

A 31-DAY WORKBOOK TO TRANSFORM YOUR  
MINDSET FROM FEELING STUCK TO VICTORIOUS

# VICTORIOUS

# VIXEN

*THERE IS  
LIFE, LOVE  
AND  
MONEY  
AFTER  
DIVORCE  
AND  
HARDSHIP.*

**BY MARIA KYLE**

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## *NO WOMAN LEFT BEHIND.*

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TO MY VICTORIOUS VIXEN IN TRAINING,

I HAVE COME BACK FROM DIVORCE, BANKRUPTCY, NEAR HOMELESSNESS, JOBLESSNESS AND RECOVERING FROM A LIFE-THREATENING ILLNESS.

SHORTLY AFTER LOSING MY HOME DUE TO MY DIVORCE, I CAME TO A LIFE-CHANGING REALIZATION THAT I WOULD NOT EVER PUT MYSELF IN A POSITION THAT MY FUTURE, MY WELL BEING OR MY FINANCES, DEPENDED ON A MAN, PERSON OR CORPORATION EVER AGAIN.

FOR YEARS I WORKED HARD ON MY OWN BUSINESS AS A MORTGAGE BROKER. YES, IT WAS A REALLY GOOD LIVING, BUT IT WAS NOT REALLY WHAT HAD ME JUMPING OUT OF BED EACH MORNING, READY TO GET TO WORK.

THEN JUNE 2013 CAME. I GOT REALLY SICK AND ENDED UP IN THE HOSPITAL FOR A WEEK. IN THAT TIME REFLECTING ON MY LIFE, I ASKED MYSELF THIS QUESTION. "IF I DIED TODAY WOULD I BE HAPPY?" THE ANSWER WAS A RESOUNDING NO!!! SO AS SOON AS I RECOVERED I DECIDED THAT IT WAS TIME TO GET MY SHIT IN ORDER, START LIVING A LIFE THAT MADE ME HAPPY, AND SO LIVING YOUR TRUTH WAS BORN.

I LEFT MY HUSBAND, GOT CERTIFIED AS A LIFE COACH AND STARTED MY COACHING PRACTICE. MY OBSESSION WITH HELPING LADIES WAS FINALLY GOING TO GET THE ATTENTION IT DESERVED.

I HAVE PUT TOGETHER THIS WORKBOOK, WHICH IS MADE UP OF AFFIRMATIONS, DAILY JOURNAL PROMPTS AND SOME ACTIONABLE INTENT TO HELP YOU MOVE ON WITH YOUR LIFE, FIGURE OUT IF YOU ARE HAPPY, AND IF NOT, WHY?

IN MY LIFE, I HAVE ALWAYS READ SELF-HELP BOOKS, JOURNALED TAKEN PERSONAL DEVELOPMENT PROGRAMS AND THEY WERE TREMENDOUS IN HELPING ME GET THROUGH SOME OF THE HARDEST DAYS OF MY LIFE, AND I WANTED TO EXTEND THAT SAME HELP TO YOU.

I WANT TO SEE YOU THRIVE, NOT SURVIVE AND LIVE YOUR LIFE BY DESIGN NOT DEFAULT.

SO HERE'S TO LIVING YOUR TRUTH!!!!!!

MUCH LOVE,  
MARIA

"THERE'S NOT A PREREQUISITE FOR WORTHINESS. YOU ARE BORN BEING WORTHY"

-VIOLA DAVIS

DATE:

*Journal Prompt Of The Day :*

WHAT NEGATIVE FEELINGS CAN YOU CHOOSE TO GET RID OF TODAY?

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*Actionable Step Of The Day :*

SCHEDULE AN APPOINTMENT WITH A LIFE COACH OR A LUNCH DATE WITH YOUR GIRLFRIEND TO TALK AND PLAN FOR YOUR POSITIVE FUTURE.

*Affirmation Of The Day :*

I CAN HAVE A POSITIVE LIFE JUST BY CHOOSING A POSITIVE ATTITUDE.



*"THERE ARE TWO PRIMARY CHOICES IN LIFE: TO ACCEPT CONDITIONS AS THEY CONSIST, OR ACCEPT THE RESPONSIBILITY OF CHANGING THEM."*

DATE:

*Journal Prompt Of The Day :*

WHAT IS SOMETHING THAT YOU CAN ASK FOR HELP WITHIN YOUR LIFE TODAY?

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*Actionable Step Of The Day :*

MAKE A LIST OF THINGS THAT YOU NEED HELP WITH TODAY AND REACH OUT TO AT LEAST ONE PERSON FOR HELP WITH SOMETHING ON YOUR LIST.

*Affirmation Of The Day :*

*IT IS MORE THAN OK FOR ME TO ASK FOR HELP.*

"YOU ARE NOT THE VICTIM, YOU ARE THE CREATOR."

DATE:

*Journal Prompt Of The Day :*

WHAT IS ONE DOUBT THAT HAUNTS YOU AND HOW ARE YOU GOING TO RID YOURSELF OF THAT TODAY?

Series of horizontal lines for writing.

*Actionable Step Of The Day :*

TAKE 5 MINUTES TO LOOK IN THE MIRROR TODAY AND SAY LOTS OF NICE THINGS TO YOURSELF. YOU ARE MORE THAN ENOUGH AND YOU NEED TO HEAR IT!

*Affirmation Of The Day :*

I BELIEVE IN MYSELF!

*"THE FIRST STEP TO BECOMING STRONG IS TO DECIDE THAT YOU ARE."*

DATE:

*Journal Prompt Of The Day :*

WHAT DOES YOUR DREAM LIFE, THE LIFE THAT YOU IMAGINED LOOK LIKE? WRITE IT OUT IN DETAIL.

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*Actionable Step Of The Day :*

CREATE YOURSELF A DREAM/VISION BOARD (VIRTUALLY ON PINTEREST OR ON A POSTERBOARD) PUT ALL THE THINGS THAT YOU WANT AND DESERVE IN YOUR LIFE!

*Affirmation Of The Day :*

*I DESERVE TO LIVE THE LIFE OF MY DREAMS, ITS MY BIRTHRIGHT!*

"DON'T RE-LIVE THE PAST AND DON'T PRE-LIVE THE FUTURE. LIFE NOW, FULLY"

-KAREN SALMANSOHN

DATE:

*Journal Prompt Of The Day :*

WHAT CAN YOU FORGIVE YOURSELF FOR TODAY?  
HOW CAN YOU SHOW YOURSELF MORE LOVE?

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*Actionable Step Of The Day :*

TREAT YOURSELF! BUY YOURSELF ONE THING THAT IS JUST FOR YOU TODAY. A NEW OUTFIT, A NEW PURSE, A NICE DINNER. JUST DO IT!

*Affirmation Of The Day :*

LOVE IS MY BIRTHRIGHT! I AM LOVING AND LOVED BY MANY!

*"BELIEVE YOU CAN AND YOU'RE HALFWAY THERE."*

DATE:

*Journal Prompt Of The Day :*

WHAT IS ONE THING YOU HAVE DONE THAT PROVED TO YOURSELF HOW STRONG YOU ARE?

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*Actionable Step Of The Day :*

SIT DOWN AND WRITE A PERSONAL MANTRA THAT YOU CAN READ BACK TO GIVE YOURSELF STRENGTH IN YOUR TIME OF NEED.

*Affirmation Of The Day :*

MY PAST DOES NOT DEFINE ME. MY STRENGTH AND COURAGE DOES!



*"IF YOU ACT LIKE A VICTIM, YOU ARE LIKELY TO BE TREATED LIKE ONE."*

-PAULO COELHO

DATE:

*Journal Prompt Of The Day :*

WHAT IS ONE THING YOU CAN DO TODAY TO MAKE YOURSELF FEEL AMAZING?

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*Actionable Step Of The Day :*

CALL SOMEONE YOU CARE ABOUT AND ASK THEM WHAT THEY ADMIRE ABOUT YOU AND WRITE DOWN THEIR ANSWERS WHERE YOU CAN ALWAYS SEE THEM.

*Affirmation Of The Day :*

I AM IN THE PROCESS OF BECOMING THE BEST VERSION OF MYSELF!

"YOU ARE 100% IN CHARGE OF HOW OTHERS MAKE YOU FEEL."

DATE:

*Journal Prompt Of The Day :*

WHAT ARE SOME THINGS IN YOUR LIFE THAT ARE IN NEED OF SOME SERIOUS CHANGE AND HOW CAN YOU CHANGE THEM?

Lined area for journaling response.

*Actionable Step Of The Day :*

IF YOU ARE GETTING OUT OF A RELATIONSHIP AND YOU HAVEN'T ALREADY, CHANGE YOUR WILL. CALL YOUR LAWYER TODAY AND GET THAT SHIT DONE!

*Affirmation Of The Day :*

I AM COMPLETELY TUNED-IN TO THE OPPORTUNITIES THAT SURROUND ME!

*"I AM NOT WHAT HAPPENED TO ME, I AM WHAT I CHOOSE TO BECOME."*

-CARL JUNG

DATE:

*Journal Prompt Of The Day :*

WHAT IS MY TOP GOAL FOR THIS YEAR? WHAT ACTIONS DO I NEED TO TAKE FIRST IN ORDER TO ACHIEVE IT?

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*Actionable Step Of The Day :*

TAKE THE TIME TO BREAK DOWN YOUR BIG GOAL INTO MONTHLY, WEEKLY AND DAILY ACTIONABLE STEPS TO HELP YOU ON YOUR JOURNEY TO ACHIEVING IT!

*Affirmation Of The Day :*

*I AM BECOMING THE WOMAN OF MY DREAMS!*

*"YOU CAN'T STAND IN GRATITUDE IF YOUR STUCK IN VICTIMHOOD."*

-ROBIN SHARMA

DATE:

*Journal Prompt Of The Day :*

WHAT MISTAKES OF YOURS ARE YOU HAVING A HARD TIME GETTING OVER? HOW ARE YOU GOING TO MOVE FORWARD WITH THEM, TODAY?

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*Actionable Step Of The Day :*

JOIN A FACEBOOK GROUP ONLINE FOR DIVORCED WOMAN, TODAY! YOU CAN JOIN OURS AT:  
[WWW.FACEBOOK.COM/GROUPS/LIVINGYOURTRUTHLADIESLOUNGE](http://WWW.FACEBOOK.COM/GROUPS/LIVINGYOURTRUTHLADIESLOUNGE)

*Affirmation Of The Day :*

MY MISTAKES MAKE ME STRONGER AS I GET TO LEARN FROM THEM!

*"IT ALL BEGINS AND ENDS IN YOUR MIND.  
WHAT YOU GIVE POWER TO HAS POWER  
OVER YOU IF YOU ALLOW IT"*

DATE:

*Journal Prompt Of The Day :*

WHAT IS ONE OF YOUR WEAKNESSES THAT YOU ARE GOING TO CRUSH TODAY WITH STRENGTH AND CONFIDENCE?

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*Actionable Step Of The Day :*

MAKE A LIST OF NEW THINGS THAT YOU WANT TO TRY IN YOUR NEW, STRONG AND AMAZING LIFE AND THEN MAKE SOME PLANS TO GO DO THEM!

*Affirmation Of The Day :*

TODAY I CHOOSE TO BE KIND TO MYSELF.



*"STRENGTH GROWS IN THE MOMENTS  
WHEN YOU THINK YOU CAN'T GO ON, BUT  
YOU KEEP GOING ANYWAY."*

DATE:

*Journal Prompt Of The Day :*

WHAT ARE SOME THINGS THAT YOU HAVE  
ACCOMPLISHED THAT WERE REALLY HARD AND YOU  
ARE PROUD OF?

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*Actionable Step Of The Day :*

START A LIST ON YOUR PHONE OR IN A JOURNAL OF  
YOUR ACCOMPLISHMENTS, BIG OR SMALL, SO YOU CAN  
ALWAYS LOOK BACK AND CELEBRATE!

*Affirmation Of The Day :*

THE BEST VIEWS COME AFTER THE HARDEST CLIMB.

"THE HARDEST STEP SHE EVER TOOK WAS TO TRUST IN WHO SHE WAS."

-ATTICUS

DATE:

*Journal Prompt Of The Day :*

WHAT IS YOUR GREATEST FEAR? WHY IS IT YOUR GREATEST FEAR? HOW DO YOU PROPOSE TO OVERCOME IT?

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*Actionable Step Of The Day :*

PLAN A VACATION TO TAKE ALL ON YOUR OWN.

*Affirmation Of The Day :*

FEEL THE FEAR AND DO IT ANYWAYS!

"EVERYTHING HAS CHANGED, AND YET, I  
AM MORE ME THAN I HAVE EVER BEEN."

- IAIN THOMAS

DATE:

*Journal Prompt Of The Day :*

WHAT ARE SOME THINGS THAT COMPLETELY LIGHT  
YOU UP? HOW CAN YOU FIT THESE INTO YOUR  
EVERYDAY LIFE?

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*Actionable Step Of The Day :*

TRY AND PLAN AT LEAST ONE OUTING A MONTH TO  
GIVE YOURSELF SOMETHING TO LOOK FORWARD TO.

*Affirmation Of The Day :*

MY DAY ALWAYS BEGINS AND ENDS WITH GRATITUDE.

*"THERE ARE FAR BETTER THINGS AHEAD  
THAN ANY WE LEAVE BEHIND."*

-C.S. LEWIS

DATE:

*Journal Prompt Of The Day :*

WHAT SITUATION IN YOUR LIFE HAS YOU CONSTANTLY LOOKING BACK? WHY? WHAT CAN YOU DO TO START LOOKING FORWARD?

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*Actionable Step Of The Day :*

IF YOU ARE GOING THROUGH A DIVORCE AND HAVEN'T ALREADY, APPLY FOR A NEW DRIVERS LICENSE, PASSPORT, AND IDENTIFICATION.

*Affirmation Of The Day :*

EVERY SINGLE DAY, IN EVERY SINGLE WAY, MY LIFE IS GETTING BETTER AND BETTER.

"ACCEPT WHAT IS. LET GO OF WHAT WAS.  
AND HAVE FAITH IN WHAT WILL BE."

DATE:

*Journal Prompt Of The Day :*

WHAT DO YOU NEED TO DO THAT IS HARD BUT IS RIGHT? LEAVE A RELATIONSHIP? QUIT A JOB? START PUTTING YOURSELF OUT THERE TO DATE AGAIN?

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*Actionable Step Of The Day :*

ASK SOMEONE CLOSE TO YOU TO BECOME YOUR ACCOUNTABILITY PARTNER IN DOING WHAT IS HARD, BUT RIGHT, IN YOUR LIFE.

*Affirmation Of The Day :*

I CAN DO ALL THINGS, EVEN THE HARD ONES.



"IN ANY GIVEN MOMENT WE HAVE TWO  
OPTIONS; TO STEP FORWARD INTO  
GROWTH, OR STEP BACK INTO SAFETY."

-ABRAHAM MASLOW

DATE:

*Journal Prompt Of The Day :*

WHAT IS ONE THING YOU KEEP DOING OVER AND  
OVER AND EXPECTING A DIFFERENT RESULT? HOW  
CAN YOU ACTUALLY ENVOKE CHANGE?

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*Actionable Step Of The Day :*

FORGIVE YOUR EX, OR SOMEONE IN YOUR LIFE WHO  
YOU ARE HOLDING ANGER IN FOR. WRITE THEM A  
LETTER AND THEN BURN IT.

*Affirmation Of The Day :*

EVERYTHING I AM LOOKING FOR I CAN FIND WITHIN ME.

*"YOU MAKE THE WORK A BETTER PLACE BY MAKING YOURSELF A BETTER PERSON."*

-SCOTT SORRELL

DATE:

*Journal Prompt Of The Day :*

WHAT IS SOMETHING THAT YOU REGRET FROM YOUR LAST RELATIONSHIP? WHAT LESSON CAN YOU LEARN FROM THAT SITUATION?

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*Actionable Step Of The Day :*

IF YOU ARE NEWLY DIVORCED, CREATE A NEW EMAIL ADDRESS AND CHANGE YOUR PHONE NUMBER, IF NEED BE TO DISCONNECT FROM YOUR EX.

*Affirmation Of The Day :*

*I LET GO OF MY REGRETS AND CHOOSE TO KEEP THE LESSON.*

*"THE COMEBACK IS ALWAYS STRONGER  
THAT THE SETBACK."*

DATE:

*Journal Prompt Of The Day :*

WHAT IS SOMETHING IN YOUR LIFE THAT YOU SETTLED FOR? HOW DO YOU WANT TO CHANGE THAT?

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*Actionable Step Of The Day :*

IF YOU ARE FEELING LIKE YOU ARE READY TO START DATING, START EXPLORING SOME ONLINE DATING SITES FOR FUN.

*Affirmation Of The Day :*

I LOVE MYSELF. I BELIEVE IN MYSELF. I SUPPORT MYSELF.

DATE:

"MINDSET IS WHAT SEPARATES THE BEST FROM THE REST."

*Journal Prompt Of The Day :*

IF MONEY WAS NO OBJECT, WHAT WOULD YOU BUY? HOW DOES THAT MAKE YOU FEEL?

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*Actionable Step Of The Day :*

CREATE A LIST OF 5-10 NEW WAYS YOU CAN START MAKING MORE MONEY ON THE SIDE, TODAY! OPEN A BANK ACCOUNT AND CALL IT AN OPPORTUNITY FUND!

*Affirmation Of The Day :*

MY INCOME IS ALWAYS MULTIPLYING!

*"THE KEY TO SUCCESS IS TO START BEFORE YOU ARE READY."*

-MARIE FORLEO

DATE:

*Journal Prompt Of The Day :*

WHAT IS ONE THING YOU COULD REMOVE FROM YOUR LIFE TO MAKE YOU HEALTHIER, WEALTHIER AND WISER? IT'S OK TO SAY YOUR HUSBAND!!

*Actionable Step Of The Day :*

START WRITING A NEW PLAN TO IMPROVE/START BUILDING YOUR OWN LINE OF CREDIT AS YOUR OWN INDIVIDUAL!

*Affirmation Of The Day :*

SUCCESS, MONEY AND HAPPINESS COMES EASILY TO ME!



"PEOPLE INSPIRE YOU OR THEY DRAIN YOU,  
PICK THEM WISELY."

-HANS F. HANSON

DATE:

*Journal Prompt Of The Day :*

WHAT SPLURGE, BIG OR SMALL, WILL YOU TREAT YOURSELF TO TODAY?

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*Actionable Step Of The Day :*

POST ABOUT THE SPLURGE YOU SPENT ON YOURSELF IN THE FACEBOOK GROUP! I WILL BE WATCHING!!

*Affirmation Of The Day :*

ABUNDANCE IS MY NATURAL STATE. MONEY COMES EASILY TO ME.



DATE:

*"IF YOUR PATH IS MORE DIFFICULT, IT IS  
BECAUSE YOUR CALLING IS HIGHER."*

*Journal Prompt Of The Day :*

WHAT ARE SOME NEW SKILLS YOU WOULD LIKE TO ACQUIRE? WHAT CAN YOU DO TO START LEARNING THEM THIS WEEK?

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*Actionable Step Of The Day :*

BUY A COURSE ONLINE OR ENROLL IN A LOCAL CLASS TO START LEARNING SOMETHING NEW THIS WEEK!

*Affirmation Of The Day :*

*I ALLOW GOOD THINGS TO COME INTO MY LIFE AND I ENJOY  
THEM.*

"IF YOU HAVE NO DESTINATION, YOU'LL NEVER GET THERE."

-HARVEY MACKAY

DATE:

*Journal Prompt Of The Day :*

WHAT ARE YOUR CURRENT PRIORITIES? DO THEY NEED TO BE CHANGED OR REARRANGED?

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*Actionable Step Of The Day :*

WHEN IS THE LAST TIME YOU COOKED YOURSELF A HEALTHY MEAL OR EXERCISED? TAKE THE TIME THIS WEEK TO FIT THESE BOTH INTO YOUR SCHEDULE.

*Affirmation Of The Day :*

**I DESERVE THE ABSOLUTE BEST IN LIFE!**

"THE SECRET OF YOUR FUTURE IS HIDDEN IN YOUR DAILY ROUTINE."

DATE:

Journal Prompt Of The Day :

WHAT ADVICE WOULD YOU GIVE TO YOUR YOUNGER SELF? ARE YOU CURRENTLY FOLLOWING THIS ADVICE TODAY?

[Lined area for journaling response]

Actionable Step Of The Day :

IF YOU ARE A MOM, WHEN IS THE LAST TIME YOU HAD SOME ALONE TIME? CALL YOUR FAMILY OR FRIENDS OR HIRE A SITTER AND SCHEDULE IN SOME YOU TIME!

Affirmation Of The Day :

TODAY IS GOING TO BE A REALLY, REALLY, GOOD DAY!!

"FOCUS ON WHERE YOU WANT TO GO,  
NOT ON WHAT YOU FEAR."

-TONY ROBBINS

DATE:

*Journal Prompt Of The Day :*

WHERE DOES YOUR PAIN ORIGINATE FROM? WHAT  
STEPS DO YOU NEED TO TAKE IN ORDER TO BEGIN  
TO HEAL?

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*Actionable Step Of The Day :*

TODAY I CHALLENGE YOU TO LISTEN TO SOME POSITIVE  
MIND FOOD. FIND AN AUDIOBOOK OR PODCAST THAT  
YOU CAN LISTEN TO AND DRAW INSPIRATION FROM!

*Affirmation Of The Day :*

I CAN CREATE ANYTHING THAT I VISUALIZE.



"REAL HAPPINESS COMES FROM INSIDE,  
NOBODY CAN GIVE IT TO YOU."

-SHARON STONE

DATE:

*Journal Prompt Of The Day :*

WHAT CAN YOU DO TO TAKE BETTER CARE OF YOURSELF?

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*Actionable Step Of The Day :*

WRITE OUT A LIST OF 31 THINGS THAT YOU ABSOLUTELY LOVE TO DO AND TRY TO DO ONE A DAY FOR THE NEXT MONTH!

*Affirmation Of The Day :*

I AM READY AND WILLING TO RECEIVE ALL THE GOOD THAT IS ON ITS WAY TO ME!

*"IT IS NOT YOUR JOB TO BE EVERYTHING TO EVERYONE."*

DATE:

*Journal Prompt Of The Day :*

LET'S PAT YOURSELF ON THE BACK FOR MAKING IT THIS FAR - WHAT ARE SOME GOOD HABITS YOU HAVE THAT YOU ARE PROUD OF?

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*Actionable Step Of The Day :*

TAKE 30 MINUTES TO 1 HOUR TODAY TO CLEAN OUT ONE AREA OF YOUR HOME. YOUR CLOSET, PANTRY OR OFFICE IS A GOOD STARTING POINT!

*Affirmation Of The Day :*

I AM NOT AFRAID OF WHAT COULD GO WRONG. I AM EXCITED ABOUT WHAT COULD GO RIGHT!

"THE ACTIVITY YOU ARE MOST AVOIDING  
CONTAINS YOUR BIGGEST OPPORTUNITY."  
-ROBIN SHARMA

DATE:

*Journal Prompt Of The Day :*

YOU ARE MOST LIKE THE 5 PEOPLE YOU SPEND THE MOST TIME WITH. NOW THAT YOU KNOW THAT, DO YOU NEED TO AUDIT YOUR INNER CIRCLE?

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*Actionable Step Of The Day :*

TAKE THE TIME TO BE HONEST WITH YOURSELF ABOUT THE PEOPLE WHOM YOU SURROUND YOURSELF WITH AND MAKE A DECISION ON IF IT NEEDS TO CHANGE.

*Affirmation Of The Day :*

I HAVE THE POWER TO CHANGE MY STORY!

"CONTINUOUS IMPROVEMENT IS BETTER THAN DELAYED PERFECTION."

-MARK TWAIN

DATE:

Journal Prompt Of The Day :

HAVE YOU NOTICED A DIFFERENCE IN YOUR MOOD SINCE STARTING THIS WORKBOOK? IF SO, WHAT?

Lined area for journaling response.

Actionable Step Of The Day :

I WANT YOU TO THINK ABOUT THE NEXT 30-60 DAYS AND COME UP WITH A PLAN TO STAY ON TRACK WITH MOVING FORWARD IN A POSITIVE MANNER

Affirmation Of The Day :

I AM PHYSICALLY, MENTALLY AND EMOTIONALLY READY TO ENTER A NEW PHASE IN MY LIFE. I AM READY TO GROW AND GET BETTER.

*HERE'S TO LIVING IN YOUR TRUTH!*

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THANK YOU SO MUCH FOR  
TAKING THE TIME TO BETTER  
YOURSELF AND MOVE  
FORWARD IN YOUR LIFE BY  
CHOOSING TO BE VICTORIOUS.

YOU OWE IT TO YOURSELF TO  
ALWAYS KEEP MOVING  
FORWARD AND NEVER GIVE  
UP!

XOXO

[WWW.LIVINGYOURTRUTH.CA](http://WWW.LIVINGYOURTRUTH.CA)