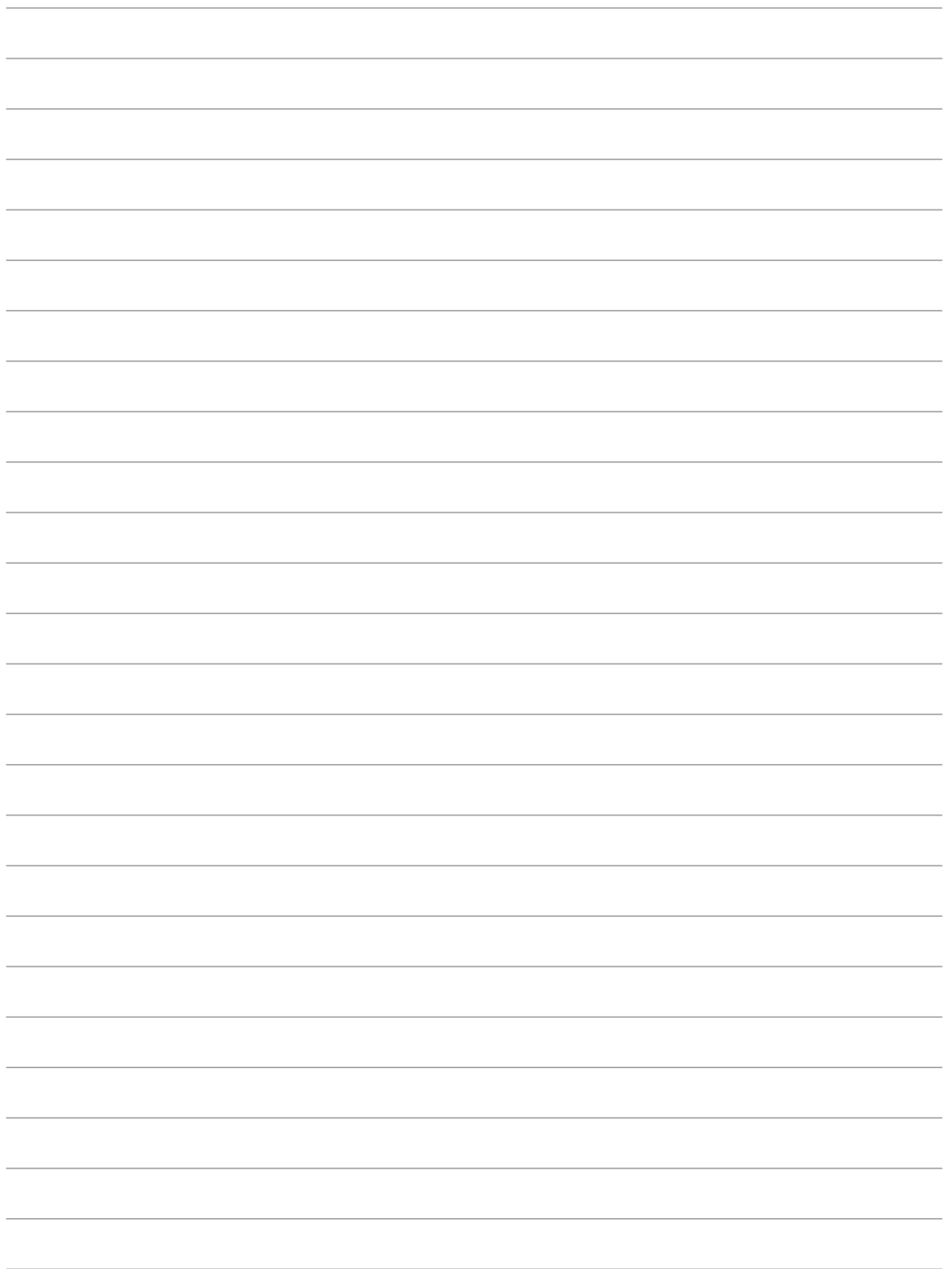


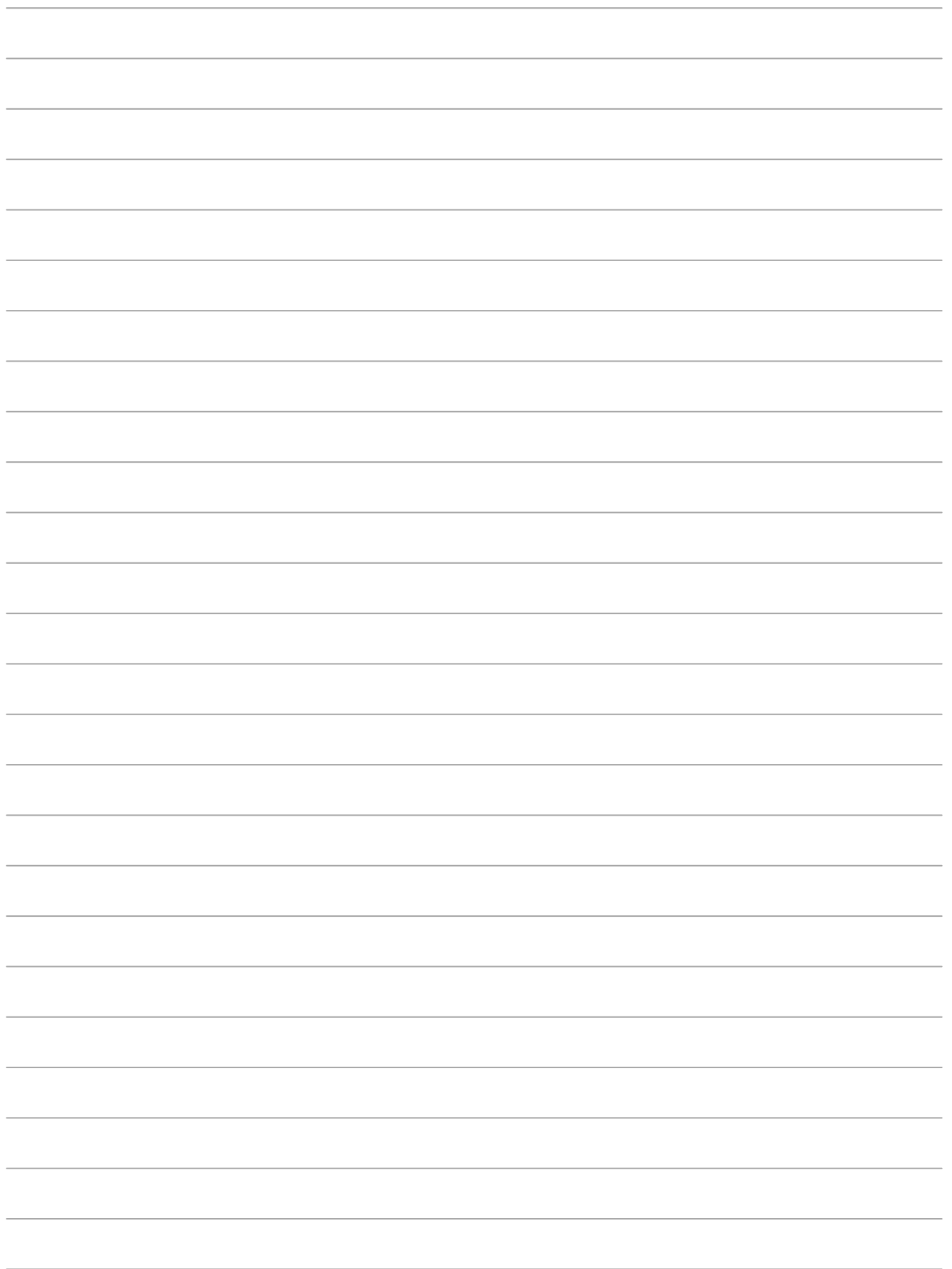


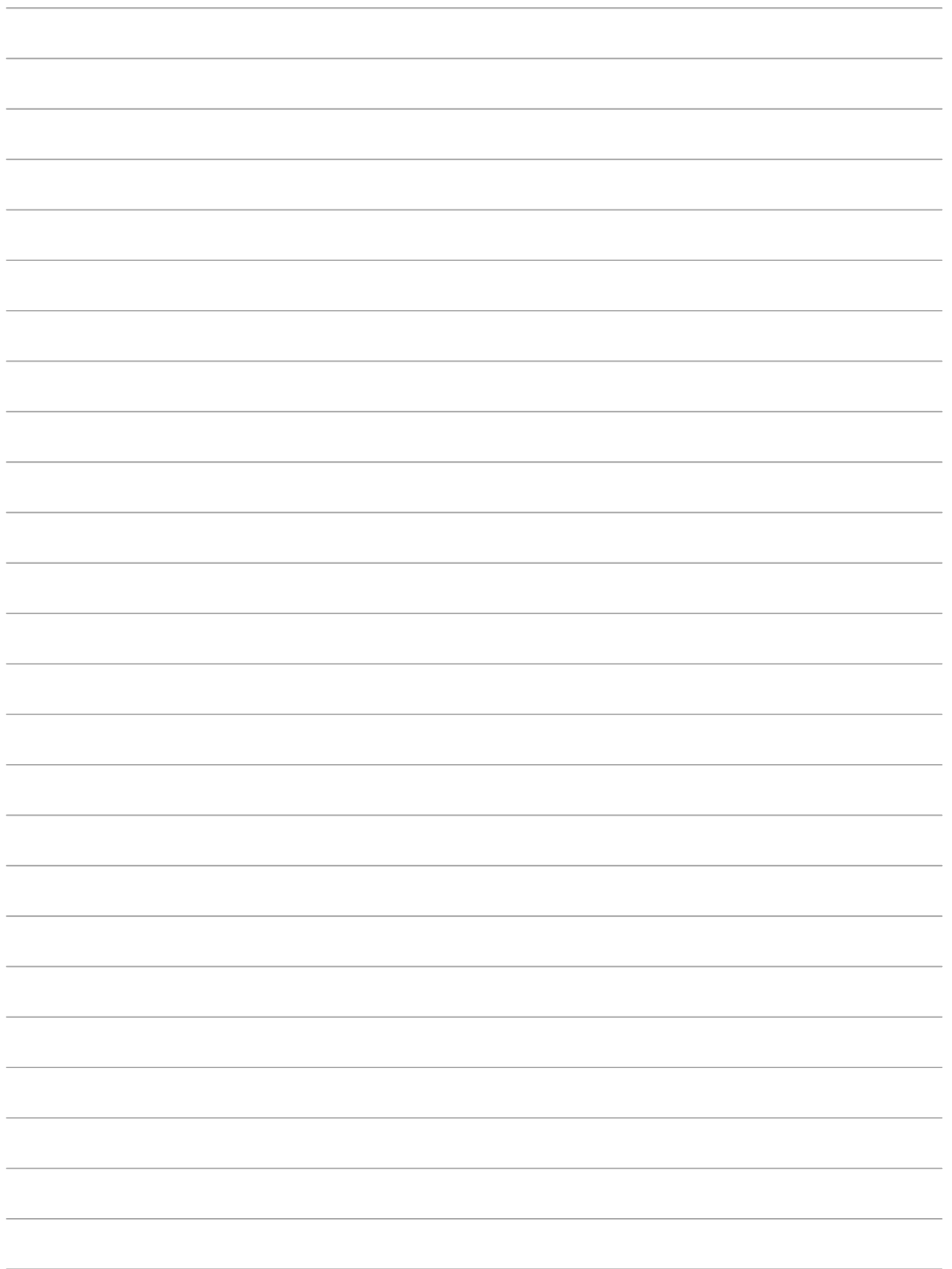


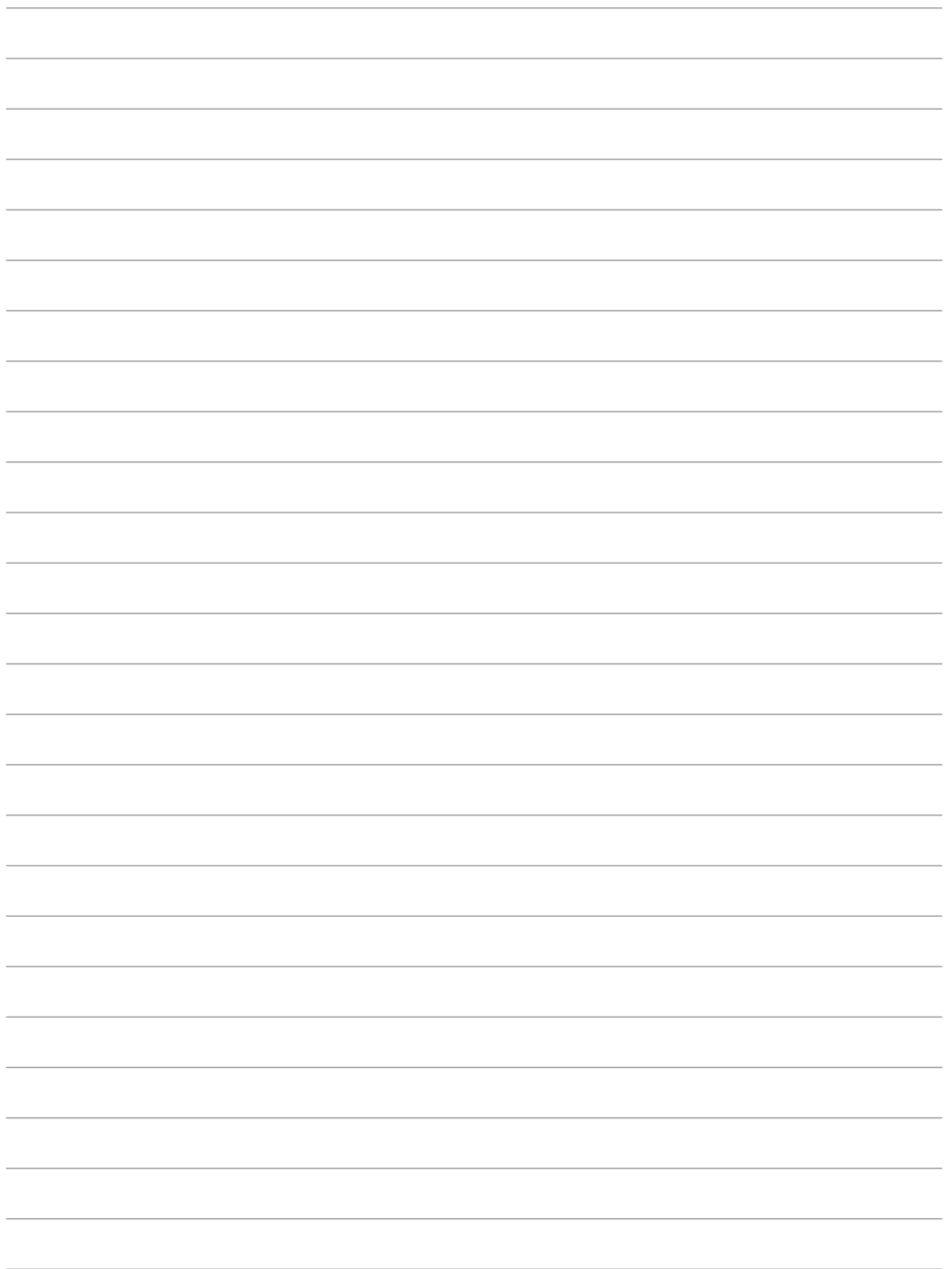


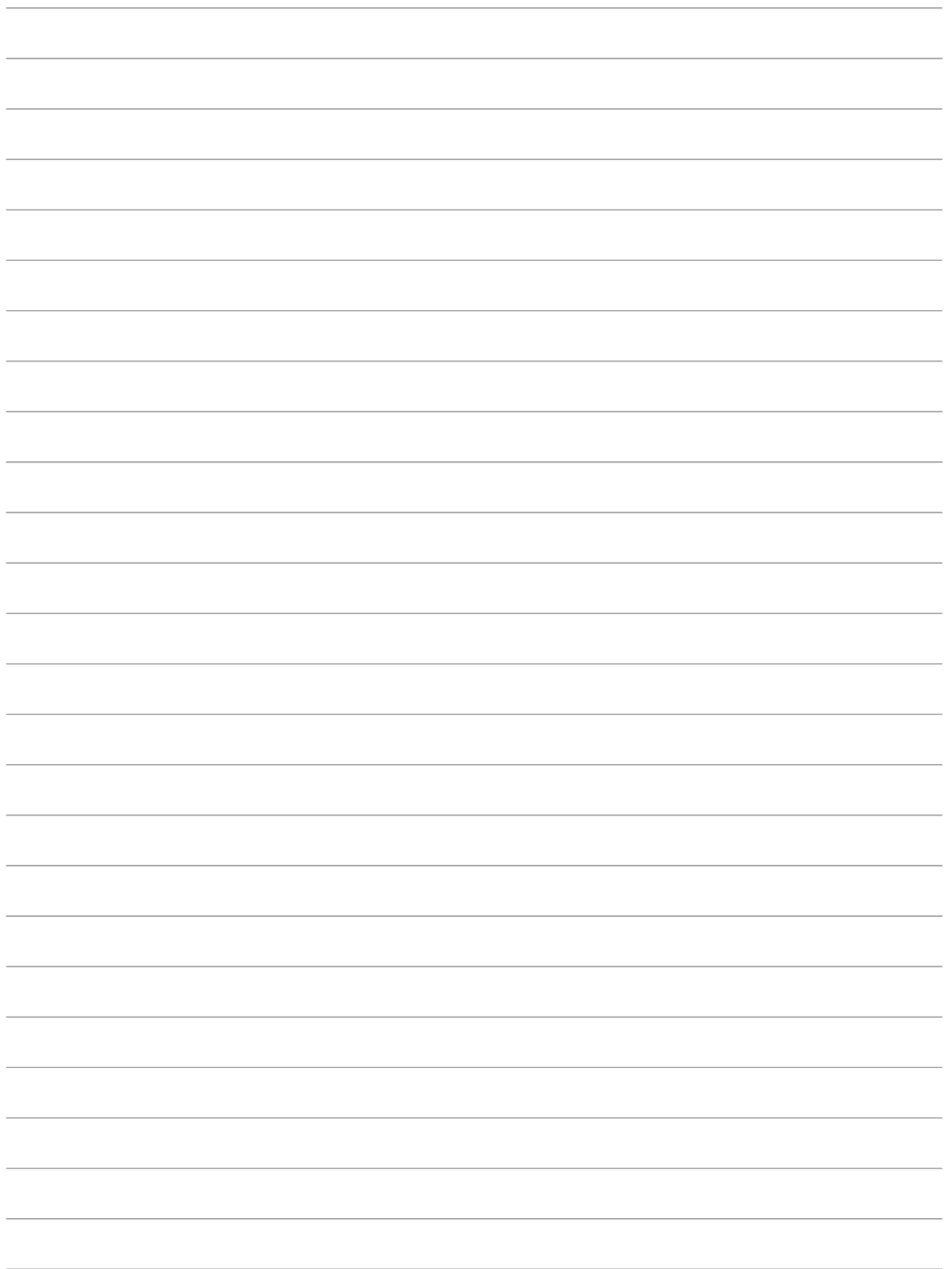


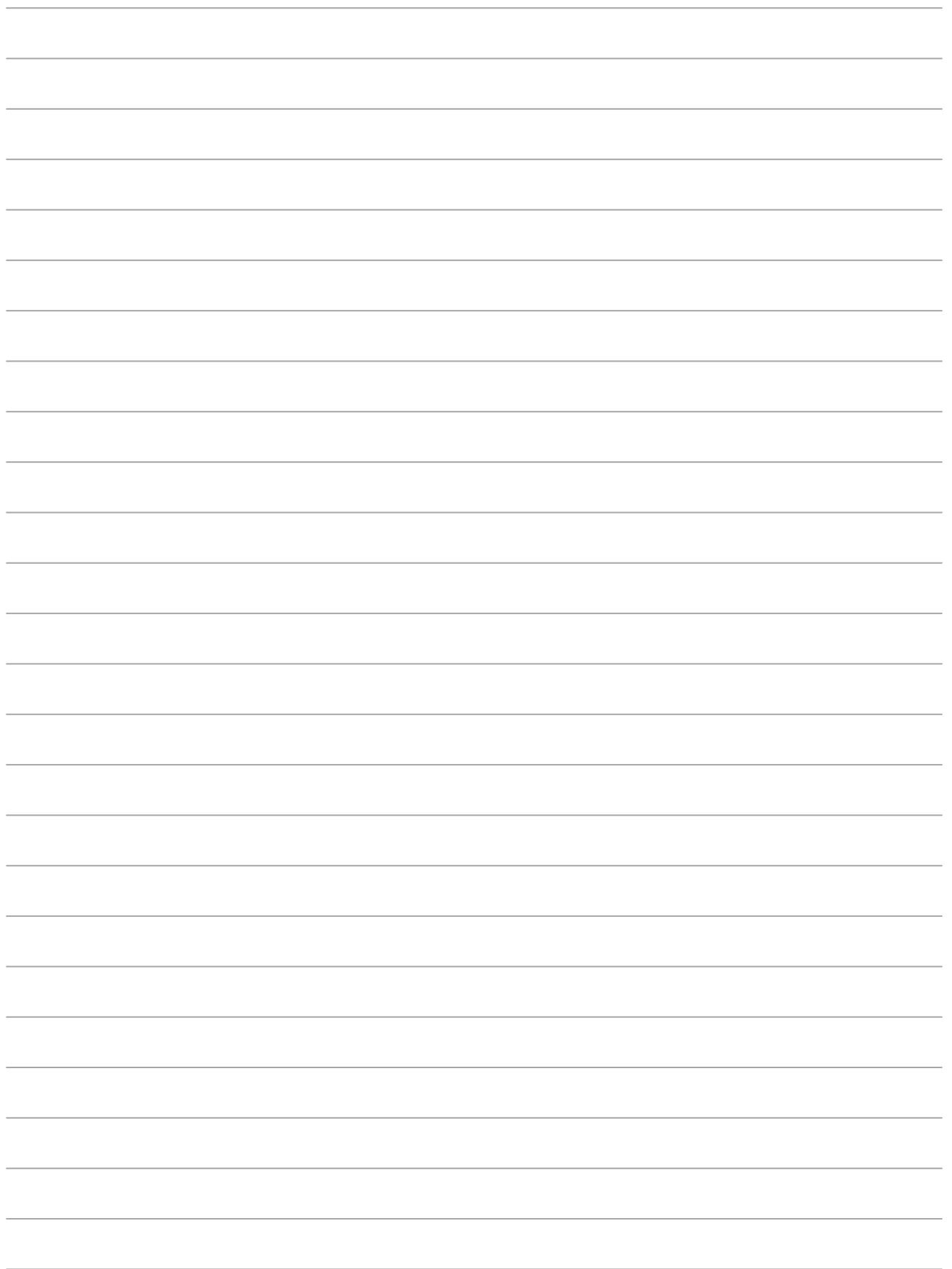


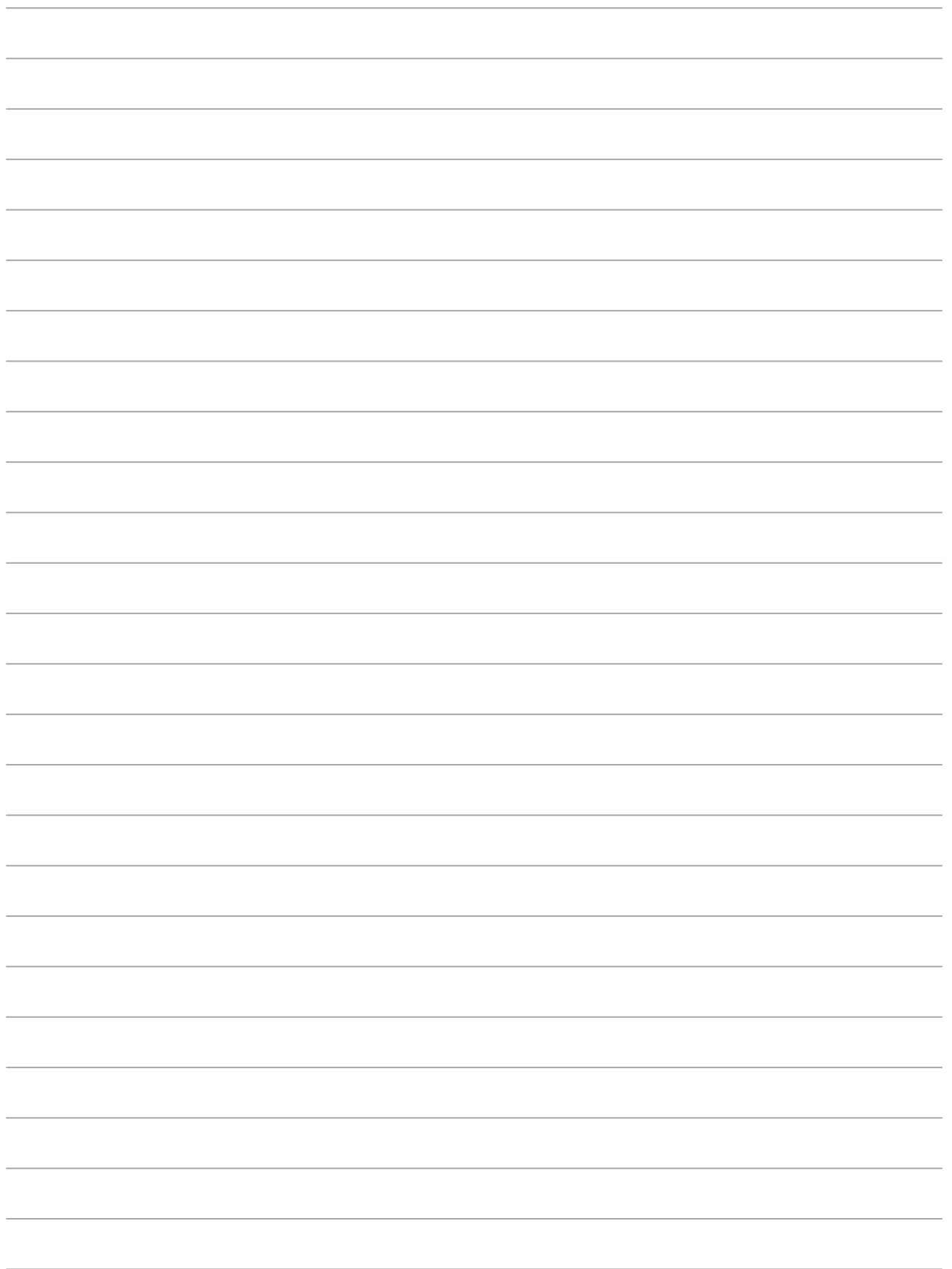


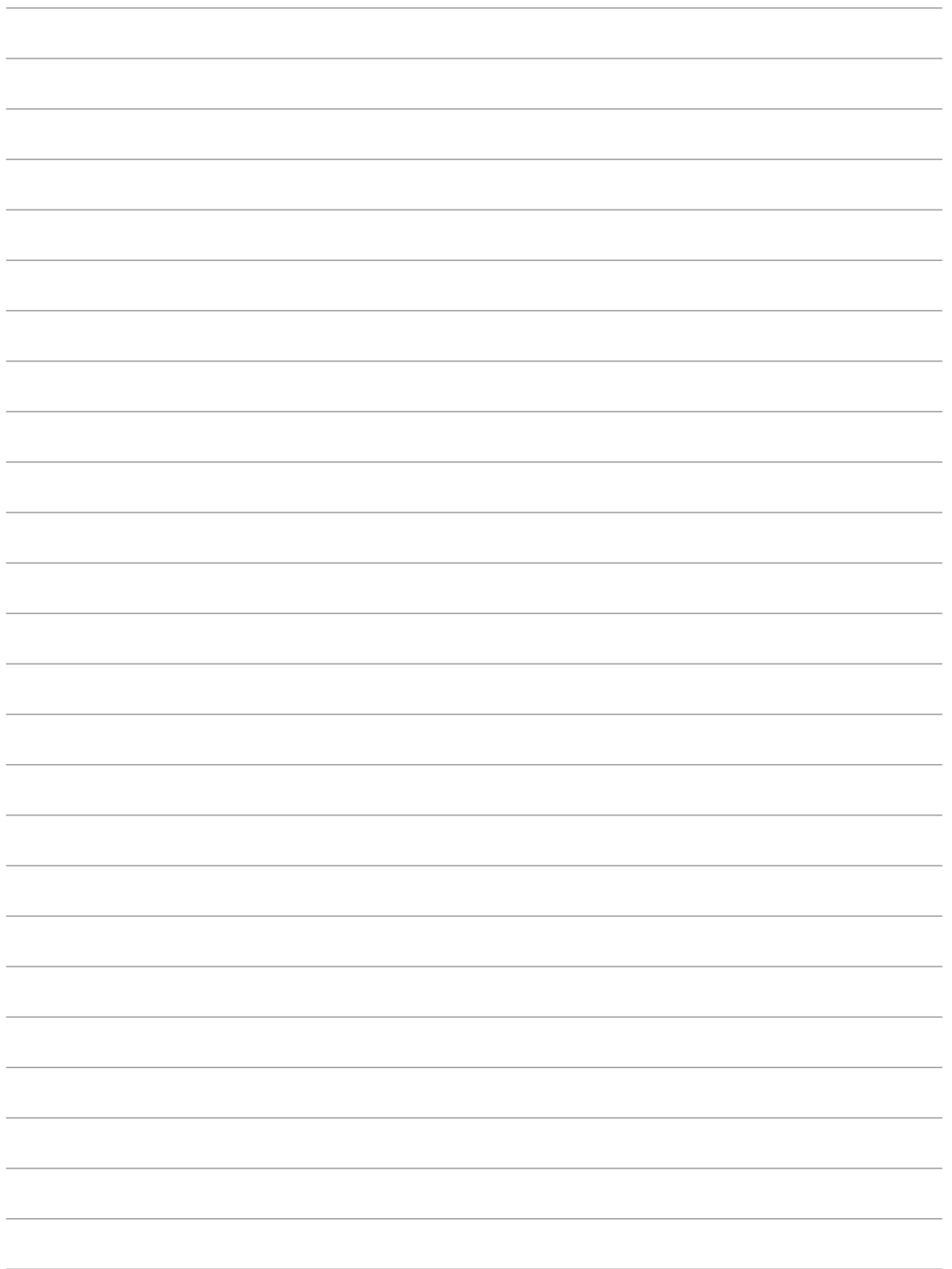


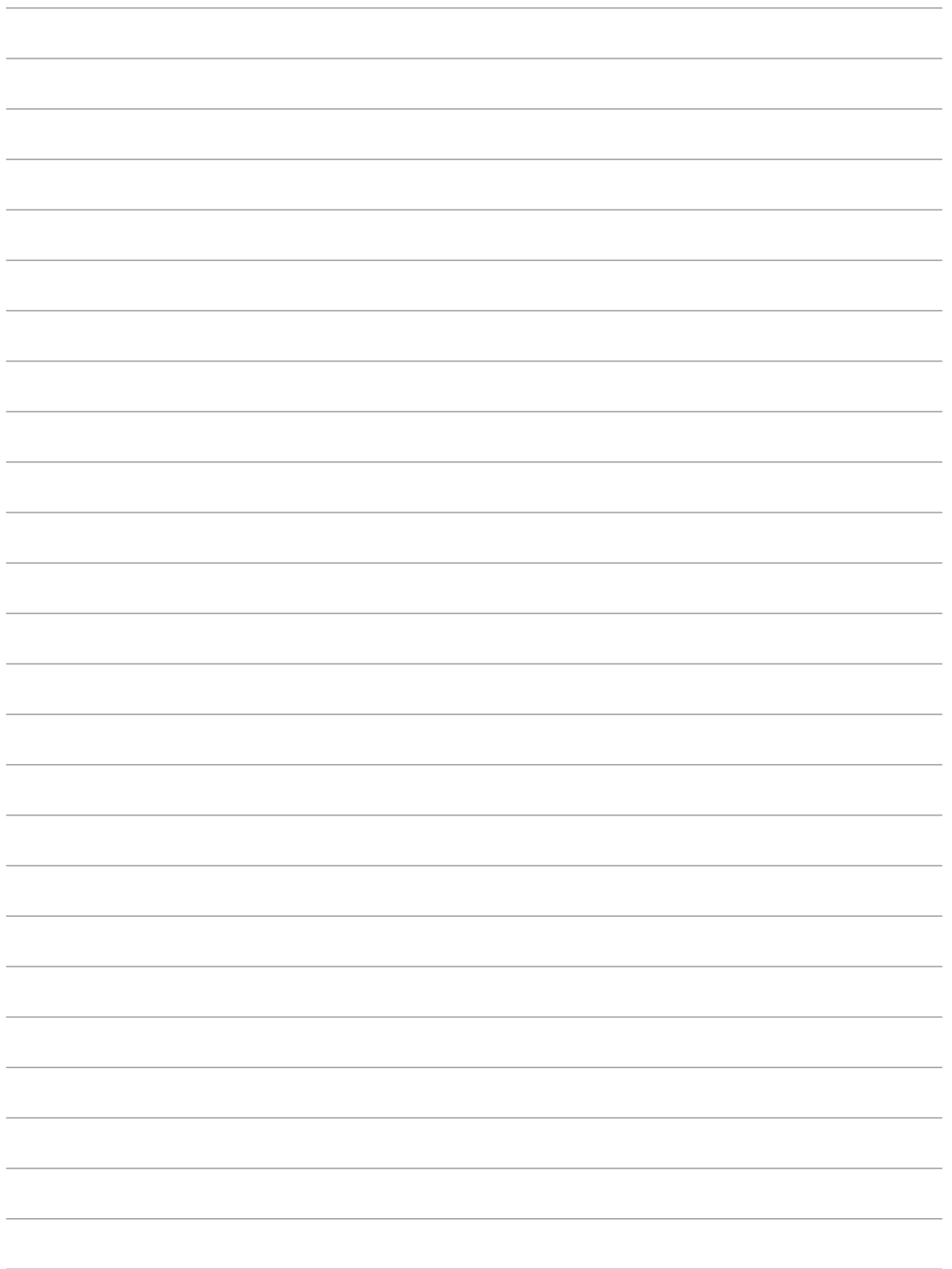


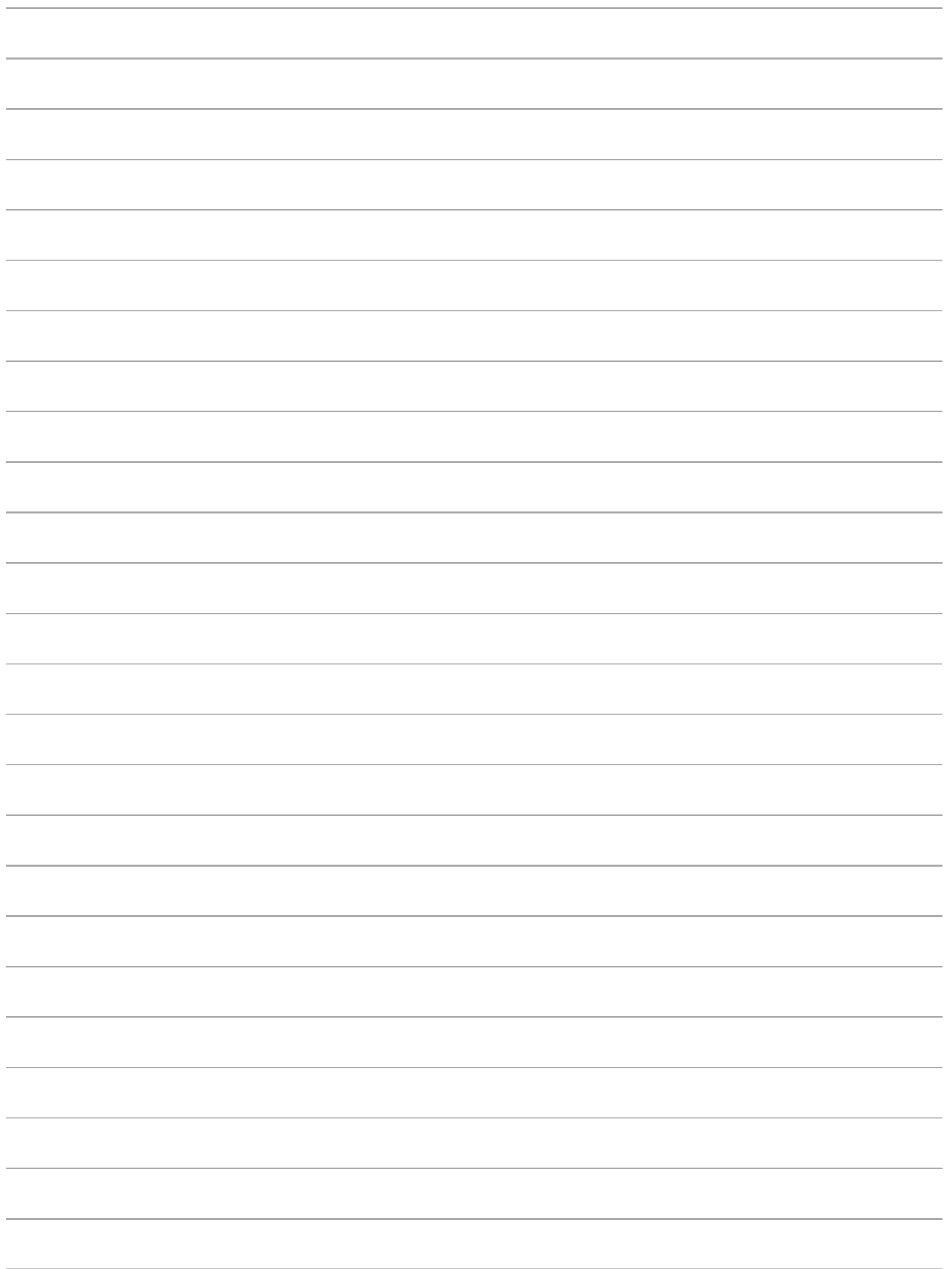


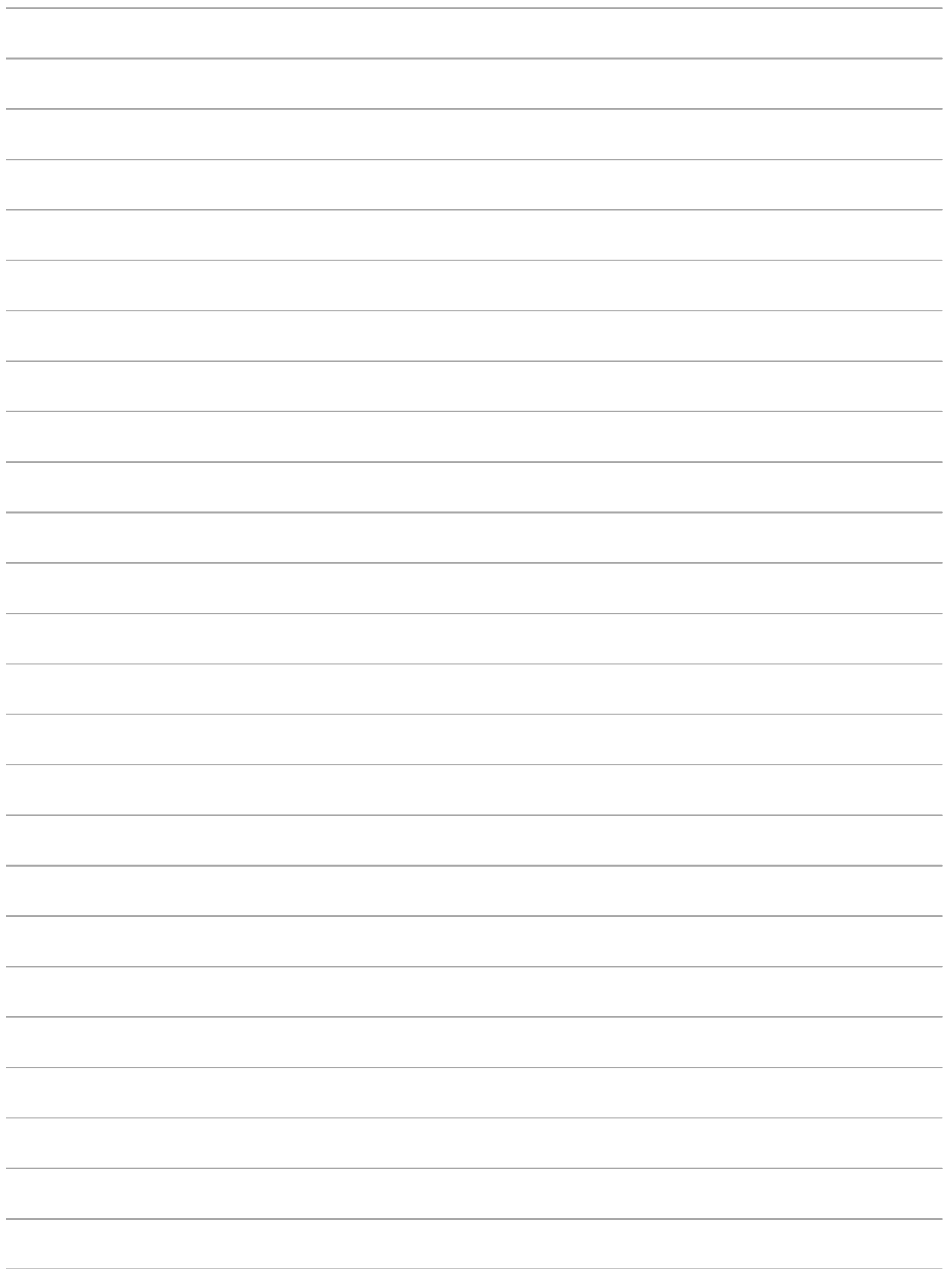


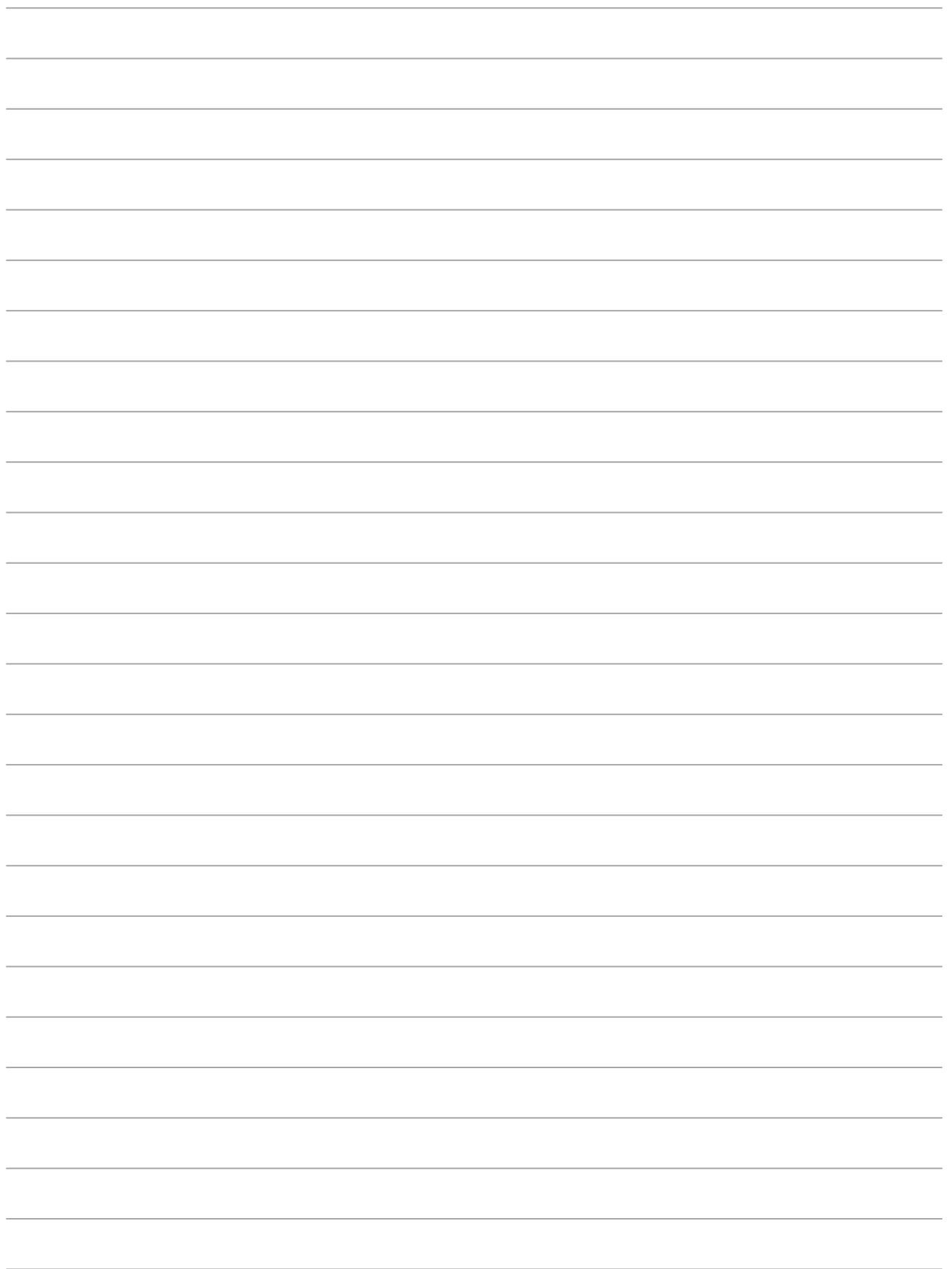


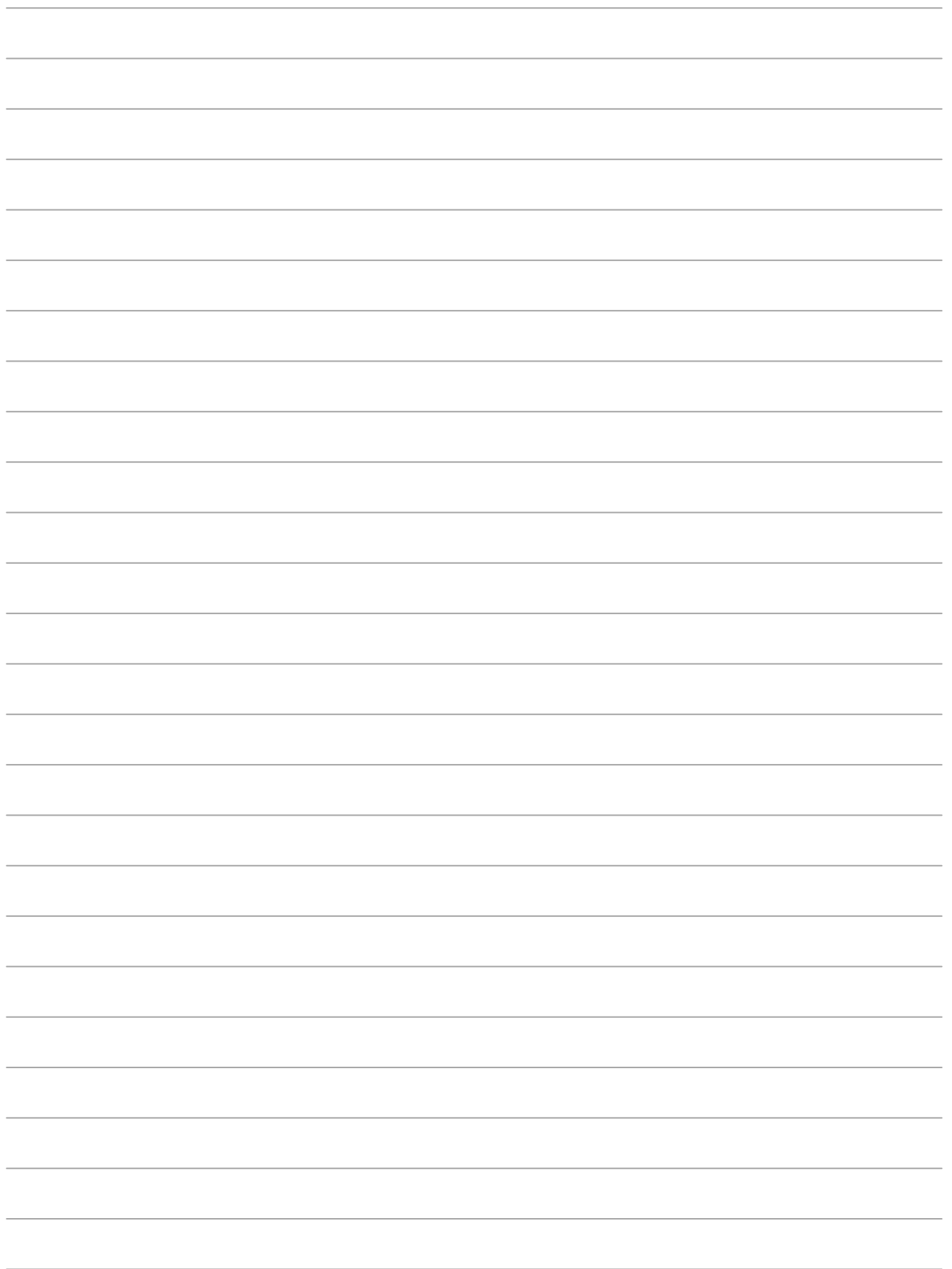


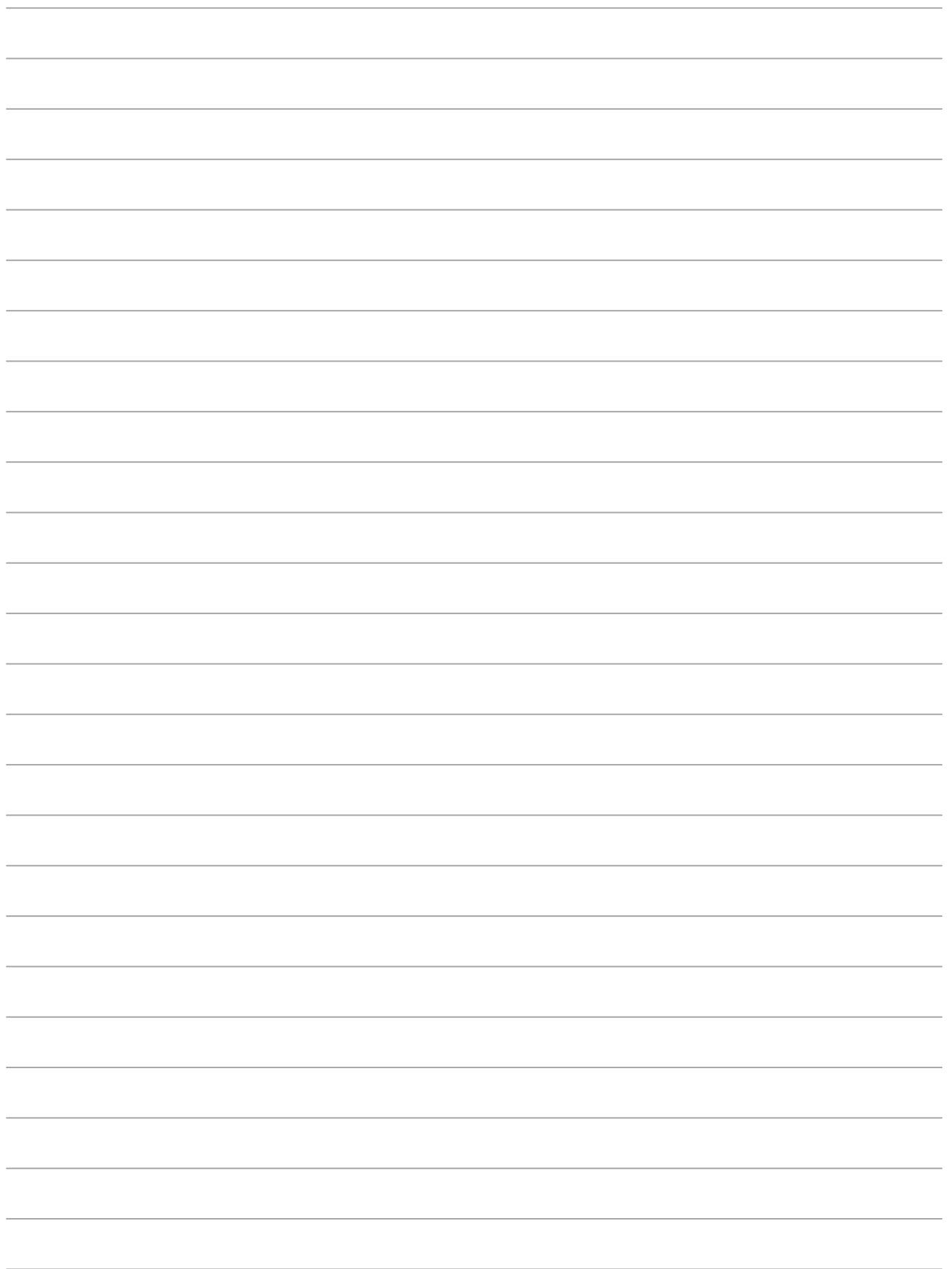


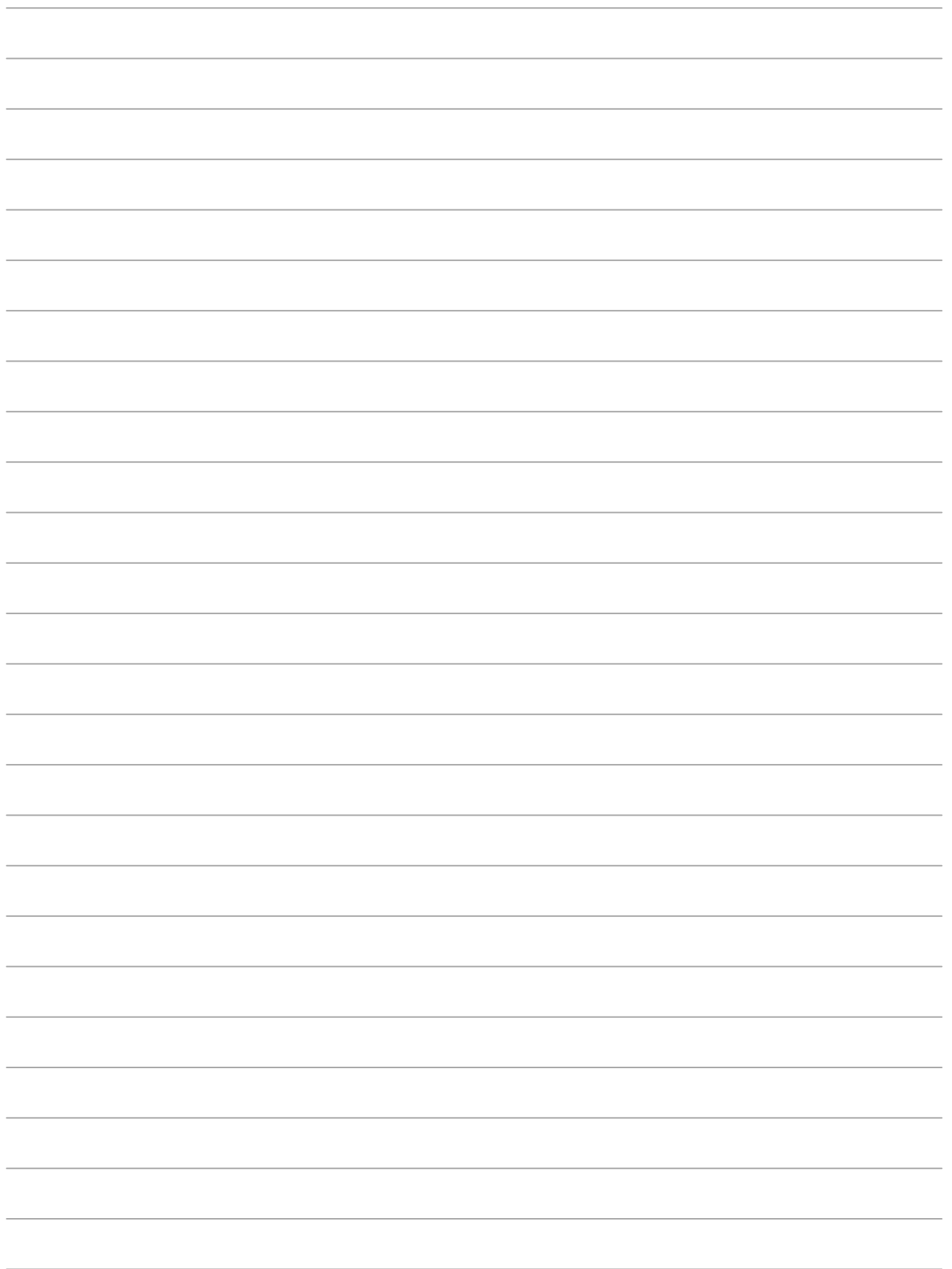


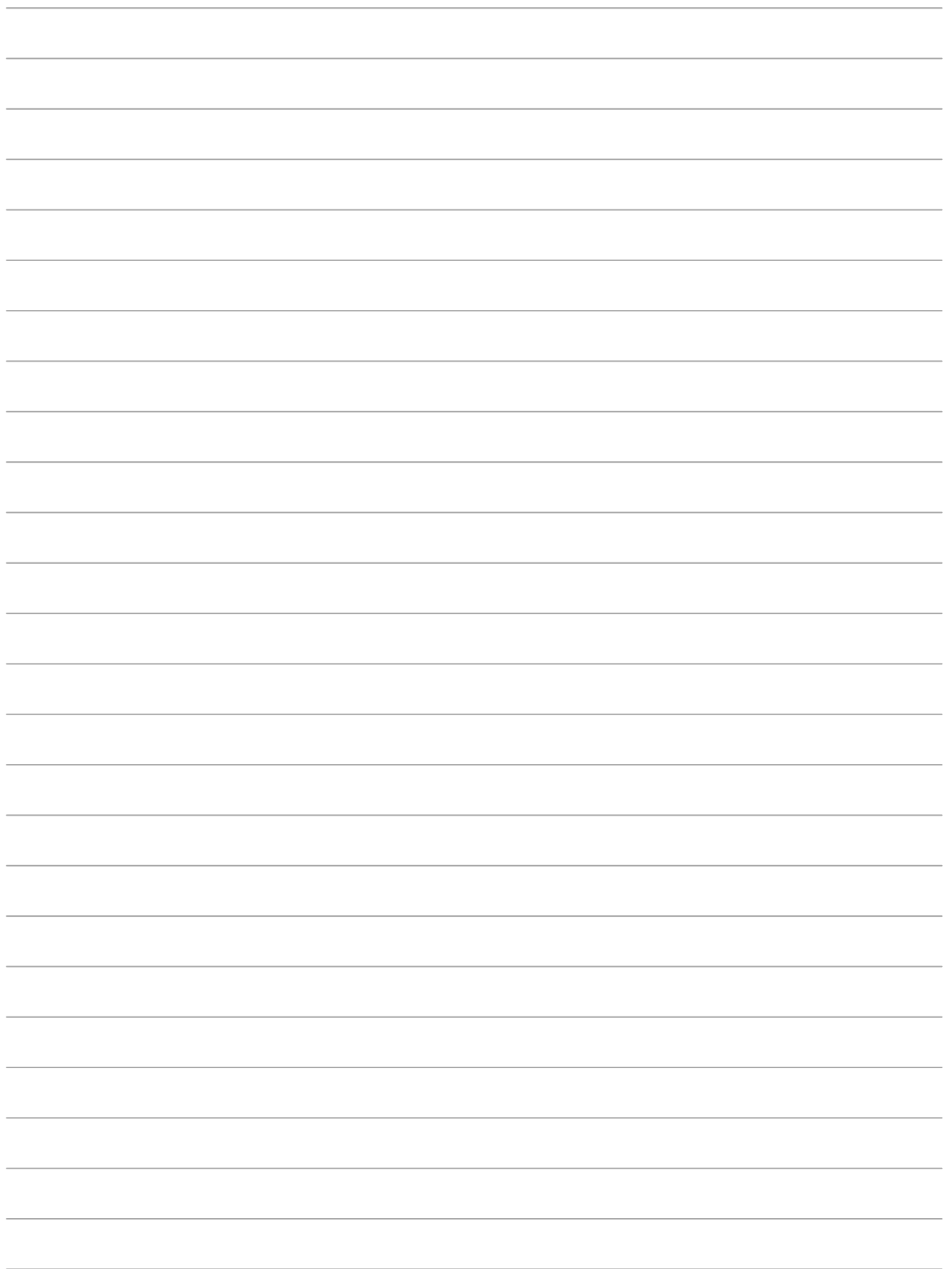


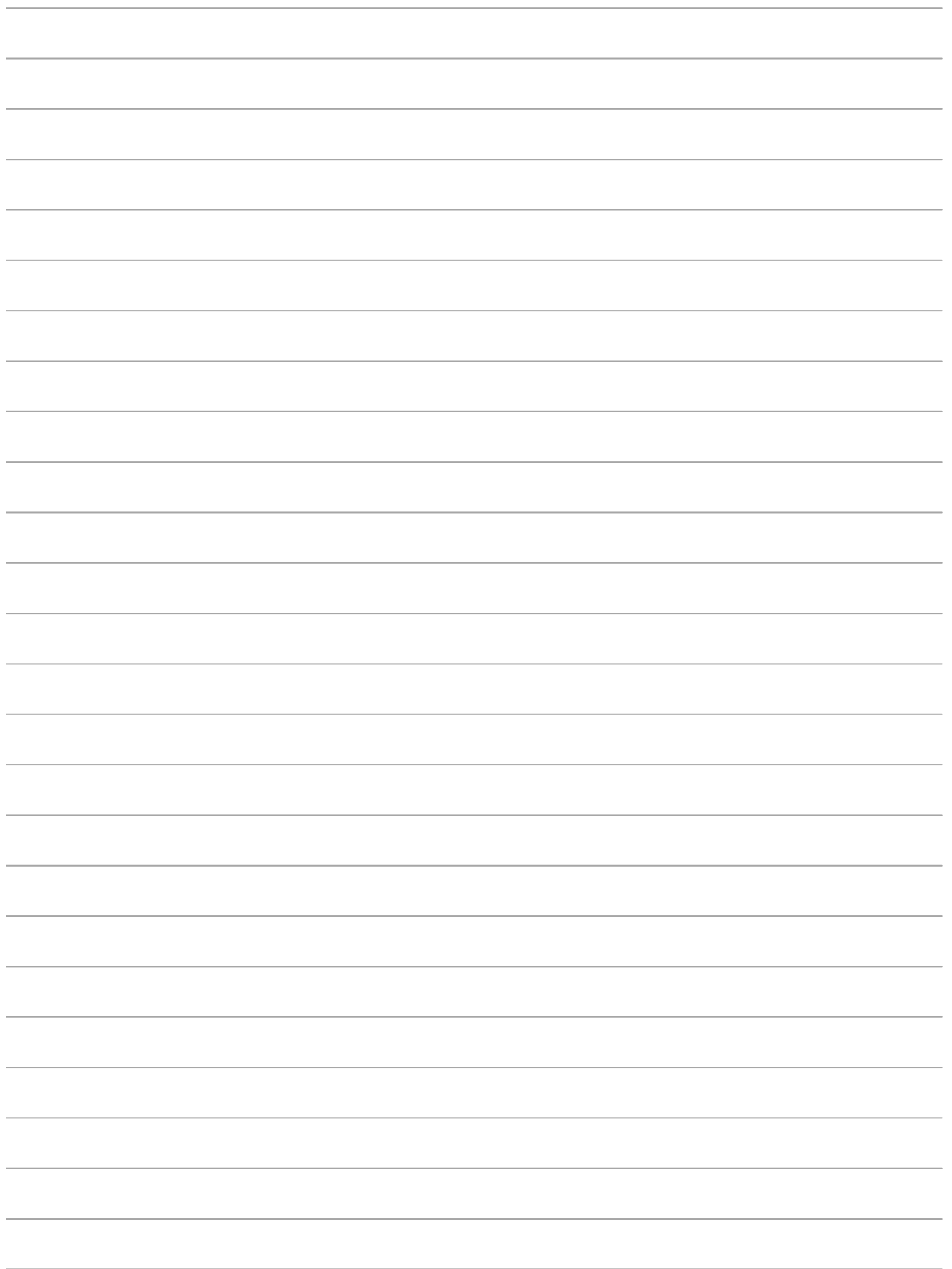


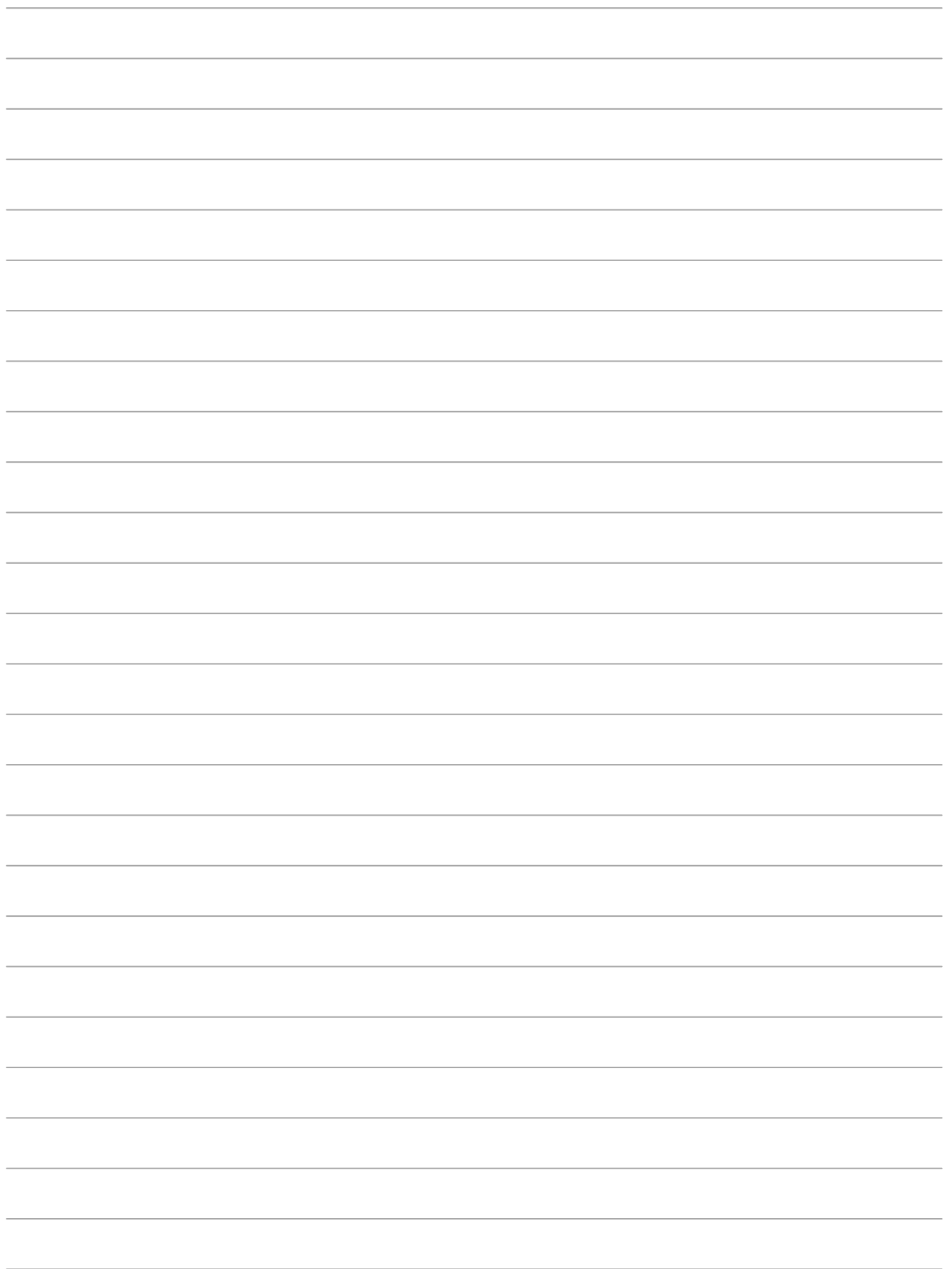


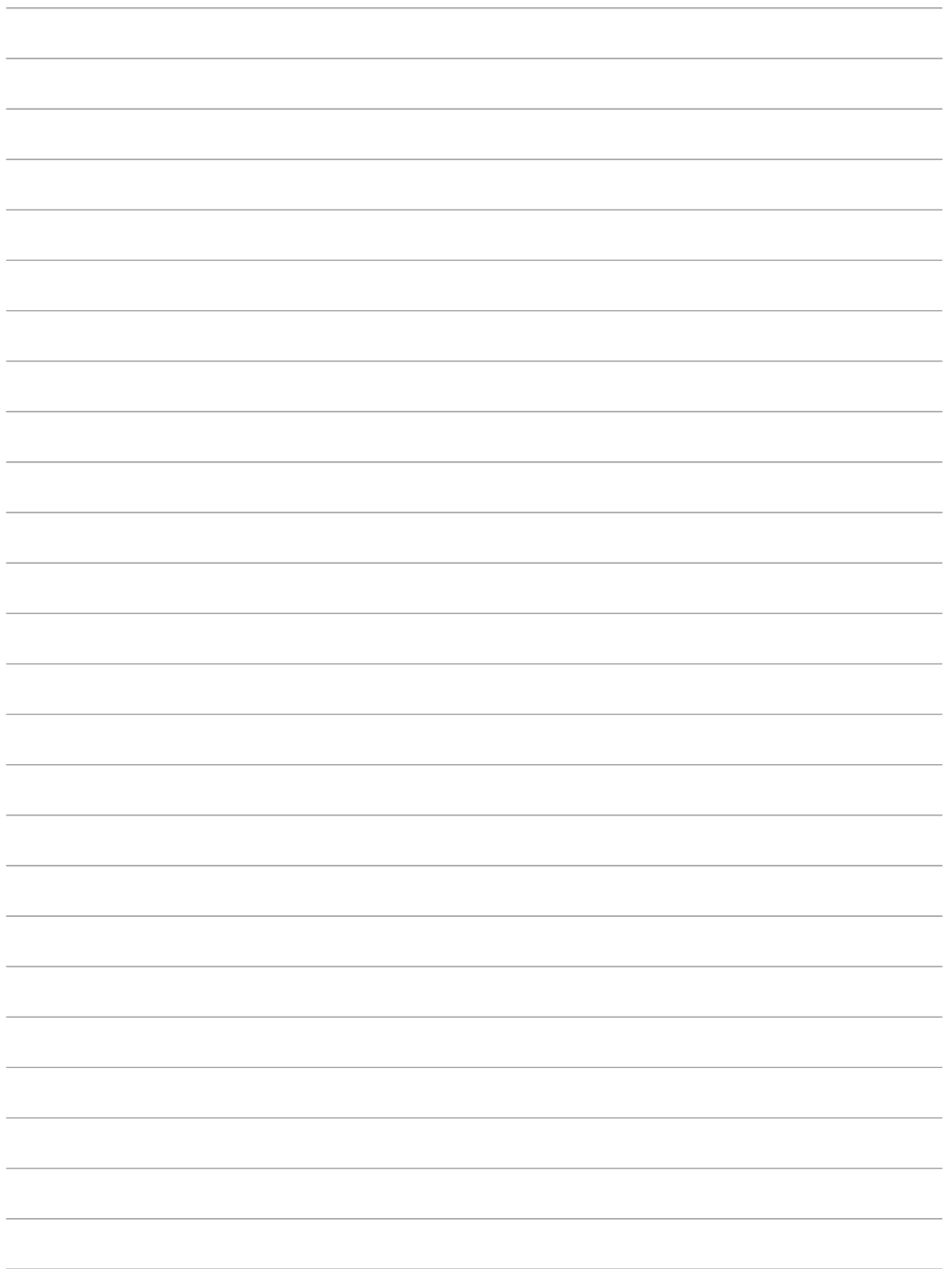


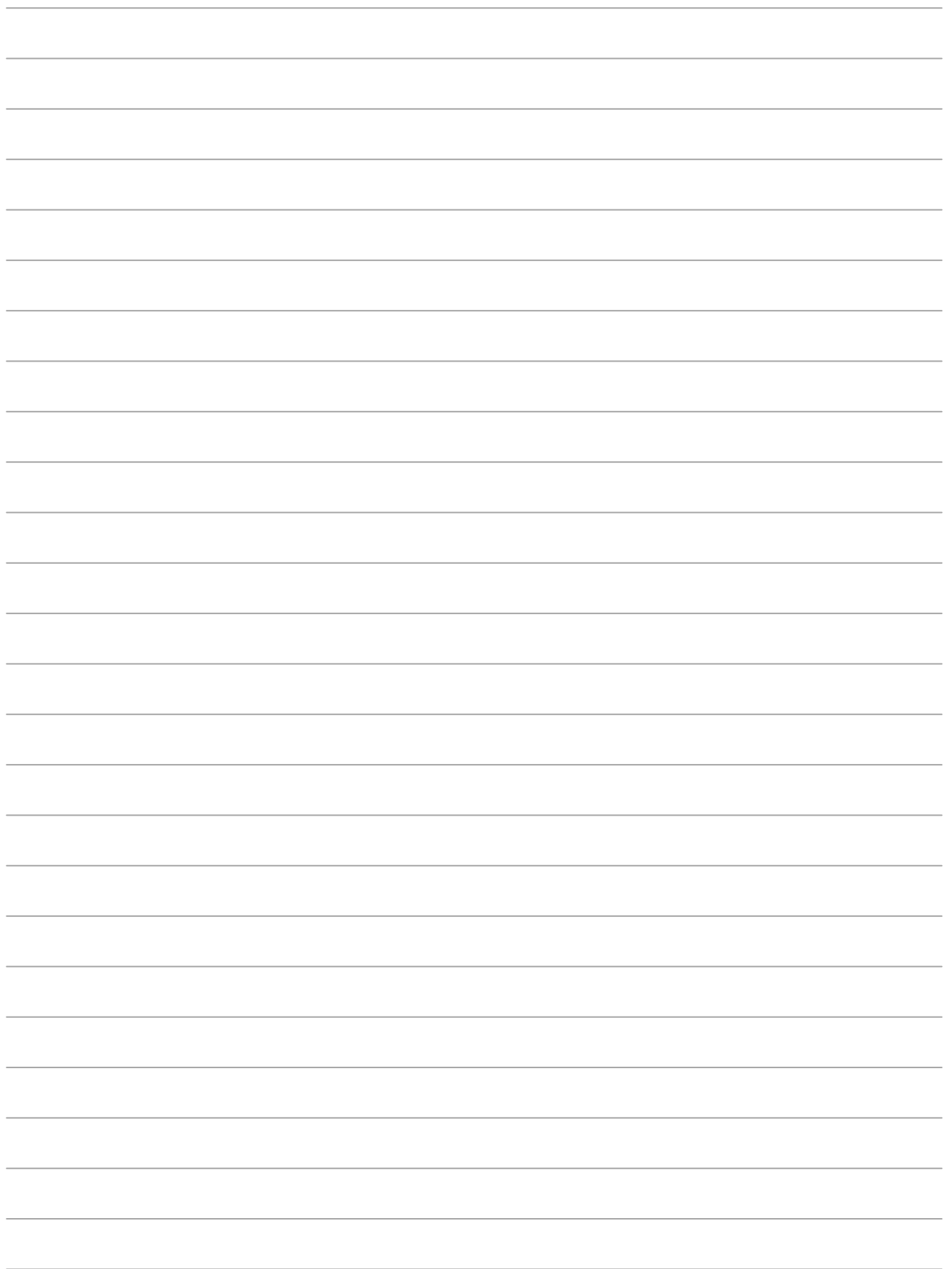


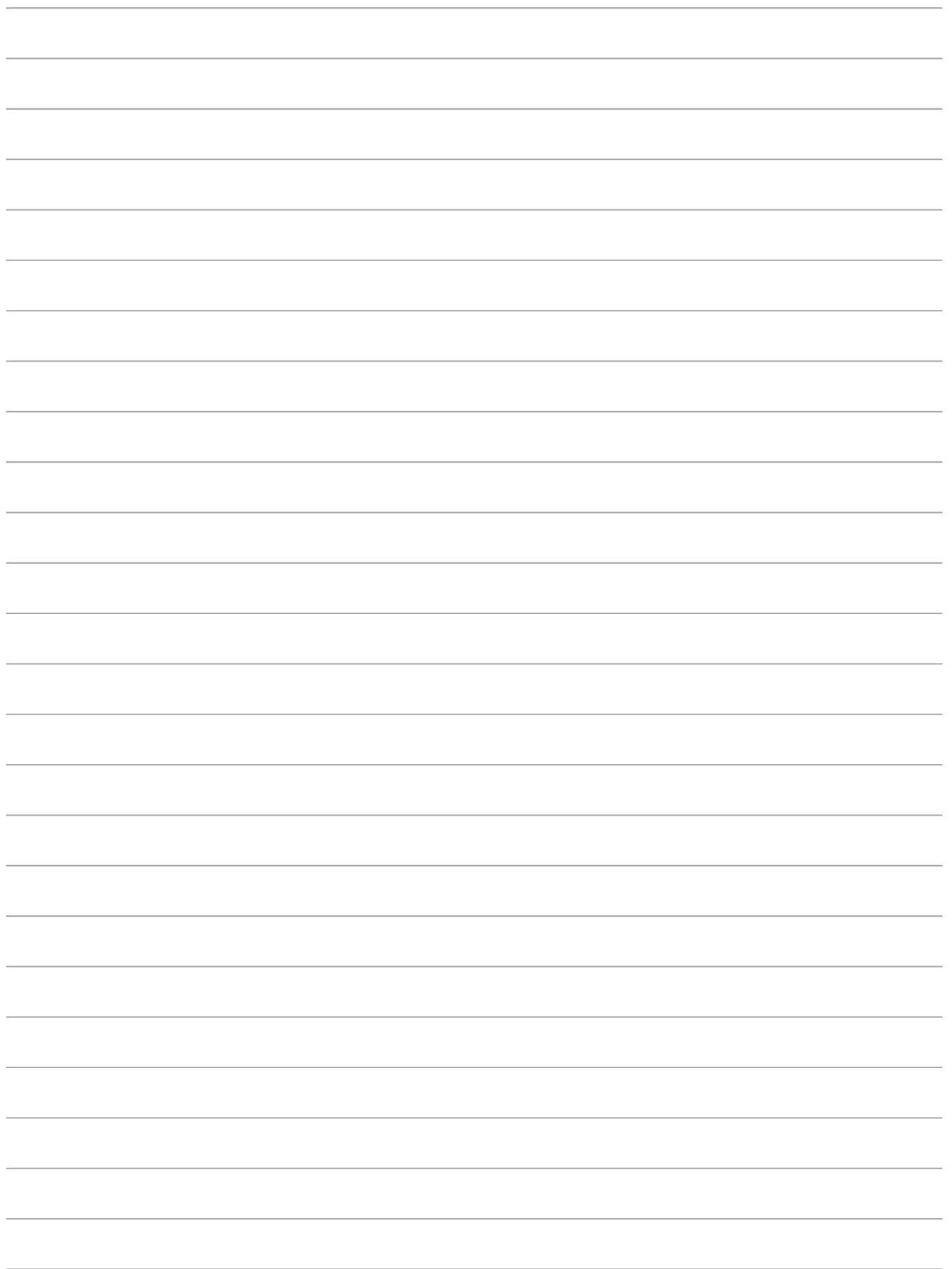














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