

**30 DAYS
TO A**

*Greater
Me*

SELF EMPOWERMENT JOURNAL

created by: J. Primous

ALL RIGHTS RESERVED COPYRIGHT 2023

ORIGINALLY PUBLISHED SPRING 2018

SINCE AS FAR BACK AS I CAN REMEMBER, I'VE ALWAYS KNOWN I WAS GOING TO BE 'SUCCESSFUL'. I CAN REMEMBER TELLING MOM I WAS GOING TO BE ON TV WHEN GREW UP. I DIDN'T KNOW WHAT I WOULD DO BUT I WAS SURE IT WOULD BE REVOLUTIONARY AND TELEVISED. I BEGAN TO EXPRESS MYSELF CREATIVELY EARLY, WITHOUT ANY SOUND GRASP ON WHAT MY PASSIONS WERE; SOMEHOW I KNEW HOW TO ALLOW MY INNER DESIRES TO BE RELEASED. IF I 'FELT' LIKE DRAWING A PICTURE OF THE BIRD I SAW OUTSIDE, I WOULD. IF I FELT LIKE WRITING A SONG, I WOULD AND INVITE MY MOM, DAD AND OTHER FAMILY MEMBERS TO BE MY AUDIENCE AND CREATE A PERFORMANCE FOR THEM IN MY LIVING ROOM. IF I WANTED TO DANCE, I WOULD GATHER OTHER CHILDREN IN MY NEIGHBORHOOD AND COORDINATE A DANCE TEAM AND SCHEDULE A PERFORMANCE AT OUR CHURCH OR YOUTH CENTER. NO MATTER WHAT CHALLENGES RAISED, I NEVER GAVE UP. IT WAS LIKE I WASN'T EFFECTED BY ANY BARRIERS: I RELIED ON MY RESOURCES, I WORKED WITHIN MY ABILITIES AND CONNECTED WITH PEOPLE I WAS CONFIDENT WOULD SUPPORT ME. AS AN ADULT, I ENVIED THE DETERMINATION AND BOLDNESS I POSSESSED AS A CHILD. AS I BEGAN TO MATURE, I UNDERSTOOD THE REALITY OF HOW IMPORTANT IT WAS TO HAVE MY DRIVE AND PASSIONS REINFORCED BY MY VILLAGE AND HOW VITAL IT WAS FOR ME TO RECOGNIZE THE POWER I EXPRESSED.

I DON'T SHARE THE REALITIES OF HAVING A DIFFICULT CHILDHOOD. MY TRUTH INCLUDES A LOVING FAMILY AND EXTREMELY SUPPORTIVE COMMUNITY. ALTHOUGH THERE WERE ADVERSITIES, I HAD LIVING EXAMPLES OF STRENGTH, DETERMINATION, OVERCOMERS AND SUCCESS SO IT WAS AS IF I WAS NEVER DIRECTLY AFFECTED... UNTIL I ALLOWED MY REALITY TO BE INFLUENCED BY 'LIFE' AND THE STRUGGLES I ACCEPTED AND DRAMATICS I ENTERTAINED. IT TOOK YEARS FOR ME TO LEARN THAT MY JOURNEY TO SUCCESS HAD VERY LITTLE TO DO WITH OTHERS AND MOST TO DO WITH ME. LIKE MOST, I SPENT THE EARLIER YEARS OF MY ADULT LIFE BLAMING OTHERS FOR MY MISSTEPS AND LABELED CHANGES IN MY LIFE AS FAILURES. I PASSED RESPONSIBILITIES OFF ON MY FINANCES, MY COMMUNITY AND MY FAMILY; ACCUSING THEM OF BEING SET BACKS AND REASONS FOR MY DELAYS. I SPENT SO MANY OF THOSE YEARS ANGRY, HURT AND BITTER. I LEARN HOW TO MANIPULATE PEOPLE IN ORDER TO GET THE THINGS AND RESULTS I WANTED IN SITUATIONS. I LABELED MY LAZINESS AND PROCRASTINATION AS "TIRED" AND "TOO BUSY". I CRIED OFFENDED WHEN SOMEONE DISAGREED WITH MY THOUGHTS AND GAVE UP QUICKLY ON MY GOALS IF EVER A CHALLENGE PRESENTED ITSELF LONGER THAN I THOUGHT IT SHOULD. I LIVED MY LIFE MOSTLY FEELING DEPLETED AND UNFULFILLED. ALTHOUGH I ACHIEVED GREAT THINGS, IT SEEMED THE CELEBRATION WAS SHORT LIVED AND I IT WAS HARD FOR ME TO BARE THE PROCESS OF MOVING ON TO THE NEXT GOAL IN LIFE. STARTING THE PROCESS OF CONCEPTION, REVELATION, ACTION TO MANIFESTATION SEEMED WAY TOO MUCH FOR ME AND WHAT I HAD GOING ON IN LIFE WHEN ALL THE WHILE WHAT I WAS DOING AND WHO I WAS WITH WAS EXHAUSTING MORE TIME AND ENERGY THAN I CARED TO ADMIT. I BEGAN TO BECOME DEPRESSED AND HOPELESS. MY TRUTH, AT THAT TIME, WAS SIMPLY SURVIVAL WITH SUSTAINABLE DIGNITY. I WORE LABELS THAT REPRESENTED A PERSON I IMAGINED BUT FAILED TO RECOGNIZE THE TRUE ME INSIDE.

IT WASN'T UNTIL I WAS TRULY FED UP AND EMPTY WITH NO OTHER OPTIONS FOR EXCUSES THAT I BEGIN TO GIVE LIVING A TRY. THE JOURNEY BEGAN DARK AND COLD. I FELT ALONE AND DISORIENTED AND THERE WERE MANY TIMES I ENTERTAINED DOUBT. WHAT KEPT ME GOING WAS THE MERE FACT THAT I HAD NOWHERE ELSE TO GO, NO ONE ELSE TO BLAME AND NOTHING ELSE TO LOSE. I TOOK THE FIRST STEP THEN THE SECOND, THE THIRD, FOURTH, FIFTH THEN REALIZED I WAS MOVING IN A NEW DIRECTION. I CHALLENGED MYSELF TO DO SOMETHING DIFFERENT AND ACTUALLY FOLLOW THROUGH WITH MY GOAL. I SET ONE SIMPLE GOAL AND ONCE IT WAS ACCOMPLISHED, I CELEBRATED, TOOK A DEEP BREATH AND MOVED ON TO THE NEXT. THIS SIMPLE PROCESS LEAD ME TO ACHIEVING GOALS I NEVER THOUGHT I'D REACH IN MY LIFE TIME. LIKE MOST PEOPLE, I MEASURED MYSELF TOO SHORT. I COULDN'T HOW FAR I COULD REALLY GO UNTIL I GOT TO THE NEXT STEP. I COULDN'T UNDERSTAND HOW MUCH I COULD HAVE UNTIL I RECEIVED IT. NOW, I CONTINUE ON MY JOURNEY WITH SIMPLISTIC TRUTHS: I CAN, I WILL & I DID.

IN THIS BOOK, I SHARE MY OWN PERSONAL AFFIRMATIONS TO EMPOWER THOSE WHO ARE IN THE SAME PLACE I WAS: ON THE BRINK OF THEIR GREATNESS. I WANT TO ENCOURAGE THOSE WHO ARE OPEN TO TAKE A SHORT WALK THAT YIELDS LASTING SUCCESSES. I KNOW, FIRST HAND, THE CHALLENGES OF 'TRYING SOMETHING NEW' BUT ENCOURAGE THOSE WHO LIVE WITH DOUBT TO GIVE IT ANOTHER 30 DAYS AND IF GENUINELY EMBRACED, YOU TOO WILL TAP INTO THE GREATNESS THAT I IGNORED LYING INSIDE ME ALL ALONG. NO MATTER YOUR AGE, GENDER, RELIGION, RACE, SEXUAL ORIENTATION OR POLITICAL BELIEFS, THIS BOOK SERVES AS A UNIVERSAL TOOL TO RESURRECT THE GREATNESS IN YOU.

I CELEBRATE YOU FOR TAKING THE FIRST STEP AND OPENING YOUR MINDS TO RECEIVE MY MESSAGE. I ENCOURAGE YOU TO ALLOW YOURSELF TO EMBRACE ALL TRUTHS AND TO BE PATIENT WITH THE PROCESS. SOME 'DAYS' MAY LAST FOR A WEEK OR EVEN A MONTH BUT I WANT YOU TO UNDERSTAND: YOUR DESTINY REQUIRES YOU TO GIVE YOURSELF ALL YOU'VE GOT AND IF THIS BOOK IS THE ONLY THING YOU CAN HOLD ON TO, I INVITE YOU TO RELEASE YOUR FEARS AND ALLOW YOU TO BREAKTHROUGH!

WELCOME TO THE BEGINNING OF THE FIRST 30DAYS OF YOUR JOURNEY TO A GREATER YOU!

-J. Primous

DAY 1

Forgiveness

I FORGIVE, FIRST, MYSELF FOR ACCEPTING LESS THAN I DESERVE. I RELEASE ALL MEMORIES OF PAST HURTS AND ANGER IN ORDER TO RECEIVE PEACE. I FORGIVE MYSELF FOR BELIEVING THE LIES OF MY ENEMIES AND NOT TRUSTING MY TRUTH. I FORGIVE MYSELF FOR ENTERTAINING NEGATIVITY AND VOW TO PRACTICE POSITIVE SPEECH, ACTIONS AND THOUGHTS. I FORGIVE MYSELF FOR HURTING OTHERS OUT OF MY OWN PAIN AND SELFISHNESS. I ACCEPT THIS FORGIVENESS IN ORDER TO RECEIVE COMPLETE HEALING. I FORGIVE THOSE WHO HURT ME, WHO'S OFFENDED ME, THOSE WHO HAVE VIOLATED ME AND THOSE WHO HAVE USED/MANIPULATED ME. I RELEASE HATRED AND BITTERNESS IN ORDER TO RECEIVE JOY! TODAY, I FORGIVE MY PAST AND PREPARE TO RECEIVE A GREATER FUTURE!

Today I forgive myself for...

Date: _____

This image shows a full page of blank white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings on the page.

DAY 2

Truth

**TODAY I EMBRACE MY TRUTH. I MAKE A
CHOICE TO SILENCE THE VOICES AND
ONLY BELIEVE WHAT I KNOW TO BE TRUE
ABOUT MYSELF. I RELEASE ALL FEARS
FROM THE PAST AND IN THE PRESENT. I
FORGIVE ALL DOUBTS ABOUT MY FUTURE
AND STAND BOLD IN HONESTY. I KNOW I
AM WORTHY OF GREATNESS. I RELEASE
ALL FALSE LABELS I HAVE PLACED ON
MYSELF, ON MY LIFE AND THE ONES I'VE
ACCEPTED FROM OTHERS. I WILL NO
LONGER LIVE WITH MISCONCEPTION,
MISUNDERSTANDINGS,
MISCOMMUNICATIONS OR
MISREPRESENTATIONS IN ORDER TO
EMBRACE THE TRUE ME. I DIVORCE ALL
LIES ABOUT LOVE; I DETACH ALL LIES
REGARDING MY DESTINY IN ORDER TO
LIVE FREE. I EMBRACE ALL THAT IS
UNCOMFORTABLE AND VOW TO DEDICATE
MY ENERGY TO MY JOURNEY TOWARDS
GREATNESS. I BELIEVE IN WHO I AM,
WHAT I HAVE AND THE TRUTH ABOUT THE
GREATNESS I DESERVE.**

Today I embrace...

Date: _____

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DAY 3

Habits

HABITS. TODAY I CHOOSE GREATER HABITS FOR MY LIFE. I VOW TO PRACTICE SELF-ACCEPTANCE, LOVE, FORGIVENESS, PATIENCE, AND HAPPINESS. REGARDLESS OF THE CHALLENGES, I BEGIN THIS DAY TO REPEL ALL EXCUSES THAT WILL KEEP ME LOCKED IN ACTIONS, SPEECH AND THOUGHTS THAT ARE NOT A BENEFIT TO MY LIFE. I MAKE A CHOICE TO REMIND MYSELF, DAILY, OF ALL THE GREATNESS WITHIN ME. I LOCK OUT ENVY, GREED, REGRET AND HOPELESSNESS. I MAKE A CHOICE TO REHEARSE SPEAKING KIND WORDS ABOUT MYSELF. I WILL REPEAT ONLY THE THOUGHTS THAT WILL ENCOURAGE ME TO MOVE FORWARD IN MY GREATNESS. I VOW TO SHOW POSITIVITY IN MY DAILY LIFE DESPITE ANYONE ELSE'S REFUSAL TO SHARE IN THE SAME. I WILL REVOKE THE NEGATIVITY I'VE ALLOWED MY SURROUNDINGS TO REFLECT AND VOW TO DISPLAY IMAGES OF THE GREATNESS I SEE IN ME DAILY. I WILL FEED MY MIND, BODY AND SPIRIT HEALTHY FOODS EVERY DAY AND I BELIEVE MY HABITS WILL YIELD ALL THAT I DESIRE IN LIFE WHICH WILL CONTINUE TO LEAD ME CLOSER TO THE ME I KNOW I CAN BE.

Today I choose...

Date: _____

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DAY 4
Change

**BECAUSE I HAVE BEEN GIFTED A NEW DAY,
I WILL START THIS DAY WITH NEW
THOUGHTS, NEW ACTIONS AND NEW
WORDS IN ORDER TO INFLUENCE POSITIVE
CHANGE IN MY LIFE. I WILL REMOVE
ANYONE AND ANYTHING THAT HAS, IS
AND WILL HINDER ME FROM ACHIEVING
MY GOALS. I REFUSE TO ENTERTAIN OLD
THOUGHTS ABOUT MYSELF. I REJECT OLD
HABITS AND BEGIN TO PLANT NEW SEEDS
IN ORDER TO HARVEST THE GREATNESS I
DESERVE. I WILL PRACTICE A NEW
LANGUAGE OF LOVE, COMPASSION, TRUTH
AND WISDOM. I WILL NOT HESITATE TO
THROW AWAY ALL CLUTTER IN MY HEART
AND MY MIND. I WILL CHANGE MY
THOUGHTS, MY WORDS AND MY ACTIONS
TOWARDS MYSELF AND PRACTICE A
HEALTHIER WAY TO LIVE. I MAKE A
CHOICE TO NO LONGER ACCEPT THINGS
AND PEOPLE WHO ARE BELOW MY
STANDARDS. I AM COMFORTABLE WITH
CHANGE. I EMBRACE THE POSSIBILITIES
CHANGE WILL BRING. I BELIEVE THE
MOMENT I MAKE GREATER CHOICES, I
WILL HAVE GREATER OUTCOMES. I AM NO
LONGER STUCK IN WHO I ONCE WAS,
WHAT I ONCE HAD AND WHO I ONCE
KNEW. I AM NOW A NEW PERSON WITH
NEW FOCUSES ON THE ORIGINAL DESTINY
THE OLD ME COULDN'T BELIEVE. TODAY, I
CHANGE MY MIND ABOUT SURVIVAL AND
MAKE A CHOICE TO LIVE!**

Today I began to change...

Date: _____



DAY 5
Healing

TODAY, I RECEIVE HEALING IN MY LIFE. I SWIFTLY REMOVE ALL OF THE BANDAGES I PLACED OVER MY HEART, MY MIND, AND MY LIFE. I DESERVE TO BE COMPLETELY HEALED FROM MY PAST HURTS AND CURRENT DISAPPOINTMENTS. I FORGIVE MYSELF FOR ALLOWING OTHERS TO VIOLATE ME. I FORGIVE MYSELF FOR VIOLATING ME. I UNDERSTAND I MAY NOT BE ABLE TO ERASE ALL OF THE SCARS BUT I MAKE A CHOICE TO REFUSE REHEARSING THE PAIN THAT CAME ALONG WITH THEM. I WILL NO LONGER LABEL MYSELF AS 'DAMAGED GOODS'. I BELIEVE I AM WORTH BEING WHOLE AND RECEIVE MY HEALING TODAY. I SURRENDER EVERY CRUTCH AND SLING THAT HELD ME IN A BROKEN POSITION. I WILL EXERCISE HAPPINESS AND JOY. I WILL REST IN PEACE AND REHABILITATE THE GREATNESS THAT I ALLOWED TO LAY DORMANT. I RECEIVE COMPLETE HEALING WITHOUT ANY SYNTHETICS. I REFUSE TO BE DISTRACTED BY A 'QUICK FIX' AND VOW TO LOVE MYSELF ENOUGH TO ENDURE THE PROCESS REQUIRED TO HEAL. TODAY, I WILL BEGIN MY JOURNEY TOWARDS COMPLETE HEALING IN ALL AREAS THAT ARE WEAKENED BY MY PAST NEGLECT. I BELIEVE I DESERVE TO BE HEALED AND RECEIVE IT IN ORDER TO BE AND HAVE THE GREATNESS I WAS CREATED TO BE.

Today I am open to receive...

Date: _____

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DAY 6
Strength

I CALL ON THE STRENGTH OF MY ANCESTORS WHO CARRY THEIR SPIRIT THROUGH THE EARTH TO CONTINUE TO KEEP ME GROUNDED AND ROOTED IN THE TRUTH OF MY PURPOSE. I CALL ON THE STRENGTH OF MOTHERS AND FATHERS WHO WILL STOP AT NOTHING TO PROVIDE FOR THEIR FAMILIES DESPITE THE FEELINGS OF DEPLETION. I CALL ON THE STRENGTH OF THE ELDERS WHO HAVE LIVED LONG LIVES AND SURVIVED ADVERSITIES YET CONTINUE TO FULFILL PURPOSE AND SHARE WISDOM. I CALL ON THE STRENGTH THAT WAS PLANTED IN ME TO CONTINUE TO PUSH ME IN THE DIRECTION REQUIRED FOR ME TO REACH MY GOALS AND MANIFEST MY DESTINY. I BELIEVE IN THE STRENGTH OF MY SISTERS AND BROTHERS AND WILL MIRROR THE GREATNESS WILL ALL SHARE. I CONNECT WITH MY INNER STRENGTH AND EMBRACE IT'S FULLNESS IN MY LIFE. I WILL EXERCISE MY STRENGTH AND BE AN EXAMPLE FOR THOSE WHO LOST THEIR CONNECTION.

I AM STRONG. I REFUSE TO PRACTICE WEAK THOUGHTS, WEAK SPEECH AND WEAK ACTIONS. I HAVE THE STRENGTH TO MAKE IS THROUGH, TO MAKE IT OVER AND MAKE IT TO THE PLACES AND PEOPLE I AM DIVINELY CONNECTED TO THROUGH MY LIFE'S PURPOSE. I WELCOME A DAILY RECHARGE OF STRENGTH WHEN ADVERSITY VISITS MY LIFE. I WILL NEVER FORGET THE STRENGTH WITHIN THE ROOTS DEEPLY PLANTED THAT KEEP TO STEADFAST AND UNMOVABLE. I WILL ALWAYS RELY ON THE STRENGTH WITHIN TO LIFT ME HIGHER AND TAKE ME FURTHER. I AM STRONG ENOUGH TO ENDURE THE GREATNESS THAT REST ON ME.

I am my strongest when...

Date: _____

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DAY 7
Patience

I NEED MORE PATIENCE. ALTHOUGH I UNDERSTAND MY LIFE IS A PROCESS, I ACKNOWLEDGE THE FACT THAT I NEED PATIENCE IN ORDER TO RECEIVE THE FULLNESS OF MY GREATNESS. TODAY, I BEGIN PRACTICING UNDERSTANDING AND COMPASSION THAT WILL HELP ME ON MY JOURNEY. I UNDERSTAND THE THINGS I CAN'T CONTROL ARE BEST LEFT TO THEMSELVES AND THE THINGS I CAN ARE BEST IF TREATED WITH A HUMBLE HEART AND A WISE MIND. I WILL BE PATIENT WITH MYSELF AND NEVER DOUBT MY ABILITIES. I WILL ENCOURAGE MYSELF TO MOVE FORWARD WITH HEALTHY AND REALISTIC EXPECTATIONS. I REMOVE ALL LIMITS I'VE PLACED ON MY LIFE AND REFUND THOSE I'VE ACCEPTED FROM OTHERS. I BELIEVE MY GREATNESS IS TAILOR MADE JUST FOR ME AND REFUSE TO COMPARE/CONTRAST WITH ANYONE ELSE. MY GIFTS AND MY LIFE ARE NOW MOVING IN THE RIGHT DIRECTION AT THE RIGHT SPEED IN THE RIGHT TIME.

I WILL PRACTICE PATIENCE WITH THOSE WHO HAVE YET TO LEARN HOW TO ACCEPT UNDERSTANDING AND COMPASSION FOR THEMSELVES AND I WILL CONTINUE TO BE A LIGHT AND AN EXAMPLE. I WILL REFUSE ANGER AND DISAPPOINTMENTS. I EMBRACE MY INDIVIDUALITY AND CELEBRATE THE TIME TAKES TO CREATE THE DIVINE GREATNESS IN ME.

Patience allows me to...

Date: _____

[illegible]

DAY 8
Laughter

LAUGHTER. I AM TAKING THIS MOMENT TO EMBRACE THE HUMOROUS THINGS IN MY LIFE AND LAUGH! LAUGHTER RELEASES STRESS, TOXINS AND ENCOURAGES HEALING! I REFUSE TO TAKE MY JOURNEY TOO SERIOUSLY AND WILL REMEMBER TO LIVE LIFE! I WELCOME THE JOY THAT LAUGHTER BRINGS. I WILL ALLOW THE TEARS TO FLOW AND MY BELLY TO ACHE WHILE I RELEASE THE BEST LAUGH I CAN. I WILL NEVER NEGLECT THE OPPORTUNITY TO SMILE AND LET A GIGGLE, CHUCKLE OR BLAST ESCAPE FROM MY SPIRIT WHEN THE ATMOSPHERE ESTABLISHES A PLATFORM FOR IT. MY LAUGH IS MY WAR CRY: MY UNIQUELY CODED MESSAGE TO THE UNIVERSE THAT I CAN AND WILL SURVIVE NO MATTER HOW HARD THE STUMBLE. I WILL INCORPORATE LAUGHTER AS A DAILY SNACK TO FEED MY SPIRIT. TODAY, I REMEMBER THE MOMENTS THAT PUT MORE THAN JUST A SMILE ON MY FACE AND ALLOW ME TO RELEASE JOY. I WILL HOLD ON TO THE "GUT BUSTERS" THE "SILLY FACES" "GOOFINESS" AND "CORNY JOKES" AND USE THEM AS AMMUNITION TO FIRE AT THE DARKNESS THAT TRIES TO ENTER MY LIFE. TODAY IS A GREAT DAY TO SPENDING TIME LAUGHING WHILE I'M ON MY JOURNEY TO BEING A GREATER ME.

I IN-Joy Laughing when...

Date: _____

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DAY 9
Motivation

TODAY I AM MOTIVATED TO BE A GREATER ME! I NOW REALIZE, I'VE BEEN LIVING WITH MEDIOCRITY FOR SO LONG IT'S DISTRACTED ME FROM MY FULL POTENTIAL. I ACKNOWLEDGE THE AREAS IN MY LIFE THAT I HAVE NEGLECTED AND I VOW TO MAKE THEM A PRIORITY: MY MIND, BODY AND SPIRIT. I AM ENCOURAGED TO BE GREATER NOT JUST FOR MYSELF BUT FOR THOSE I LOVE AND FOR ALL WHO ARE CONNECTED TO MY PURPOSE. I AM EXCITED ABOUT THE POSITIVE CHANGES THAT ARE HAPPENING IN MY LIFE. I AM PROUD OF HOW FAR I'VE COME. I AM EAGER TO LEARN MORE, GROW MORE, EXPERIENCE MORE AND BECOME EVEN GREATER THAN I WAS THE DAY BEFORE. I WILL KEEP MY PASSIONS IN FRONT OF ME AND ALLOW THEM TO BE MY "WHY": MY REASON TO NEVER GIVE UP! I OWE IT TO MYSELF AND I DESERVE TO BE GREAT. I WILL TAKE IT ONE STEP AT A TIME AND REFUSE FEELINGS OF BEING OVERWHELMED, TIRED OR TOO BUSY TO BECOME AN EXCUSE THAT WILL KEEP ME STUCK ON MY JOURNEY. I WILL NOT WAIT ANOTHER MOMENT. TODAY, I AM RECLAIMING MY GREATNESS AND AM MOVING FORWARD TO RECEIVE ALL MY JOURNEY HAS IN STORE!

My motivators are...

Date: _____

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DAY 10
Mind

TODAY I TAKE CONTROL OVER MY THOUGHTS. I WILL NO LONGER ALLOW DOUBT, FEAR, INSECURITIES AND NEGATIVE MEMORIES CLOUD MY MIND AND DISTRACT ME FROM THE TRUTH OF MY GREATNESS. TODAY, I VOW TO FEED MY MIND BY WATCHING, READING, LISTENING TO AND ENTERTAINING POSITIVITY AND THINGS THAT ENCOURAGE GREATER KNOWLEDGE AND WISDOM. I WILL TAKE TO TIME TO ALLOW MY MIND TO REST BY SHUTTING OFF THE VOICES I CHOOSE TO REPEAT IN MY HEAD. I DIVORCE MY OWN NEGATIVE THOUGHTS AND ADOPT HABITS OF MEDITATION AND ENLIGHTENMENT. I WILL TAKE THE OPPORTUNITY TO LEARN SOMETHING NEW EVERY DAY AND SHARE MY NEW FOUND KNOWLEDGE WITH SOME WHO SHARES LIKE-MINDEDNESS. I WILL RESIST THE RESTRAINTS OF FRUITLESS TRADITIONS AND WELCOME ALL EDUCATION IN VAST FORMS WHILE ON MY JOURNEY. I WILL CONFESS MY NEGLECTS AND FORGIVE MYSELF FOR THE LIMITATIONS I'VE PLACED ON MY MIND. I AM OPEN TO RECEIVE THE WEALTH IN KNOWLEDGE AND WISDOM THAT WILL SUPPORT ME BECOME A GREATER ME.

Mindfulness begins when I...

Date: _____

[illegible]

DAY 11
Courage

I AM NO LONGER AFRAID! I HAVE ALLOWED FEAR TO HOLD ME BACK FROM SO MUCH FOR SO LONG AND NOW IT'S TIME TO RELEASE THE LIE FEAR IS AND RELY ON THE COURAGE I HAVE WITHIN. ALL THAT I NEED, I ALREADY HAVE AND AM ON A JOURNEY TO DISCOVER IT ALL. I WILL NOT FEAR CHANGE BECAUSE IT ALLOWS ME TO GROW. I WILL NOT FEAR REJECTION BECAUSE IT TEACHES ME ENDURANCE. I WILL NOT FEAR FAILURE BECAUSE IT PUSHES ME EVEN CLOSER TO SUCCESS. I HAVE THE COURAGE TO FACE MY FEARS AND THOSE WHO DECIDE TO REMIND ME OF MY PAST FAULTS. I HAVE THE COURAGE TO RECOGNIZE MY DESTRUCTIVE BEHAVIORS AND MAKE A CHOICE TO COMMIT TO NEW POSITIVE HABITS FOR MY LIFE. I HAVE THE COURAGE TO ACCEPT PURPOSE AND REFUSE TO DOUBT IT. I HAVE THE COURAGE TO LET GO OF ALL TOXINS IN MY LIFE. I HAVE THE COURAGE TO RECEIVE LOVE, HAPPINESS, PEACE AND GREATNESS. I HAVE THE COURAGE TO LET GO OF PAST MEMORIES THAT HOLD ME HOSTAGE. I HAVE THE COURAGE TO SPEAK MY TRUTH DESPITE THE PRESENCE OF REJECTION. I HAVE THE COURAGE TO ACHIEVE MY GOALS AND GREET SUCCESS. I NO LONGER ENTERTAIN FEAR. I AM COURAGEOUS.

I have the courage to...

Date: _____

This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal blue or grey lines across its entire width, typical of notebook paper. The lines are parallel and extend from the left edge to the right edge of the page. There are no margins, text, or other markings present.

DAY 12

Trust

TODAY I MAKE A CHOICE TO TRUST MYSELF WITH GREATNESS. I REMOVE ALL NEGATIVE THOUGHTS OF FAILURE AND RELINQUISH ALL MEMORIES OF PAST DISAPPOINTMENTS. I WILL ENCOURAGE MYSELF AND ONLY ALLOW PEOPLE TO SPEAK ENCOURAGING WORDS ABOUT MY JOURNEY. I TRUST MY PROCESS AND UNDERSTAND THAT I CANNOT CONTROL IT ALL. I TRUST THE KNOWLEDGE AND WISDOM I HAVE GAINED THROUGH MY LIFE EXPERIENCES. I TRUST THOSE AROUND ME WHO ARE CONSISTENT IN SHOWING ME LOVE, ENCOURAGEMENT, SHARING IN JOY AND HAPPINESS. NOW THAT I HAVE CREATED BETTER HABITS, I TRUST I HAVE THE ABILITY TO MAKE GREATER CHOICES. I TRUST MY JOURNEY AND I WELCOME ALL IS BRINGS. I TRUST I AM CREATED TO BE GREAT AND BELIEVE I ALREADY HAVE TOOLS I NEED TO SUCCEED. I WILL NO LONGER REHEARSE DISTRUST IN ORDER TO RECEIVE PEACE OF MIND AND A LITE SPIRIT. I TRUST MYSELF IN ORDER TO BECOME SECURE IN MY GREATNESS.

I trust...

Date: _____

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DAY 13
Body

I FORGIVE MYSELF FOR BEING VERBALLY, EMOTIONALLY AND PHYSICALLY ABUSIVE TO MY OWN BODY. I CONFESS THERE HAVE BEEN TIMES I HAVE NOT MADE MY BODY A CONSISTENT PRIORITY. I RELEASE ALL NEGATIVE WORDS I'VE PLACED ON MY BODY AND FOR FOCUSING ONLY ON THE WRONGS I'VE DECLARED. I RELEASE THE STRESSES AND STRAINS I HAVE PLACED ON MY BODY. I VOW TO REFRAIN FROM FORCING MY BODY TO ENDURE THE HARDSHIPS OF TOXINS AND BRUTALITY I ACCEPTED IN THE PAST. I VOW TO DEVELOP ROUTINES THAT WILL FEED AND NURTURE MY BODY. I RECOGNIZE MY BODY AS MY TEMPLE AND WILL BEGIN, THIS DAY, TO CLEAN UP AND CLEAN OUT ALL UNWANTED CLUTTER AND DEAD WEIGHT THAT WILL SLOW MY BODY DOWN. I ACKNOWLEDGE THE VALUE OF MY BODY AND PLEDGE TO TREAT MY BODY ACCORDINGLY.

I WILL ENTERTAIN WHOLESOMENESS REGARDING MY BODY AND WILL REFUSE ANYONE OR ANYTHING WHO DOES NOT HAVE THE ABILITY TO SEE THE VALUE IN MY BODY. I WILL CLEANSE, DRESS AND PRESENT MY BODY IN A WAY THAT ALIGNS WITH THE GREATNESS I HAVE ACHIEVED AND DECLARE TO LOVE MY BODY AT EVERY ANGLE AND STAGE THROUGHOUT MY LIFE. I BEGIN, TODAY, TO TAKE BACK CONTROL AND PRACTICE HEALTHIER PHYSICAL LIVING IN ORDER TO WALK INTO THE GREATNESS THAT'S PREPARED FOR ME.

I HONOR My Body when....

Date: _____

This image shows a full page of blank white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings present.

DAY 14
Joy

**TODAY, I RECEIVE JOY IN MY LIFE. I
RECOGNIZE THAT I'VE SETTLED FOR
SIMPLE HAPPINESS THAT ONLY
INFLUENCES MY EMOTIONS WHEN GOOD
THINGS HAPPEN. YET, I WELCOME THE JOY
THAT ENDURES NO MATTER WHAT THE
OUTSIDE SITUATION. I RECOGNIZE MY
TRUTH AND UNDERSTAND I WOULD NOT BE
THE PERSONA I AM TODAY AND IF IT
WASN'T FOR THE LESSONS I'VE LEARNED, I
WOULDN'T BE WHERE I AM IN THIS
MOMENT. I UNDERSTAND THAT LIFE WILL
YIELD SOME EXPERIENCES THAT MAY BE
UNCOMFORTABLE OR EVEN PAINFUL BUT
ON HIS DAY, I BELIEVE, I HAD AM WORTHY
TO HAVE JOY: THE SERENITY IN KNOWING:
DESPITE ALL THAT MAY COME MY WAY, I
CAN STILL WEAR A GENUINE SMILE. I LOVE
MYSELF ENOUGH TO ACCEPT MY TRUTH
AND BE SECURE ENOUGH TO FIND TIME TO
FOCUS ON ALL THAT IS GOOD AND OF
GREATNESS IN MY LIFE. I REALIZE IT IS
MORE IMPORTANT TO MAINTAIN THE JOY
WITHIN BY PRACTICING POSITIVITY
DURING THE STORMS. I WILL IGNORE THE
VOICES THAT SPEAK HOPELESSNESS AND
FOCUS ON THE THINGS AND PEOPLE IN MY
LIFE THAT ENCOURAGE MY GREATNESS.
TODAY, I AM THANKFUL THAT I HAVE JOY
IN MY LIFE AND AM ABLE TO MAINTAIN
JOY THROUGH MY JOURNEY TO
GREATNESS.**

I find Joy when I....

Date: _____

[illegible]

DAY 15

Relationships

**TODAY I RELEASE ALL TOXIC
RELATIONSHIPS. I FORGIVE MYSELF FOR
ALLOWING PEOPLE TO ABUSE, MISUSE,
MANIPULATE, VIOLATE AND DISCOURAGE
ME. I FORGIVE MYSELF FOR BELIEVING I
WASN'T WORTH BETTER. I VOW TO ONLY
ACCEPT THE LOVE I DESERVE WITHOUT
ADDITIVES AND INCONSISTENCIES. I WILL
NO LONGER BELIEVE RELATIONS ARE THE
LINK TO LOVE OR LIFE. I UNDERSTAND, MY
DESTINY REQUIRES GREATNESS NOT ONLY
FROM ME BUT FROM THOSE I ENTERTAIN
WHILE ON MY JOURNEY. I WILL NO
LONGER ENTERTAIN PEOPLE WHO BRING
GOSSIP, DRAMA, BITTERNESS, HATRED,
SADNESS, SICKNESS, PAIN AND ALL
THINGS LINKED TO NEGATIVE LIFESTYLE
HABITS. I VOW TO LOVE MYSELF ENOUGH
TO BE COURAGE AND SAY NO TO WHO I
DON'T NEED AND YES TO THOSE DESIGNED
TO SPONSOR MY SUCCESSES AND
GREATNESS. I WILL NOT BE INFLUENCED
BY THE QUANTITY BUT RATHER THE
QUALITY OF THE RELATIONSHIPS I HAVE
WHILE ON MY JOURNEY.**

**I WILL HONOR MYSELF AND DEMAND
THOSE WHO WILL DO THE SAME. I WILL
RELY ON WISDOM WHEN CONNECTING
WITH PEOPLE NOT EMOTION. TODAY, I
WILL BEGIN REEVALUATING THE PURPOSE
OF THOSE I ENTERTAIN AND I WILL BEGIN
TO MAKE MY CONNECTIONS TO OTHERS A
PRIORITY. I RELEASE THOSE WHO REFUSE
TO ACKNOWLEDGE THE POSITIVE
CHANGES IN MY LIFE AND THOSE WHO
DESIRE TO HARM ME. I RECEIVE THE TRUTH
OF LOVE, LAUGHTER, PEACE, JOY,
KINDNESS & ENCOURAGEMENT FROM
RELATIONSHIPS I DESERVE. I HAVE
WORTHY TO HAVE ALL I DESIRE
INCLUDING WHO I DESERVE TO SHARE IN
MY GREATNESS.**

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



DAY 16

Spirituality

THERE IS MORE TO ME THAN WHAT I CAN PHYSICALLY SEE; I AM DEEPER THAN WHAT I CAN SIMPLY FEEL. I AM CONNECTED TO GREATER THROUGH NOT ONLY MY MIND AND BODY BUT ALSO MY SPIRIT. I RECOGNIZE MY SPIRIT AS A GIFT AND APOLOGIZE TO MYSELF FOR NEGLECTING IT. I VOW TO DEDICATE MORE TIME TO FEEDING MYSELF SPIRITUALLY BY DEVELOPING HEALTHY HABITS THAT INCLUDE MEDITATION AND DAILY AFFIRMATIONS. I RECOGNIZE MY SPIRIT IS PRICELESS AND I REFUSE TO SACRIFICE IT FOR ANY MATERIAL GRATIFICATION. I FORGIVE MYSELF FOR DISCONNECTING FROM MY SPIRIT AND MAKE A CHOICE TODAY TO EMBRACE MY SPIRITUALITY. I WILL STRETCH MYSELF IN THOUGHT, SPEECH AND ACTIONS TO SUPPORT MY SPIRITUALITY. I WILL LET GO AND CONNECT WITH THE DEEPEST PARTS OF MYSELF IN ORDER TO CONNECT TO MY PURPOSE. I AM OPEN AND WILL RELY MORE ON THE DEEPER THINGS I AM CONNECTED TO THROUGH MY OWN SPIRIT. TODAY, I BELIEVE MY SPIRITUALITY IS GROWING DEEPER IN ORDER TO ELEVATE ME TO A HIGHER PLACE WHERE I CAN SUSTAIN MY GREATNESS.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



DAY 17

Peace

TODAY I SILENCE THE VOICES REPLAYING MY MIND. I REJECT ALL NEGATIVE MEMORIES FROM MY PAST AND I SPEAK LIFE TO MYSELF IN ORDER TO HAVE PEACE. I MAKE A CHOICE, IN THIS MOMENT, TO BE CONTENT WITHOUT CONTROL. I WILL TAKE TIME TO EXHALE AND RELEASE THE STRESSES I HAVE HELD ON TO. I SURRENDER THE PRESSURES I'VE PLACED ON MYSELF AND THOSE I'VE ACCEPTED FROM OTHERS. I VOW TO TAKE THE TIME TO REST AND EMBRACE SILENCE. I WILL ALLOW STILLNESS AND CALMNESS FOR MY MIND AND MY BODY. I REFUSE NEGATIVE SPEECH AND THOUGHTS. I WILL TRUST MY JOURNEY AND RECOGNIZE MY PURPOSE IN EACH LIFE'S SITUATION. I FORGIVE MYSELF FOR BECOMING A VICTIM TO WORRY. I BELIEVE I DESERVE THE HEALING POWERS PEACE WILL BRING. I WILL REMAIN FOCUSED ON ALL THAT IS GOOD AND PLEASING IN MY LIFE AND MAKE A VOW TO REPEL ANY DRAMATIC INFLUENCES THAT TRY TO ATTACH THEMSELVES TO MY LIFE. I RECEIVE PEACE ON MY JOURNEY TO GREATNESS.

I feel at peace when....

Date: _____

This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal blue or grey lines across its entire width, typical of notebook paper. The background is a uniform off-white color, and there are no margins, text, or other markings present.

DAY 18

Love

I FIRST CONFESS THE LOVE I HAVE FOR MYSELF. I FORGIVE MYSELF FOR WITHHOLDING UNCONDITIONAL LOVE TOWARDS ME. I ERASE ALL NEGATIVE THOUGHTS, WORDS AND ACTIONS I HAVE DONE TO MYSELF AND MAKE A VOW, TODAY, TO REPLACE THEM WITH LOVE. I ACCEPT WHO I AM, ACKNOWLEDGE THE TRUTH OF WHAT I HAVE AND WELCOME WHO I AM BECOMING. I LOVE MYSELF ENOUGH TO REFUSE ANYMORE ABUSE FROM THOSE AROUND ME. I LOVE MYSELF ENOUGH TO END NEGATIVE HABITS I'VE DEVELOPED IN MY LIFE. I LOVE MYSELF ENOUGH TO REPENT FOR THE DESTRUCTIVE BEHAVIORS I'VE PRACTICED. I WILL ONLY SPEAK LOVING WORDS ABOUT MYSELF. I WILL ONLY THINK LOVING THOUGHTS ABOUT MYSELF. I WILL ONLY TAKE LOVING ACTIONS TOWARDS MYSELF. BECAUSE I KNOW THE VALUE OF LOVING MYSELF, I WILL ONLY ALLOW MYSELF TO DISPLAY LOVE FOR OTHERS TO ENCOURAGE THEM TO DO THE SAME. I WILL FORGIVE THOSE WHO HAVE YET TO LEARN TO LOVE THEMSELVES AND BE PATIENT WHILE CONTINUING TO BE AN EXAMPLE OF LOVE. I LOVE MYSELF ENOUGH TO NEVER GIVE UP ON ME AND TO ENDURE UNTIL THE END.

I LOVE MYSELF ENOUGH TO GIVE LOVE TO OTHERS IN ORDER TO RECEIVE THE LOVE I DESERVE. I RECEIVE WISDOM AND DISCERNMENT ON MY JOURNEY TO VALUE MY LOVE ENOUGH TO ONLY SHARE WITH THOSE WHO ARE MATURE ENOUGH TO UNDERSTAND TO GIVE THE SAME. I LOVE MYSELF AND ALL THAT I HAVE WITHIN.

I feel loved when....

Date: _____

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DAY 19

Celebrate

TODAY, I CELEBRATE ME! I HAVE COME A LONG WAY FROM WHO I USE TO BE AND THE BEHAVIORS I USE TO REHEARSE. I AM ON A JOURNEY TO GREATNESS AND I CELEBRATE ALL OF MY ACCOMPLISHMENTS THUS FAR! I AM PROUD OF MY PROGRESS AND AM EXCITED ABOUT WHERE I'M GOING. I CELEBRATE MY LIFE AND ALL WHO ARE CONNECTED. I RECOGNIZE MY ENERGY AS POSITIVE AND POWERFUL. I VOW TO TAKE THIS MOMENT TO BASK IN MY INNER LIGHT. I CELEBRATE ME! I AM BEAUTIFUL! I AM WISE! I AM STRONG! I AM WORTHY OF THE GREATNESS I HAVE ACHIEVED AND WELCOME ALL THAT IS TO COME! I WILL INVITE THOSE WHO ARE WILLING TO CELEBRATE WITH ME AND FOR ME AS I GIVE THE SAME! I AM AWARE THAT MY LIFE HAS PURPOSE AND I AM GRATEFUL THAT IT IS BEING FULFILLED! TODAY IS MY DAY AND I MAKE A CHOICE TO CELEBRATE! I CELEBRATE MY NEW HABITS AND NEW DIRECTION TOWARDS A GREATER ME!

Today I celebrate...

Date: _____

[illegible]

DAY 20
Giving

I DEDICATE TODAY TO THE PEOPLE IN MY LIFE WHO HAVE SACRIFICED FOR ME. I AM THANKFUL FOR THEIR GIFTS OF LOVE, ENCOURAGEMENT, PATIENCE, TIME, FRIENDSHIP, WISDOM, SUPPORT AND ALL ACTS OF KINDNESS TO ME. I WILL NOT TAKE THEIR GIFTS FOR GRANTED. I RECEIVE FORGIVENESS FOR MY SELFISH ACTS TOWARDS OTHERS. I VOW TO RECOGNIZE AND CELEBRATE THE VALUE IN OTHERS WHILE UPHOLDING HONORABLE CHARACTER AND INTEGRITY. I RECEIVE WISDOM IN ORDER TO BE ABLE TO MAKE GREATER INVESTMENTS IN PEOPLE AND THE THINGS I HAVE ON MY JOURNEY. I WILL NOT BE CONTROLLED BY MY MATERIAL THINGS AND WILL FIND JOY IN GIVING. I UNDERSTAND THAT AN OPEN HAND IS TO GIVE MORE THAN RECEIVE. I AM WISE ENOUGH TO MAINTAIN BALANCE BETWEEN GIVING TO MYSELF AND TO OTHERS. I WILL NOT IGNORE MY OWN PERSONAL NEEDS BUT WILL ALSO UNDERSTAND I MAY BE ABLE TO ASSIST WITH THE NEEDS OF OTHERS.

I WILL PRACTICE HABITS OF GIVING WITHOUT REGRET. I WILL GIVE WITHOUT EXPECTATION AND INVEST IN THOSE I KNOW, THROUGH WISDOM, I WILL RECEIVE THE SAME. I FREELY GIVE AN ABUNDANCE OF LOVE, KINDNESS, PATIENCE, COMPASSION, ENCOURAGEMENT AND SUPPORT TO THOSE I LOVE. I WILL BE WISE WITH MY TIME, FRIENDSHIP AND MONETARY POSSESSIONS AS ONLY AN INVESTMENT. I GIVE MY ALL TOWARDS BECOMING A GREATER ME AND LIVING A GREATER LIFE.

Today I give myself...

Date: _____

[illegible]

DAY 21
Integrity

MY INTEGRITY IS WHAT SUSTAINS MY GREATNESS. TODAY, I FORGIVE MYSELF FOR DISPLAYING INCONSISTENCIES IN MY CHARACTER AND MY INTEGRITY. I STAND IN MY TRUTH AND CONFESS THAT HAVE NOT ALWAYS DEMONSTRATED HONORABLE, HONEST, UPRIGHT OR RELIABLE HABITS AND I VOW TO DIVORCE THE WAYS OF MY PAST. I FORGIVE THOSE WHO HAVE CHALLENGES WITH SEEING THE CHANGES WITHIN ME AND I WILL BE PATIENT WHILE I CONTINUE TO UPHOLD THE INTEGRITY MY JOURNEY REQUIRES. IN ORDER TO REINFORCE MY INTEGRITY, I WILL SURROUND MYSELF WITH PEOPLE WHO DISPLAY THE SAME CHARACTERISTICS THAT I DESIRE AND CONNECT WITH PEOPLE WHOSE INTEGRITY MIRRORS THAT OF MY OWN. I RECEIVE THE BENEFITS OF HAVING HONORABLE INTEGRITY AND RELEASE THE LABELS AND DOUBT I'VE ACCEPTED IN MY PAST. TODAY, I AM THANKFUL OF MY REPUTATION OF HAVING HONORABLE INTEGRITY THAT WILL MAINTAIN WHILE ON MY JOURNEY TO BECOMING A GREATER ME.

My integrity means...

Date: _____

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DAY 22

Goals

TODAY I WILL FOCUS ON MY GOALS. FOLLOW ONE COURSE UNTIL SUCCESSFUL. I RELEASE THE PRESSURES I HAVE PLACED ON MYSELF AND I REFUSE TO ACCEPT ANY FROM OTHERS. I AM SUCCESSFUL AND I WILL NOT DOUBT MY ABILITIES TO ACHIEVE MY GOALS. I HAVE SET MY PRIORITIES BASED ON WHAT AND WHO'S NECESSARY WHILE ON MY JOURNEY. I WILL USE WISDOM AND ESTABLISH REALISTIC GOALS IN ORDER TO AVOID ENTICING FAILURES. I WILL CELEBRATE MY MISTAKES AND LABEL THEM AS LESSONS AND TOOLS IN ORDER TO MOVE CLOSER TO MY NEXT ACCOMPLISHMENT. MY GOALS ARE SIGNIFICANT TO ME AND I REFUSE TO ALLOW OTHERS OPINIONS TO INFLUENCE MY DESIRES. I FORGIVE MYSELF FOR ALLOWING DISTRACTIONS TO KEEP ME FROM FOCUSING ON MY GOALS. I FORGIVE MYSELF FOR GIVING UP ON MY GOALS AND NOT FOLLOWING THROUGH UNTIL THE END. I VOW TO MAKE POSITIVE CHANGES IN ORDER TO EMPOWER MYSELF TO BE MORE GOAL-ORIENTED. I AM WORTHY OF THE SUCCESSES I AM FOR AND I WILL ACHIEVE THEM! TODAY, I CONTINUE ON MY JOURNEY WITH REFOCUSED PASSION TOWARDS BECOMING A GREATER ME!

My short-term goals are...

Date: _____

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DAY 23
Creativity

TODAY I EMBRACE MY CREATIVITY. I ACKNOWLEDGE MY UNIQUE INDIVIDUALITY AS A GIFT AND ESSENTIAL FOR MY GREATNESS. I REFUSE TO BE LABELED, HELD DOWN, PUSHED BACK NOR IGNORED, MY VOICE IS WRAPPED IN MY OWN CREATIVE EXPRESSION. I LET GO OF THE FEARS, DOUBTS AND INSECURITIES THAT I ALLOWED TO KEEP ME IN BONDAGE. TODAY, I HAVE THE COURAGE TO STAND OUT AND STAND PROUD AS A CREATIVE BEING. I WILL NOT MEASURE THE VALUE OF MY GIFTS BASED ON OTHERS. I WILL NOT DOWNGRADE MY GIFTS DUE TO MONETARY GAIN. I WILL EXERCISE MY CREATIVITY AND STRETCH MYSELF IN ORDER TO ENHANCE THE GIFTS I'VE HIDDEN INSIDE. I HAVE THE RIGHT TO EXPRESS MY CREATIVITY FREELY AND WELCOME LIBERTY ON MY JOURNEY TO GREATNESS. I WILL PRACTICE STRATEGIC AIM IN ORDER TO INFLUENCE MY CREATIVITY AND SURRENDER ALL RESTRAINTS. I WILL EDUCATE MYSELF TO GAIN A DEEPER CONNECTION TO MY CREATIVE GIFTS. MY CREATIVITY IS MY UNIQUE EXPRESSION NECESSARY FOR MY JOURNEY TO BECOMING A GREATER ME.

I feel most creative when...

Date: _____

[illegible]

DAY 24

Asset

I AM VALUABLE AND VITAL TO THE LIVES OF THOSE AROUND ME. I MAKE A CHOICE TODAY TO RECOGNIZE MYSELF AS AN ASSET TO MY FAMILY, MY JOB, MY FRIENDS, MY COMMUNITY, MY GOVERNMENT, MY NATION. I WILL NO LONGER ACCEPT LIES FROM THOSE WHO REFUSE TO SEE ME AS AN ASSET. I EARNED MY WISDOM, EDUCATION, EXPERIENCES, RESOURCES, CREATIVITY AND PURPOSE THROUGH GREAT SACRIFICES AND DEDICATION TO LIFE. MY DESTINY HAS A POSITIVE INFLUENCE ON THE LIVES OF THOSE I AM CONNECT TO THROUGH PURPOSE. I WILL BUILD RELATIONSHIPS WITH THE UNDERSTANDING OF BRINGING GREATNESS TO SOMEONE'S LIFE AND ONLY ACCEPT THE SAME IN RETURN. BECAUSE I AM AN ASSET, I WILL NO LONGER LIVE MY LIFE WITH LOW STANDARDS OR LOW EXPECTATIONS. TODAY, I WILL UPHOLD MYSELF TO HIGHER STANDARDS AND HIGHER EXPECTATIONS BECAUSE I AM AN ASSET WITH GREAT PURPOSE.

My assets are...

Date: _____

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DAY 25
Maturity

TODAY, I DIVORCE ALL IMMATURE THOUGHTS, WORDS, ACTIONS AND PEOPLE I'VE ATTACHED TO MY LIFE. I WILL NO LONGER INVEST IN SHALLOW CONVERSATIONS OR ENTERTAIN PEOPLE WHO DISPLAY IMMATURE HABITS. I MAKE A CHOICE TO BE LED BY WISDOM AND ENGAGE WITH OTHERS WHO PRACTICE THE SAME. I UNDERSTAND THAT BEING MATURE DOES NOT RESTRICT ME FROM ENJOYING LIFE'S EXPERIENCES YET I WILL PRACTICE MORE MATURE CHOICES IN ENTERTAINMENT, CONVERSATIONS, RELATIONSHIPS AND DAILY LIVING. MY GREATNESS REQUIRES A MATURE MIND FOR SUSTAINABILITY. I REFUSE TO ALLOW IMMATURITY TO INFLUENCE MY JOURNEY AND TAKE PRIDE IN THE CHANGES THAT ARE HAPPENING IN MY LIFE. I AM NOT WHO I WAS IN THE PAST AND NO LONGER THINK, SPEAK OR ACT AS SUCH. I AM BECOMING A MORE MATURE PERSON IN ORDER TO BE A GREATER ME.

Today I choose to mature in...

Date: _____

[illegible]

DAY 26
Self-Image

TODAY, I MAKE A CHOICE TO CHANGE THE WAY I SEE MYSELF. I FIRST FORGIVE MYSELF FOR ALLOWING NEGATIVE THOUGHTS & WORDS BECOME TRUTH ABOUT MY OWN IMAGE. I GIVE MYSELF PERMISSION TO HAVE HIGH SELF ESTEEM AND VOW TO REMIND MYSELF DAILY THAT I AM WORTHY OF POSITIVE THOUGHTS ABOUT ME. I WILL NO LONGER ALLOW OTHERS, INCLUDING THE MEDIA, TO DEFINE THE WAY I SEE MYSELF. I WILL PRACTICE POSITIVE SPEECH AND THOUGHTS ABOUT OTHERS IN ORDER TO RECEIVE THE SAME. I WILL MAKE GENUINE EFFORT TO PRESENT MYSELF IN A WAY THAT WILL REFLECT MY GREATNESS. I WILL TAKE PRIDE IN THE WAY I GROOM MYSELF AND BE OPEN TO MAKING POSITIVE CHANGES TO ENHANCE MY IMAGE. I REFUSE TO OBSESS OVER THE THINGS I CANNOT CHANGE AND CELEBRATE MY CURRENT ACCOMPLISHMENTS. I WILL DEVELOP HABITS OF POSITIVE THOUGHTS, WORDS AND ACTIONS REGARDING MY SELF-IMAGE AND WILL ONLY ACCEPT THE SAME FROM OTHERS. I SEE MYSELF AS GREAT AND AM BECOMING GREATER!

I see myself as...

Date: _____

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DAY 27

Knowledge

MY KNOWLEDGE IS POWER! I BELIEVE I HAVE THE ABILITY TO AND AM OPEN TO RECEIVING VALUABLE KNOWLEDGE. I WILL NO LONGER LIMIT MYSELF FROM RECEIVING THE KNOWLEDGE NECESSARY FOR MY JOURNEY TOWARDS GREATNESS. I WILL MAKE KNOWLEDGE A PRIORITY IN MY LIFE AND VOW TO LEARN SOMETHING NEW EVERY DAY. I WILL NO LONGER FILL MY MIND WITH FRUITLESS OR NEGATIVE INFORMATION. I WILL REFRAIN FROM ENTERTAINING GOSSIP. I WILL NOT BE AFRAID OR MAKE EXCUSES TO HOLD MYSELF BACK FROM THE KNOWLEDGE I NEED TO ACHIEVE MY GOALS. I WILL REFUSE TO PROCRASTINATE AND PASSIONATELY PURSUE NEW KNOWLEDGE IN ORDER TO ACHIEVE THE GREATNESS I DESERVE.

Today I am proud that I know...

Date: _____

This image shows a full page of blank white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings present.

DAY 28

Finance

I RECEIVE AN ABUNDANCE OF FINANCES IN MY LIFE YET, I WILL FIRST MAKE IT A PRIORITY TO GAIN KNOWLEDGE REGARDING GREATER WAYS TO MANAGE THE FINANCES I HAVE. I FORGIVE MYSELF FOR INAPPROPRIATELY HANDLING MY FINANCES AND MAKE A VOW, TODAY, TO USE WISDOM IN ORDER TO PROPERLY GOVERN MY FINANCES. I MAKE A CHOICE TO DEVELOP BENEFICIAL HABITS WHEN DEALING WITH FINANCE AND WILL PRACTICE MATURITY AND RESPONSIBILITY IN ALL FINANCIAL SITUATIONS. I REFUSE TO OBSESS OVER MY FINANCES AND WILL EDUCATE MYSELF REGARDING USING MY FINANCES AS A TOOL TO ASSIST IN MY GOALS. I WILL MAKE GREATER CHOICES WITH MY FINANCES AND WILL FOCUS MORE ON PROPER INVESTMENTS, PROPER SAVINGS AND BETTER MANAGEMENT IN ORDER TO SUSTAIN MY GREATNESS.

I am Financially Empowered to...

Date: _____

[illegible]

DAY 29

Legacy

**I AM GRATEFUL FOR THE OPPORTUNITY TO
BECOME A GREATER ME! I CELEBRATE MY
ACCOMPLISHMENTS AND AM EXCITED TO
REACH MY GOALS. I MAKE A CHOICE,
TODAY, TO REMAIN DETERMINED ON MY
JOURNEY NOT ONLY FOR ME BUT FOR
THOSE I AM CONNECTED TO THROUGH
PURPOSE. I WILL CONTINUE TO DISPLAY
POSITIVE ACTIONS AND SPEECH IN ORDER
TO BE AN EXAMPLE OF GREATNESS. I
REFUSE TO ALLOW OTHERS TO PROVOKE
ME TO REPEAT PAST BEHAVIORS. I HAVE
THE WISDOM TO UNDERSTAND MY
ACTIONS TODAY WILL INFLUENCE MY
FAMILY, FRIENDS, AND COMMUNITY. I
WILL CONTINUE TO LIVE A LIFE THAT
REFLECTS GREATNESS. I WILL THINK
POSITIVELY ABOUT MY FUTURE. I AM
AWARE THAT MY LIFE WILL YIELD A
LEGACY OF GREATNESS BECAUSE I AM
PASSIONATE ABOUT MY PURPOSE AND MY
DESTINY!**

My Legacy begins with....

Date: _____

[illegible]

DAY 30

Empower

NOW THAT I'VE BEGUN LIVING WITH HABITS OF GREATNESS, I WILL HELP OTHERS TO DO THE SAME. BECAUSE I RECOGNIZE I AM AN ASSET TO MY FAMILY, FRIENDS AND COMMUNITY, I VOW TO CONTINUE TO BE AN EXAMPLE OF GREATNESS. I WILL BE PATIENT WITH THOSE WHO HAVE YET TO GAIN THE KNOWLEDGE I HAVE AND WILL USE WISDOM IN ORDER TO INVEST MY TIME PROPERLY. I WILL ENCOURAGE THOSE AROUND ME TO ACHIEVE THEIR PERSONAL GOALS AND REMAIN HUMBLE, COMPASSIONATE, PATIENT AND LOVING. I WILL REFUSE SELFISHNESS AND BE OPEN TO SHARING MY WISDOM WITH THOSE WHO DISPLAY THE DESIRE TO RECEIVE MY GIFTS. I WILL NOT FORCE MY ADVICE, BUT FREELY SHARE AND INSPIRE THOSE WHO INVITE ME. I WILL NEVER JUDGE OTHERS. I WILL ALWAYS CELEBRATE THE ACCOMPLISHMENTS OF OTHERS WITHOUT CRITIQUE. I WILL MAKE MYSELF AVAILABLE TO SHARE THE GREATNESS I HAVE ACHIEVED AND CONTINUE TO STRIVE TO BE A GREATER ME!

Today I am empowered to...

Date: _____

This image shows a full page of blank white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings present.