

# MOTIVATIONAL MONDAYS

*Agenda*

**MONDAY**

**TOPIC**

**1/22/2024**

**SELF-COMMITMENTS:**  
DISCUSS HOW TO BREAK THE HABIT OF MAKING EXCUSES.

**1/29/2024**

**FEAR PART 1:**  
FEAR IS NORMAL. FALSE EVIDENCE APPEARING REAL. DISCUSS HOW TO FACE IT AND WIN.

**2/5/2024**

**FEAR PART 2:**  
IT WILL NEVER BE THE PERFECT TIME. DISCUSS WHAT HOLDS YOU BACK FROM ACTION AND TAKE ACTIVE RESPONSIBILITY FOR THE NEXT STEPS.

**2/12/2024**

**LIFE PURPOSE:**  
YOU HOLD YOUR ANSWER. DISCUSS HOW TO DISCOVER YOUR PASSIONS.

**2/19/2024**

**THOUGHTS:**  
THE INNER WORLD AFFECTS THE OUTER WORLD. DISCUSS HOW TO TAKE MORE CONTROL OVER WHAT YOU THINK.

**2/26/2024**

**"SHOULD":**  
WE ALL HAVE THINGS WE 'SHOULD' DO. DISCUSS HOW TO STOP "SHOULDING" ALL OVER YOURSELF AND START DOING!

**3/4/2024**

**RESPONDING:**  
YOU CAN'T ACT NEGATIVE AND EXPECT A POSITIVE RESULT. DISCUSS HOW TO TAKE MORE CONTROL OVER KNEE-JERK REACTIONS AND AIM FOR POSITIVE INTENT.

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MONDAY

TOPIC

3/11/2024

**BELIEF:**

A THOUGHT THAT IS ON REPEAT. DISCUSS BELIEFS THAT LIMIT SUCCESS AND BELIEFS THAT BLOCK RESULTS.

3/18/2024

**CHOICES:**

LIFE IS A GAME, AND ALL CHOICES HAVE POSITIVE OR NEGATIVE CONSEQUENCES. DISCUSS LIVING LIFE ON THE SIDELINES OR SHOWING UP TO PLAY TO WIN.

3/25/2024

**LIFE:**

IT IS NOT A DRESS REHEARSAL. DISCUSS HOW TO ADD MORE VALUE AND HOW TO SELF-MOTIVATE TO BE THE BEST VERSION OF YOURSELF.

4/1/2024

**DECISIONS:**

LIFE HAPPENS FOR YOU, NOT TO YOU. DISCUSS HOW MAKING DAILY MINDFUL CHOICES ON PURPOSE IMPROVES QUALITY OF LIFE.

4/8/2024

**CHANGE:**

MOST PEOPLE PREFER TO AVOID CHANGE; IT IS HARD AND INTERRUPTS THE FEELING OF A SAFE ROUTINE. DISCUSS HOW TO NAVIGATE CHANGE GRACEFULLY AND HOW CHANGE ADDS VALUE TO LIFE.

4/15/2024

SPECIAL GUEST COACH BABBY FROM TRANSFORMATIVE HEALTH COACHING: PRESENTING **MODERN MEDICINE**: WHAT IS RIGHT AND WHATS WRONG? DISCUSS PRIORITIZING AND CARING FOR YOUR BODY TEMPLE (BODY/MIND/SOUL) TO MINIMIZE COMMON AGE-RELATED CHRONIC DISEASE.

4/22/2024

**THINK:**

THE QUALITY OF HOW YOU THINK DETERMINES YOUR QUALITY OF LIFE. DISCUSS HOW TO TAKE ACTIVE RESPONSIBILITY FOR MENTAL FITNESS.

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**TOPIC**

**4/29/2024**

**ACTION:**

A KEY COMPONENT IN ALL SUCCESS. DISCUSS THE DIFFERENCE BETWEEN "ACTION" AND "INSPIRED ACTION" AND WHAT PREVENTS STEPS FROM MOVING FORWARD.

**5/6/2024**

**MOTIVATION:**

THE FUEL TO EVERY FIRE UNDER YOUR DESIRES. DISCUSS WHERE IT COMES FROM AND HOW TO KEEP IT.

**5/13/2024**

**EXPECTATIONS:**

YOU CANNOT EXPECT POSITIVE RESULTS IF YOU WORRY, ACT NEGATIVELY, CATASTROPHIZE, OR SELF-SABOTAGE. DISCUSS HOW TO MANAGE STINKING THINKING, LEARN YOUR LESSONS, AND FIND HOPE IN POSITIVE EXPECTATIONS.

**5/20/2024**

**PERSEVERANCE:**

EVERY GREAT STORY HAS AN UNTOLD SIDE OF RESILIENCE, FAILING FORWARD, AND EXHAUSTION. DISCUSS HOW TO FIND CONFIDENCE IN HARD TIMES AND HOW THAT CAN BENEFIT OTHER PEOPLE.

**5/27/2024**

**NO MEETING - MEMORIAL DAY**

**6/3/2024**

**COMFORT ZONE:**

FEAR OF THE UNKNOWN KEEPS THIS ZONE ALIVE. DISCUSS HOW TO GET A LITTLE UNCOMFORTABLE AND FIND THE MAGIC ON THE OTHER SIDE OF FEAR.

**6/10/2024**

**START:**

A FIRST STEP IN SUCCESS. DISCUSS HOW GETTING STARTED IS THE TOUGHEST PART AND HOW TO LINK DAILY ROUTINES TO BUILD MOMENTUM.

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**MONDAY**

**TOPIC**

**6/17/2024**

**HAPPINESS:**

WHO DEFINES YOUR HAPPINESS, HOW DO YOU LIVE IT OUT DAILY, OR IS IT A PIPELINE DREAM? DISCUSS WHERE HAPPINESS COMES FROM AND HOW TO OBTAIN IT.

**6/24/2024**

**TARGET:**

IF YOU DON'T KNOW WHAT YOU ARE AIMING FOR, HOW WILL YOU KNOW IF YOU HIT THE MARK? DISCUSS DEFINING YOUR FOCUS AND HOW FAILING FORWARD IS PART OF THE PROCESS.

**7/1/2024**

**UNMET EXPECTATIONS:**

WHAT ARE YOU TRYING TO FORCE THAT IS OUT OF YOUR CONTROL? DISCUSS WHEN IT IS TIME TO LET GO.

**7/8/2024**

**SELF-CRITICISM:**

YOU ARE YOUR OWN WORST ENEMY. DISCUSS HOW NEGATIVE SELF-TALK IMPACTS SUCCESS AND HOW TO FLIP THE SCRIPT.

**7/15/2024**

**SELF-MADE HAPPINESS:**

WHAT MAKES YOU UNHAPPY, AND WHAT MAKES YOU HAPPY? DISCUSS HOW TO MEASURE HAPPINESS FEELINGS AND HOW TO FEEL GOOD MOST OF THE TIME.

**7/22/2024**

**PREPARATION:**

SUCCESS HAPPENS WITH A DESIRE, A MINDMAP, AND THE WILLINGNESS TO TAKE ACTION. DISCUSS HOW BEING PREPARED MINIMIZES PROCRASTINATION AND RAMPS UP SUCCESS.

**7/29/2024**

**RISK:**

FEAR OF FAILURE AND FEAR OF SUCCESS ARE REAL. DISCUSS THE FEAR OF THE UNKNOWN AND HOW TO APPROACH IT WITH CONFIDENCE.

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**MONDAY**

**TOPIC**

**8/5/2024**

**EASY:**  
WE ARE ALL GIFTED WITH SOMETHING THAT COMES NATURALLY AND FEELS EFFORTLESS. DISCUSS HOW TO DETERMINE YOUR EASY AND DO MORE OF THAT.

**8/12/2024**

**FAITH:**  
THE BELIEF IN THE UNSEEN. WHAT IF THERE WAS SOMETHING GREATER THAN YOURSELF? DISCUSS THE POSSIBILITY OF LIFE FULFILLMENT LIVED THROUGH FAITH.

**8/19/2024**

**CHALLENGES:**  
LIFE IS HARD! WHAT IF YOU LOOKED AT CHALLENGES AND ADVERSITY AS MEANINGFUL? DISCUSS HOW SOME OF YOUR MOST SIGNIFICANT LIFE CHALLENGES PRODUCED A MEANINGFUL HARVEST.

**8/26/2024**

**SENSE OF URGENCY:**  
WISHING FOR SOMETHING WILL NOT MAKE IT HAPPEN. DISCUSS HOW TO MITIGATE PROCRASTINATION AND BUILD SUCCESS HABITS IN YOUR DAILY ROUTINE.

**9/2/2024**

**NO CLASS - LABOR DAY**

**9/9/2024**

**FAILURE:**  
YOU DON'T KNOW IF YOU DON'T TRY. DISCUSS WHY THE CONCEPT OF FAILURE HOLDS BACK COMMITMENTS AND COMPLETION OF GOALS. FLIP THE SCRIPT AND FAIL FORWARD.

**9/16/2024**

**MISTAKES:**  
NOBODY IS PERFECT!!! THERE WILL BE MISTAKES MADE. SO WHAT? NOW WHAT? DISCUSS HOW TO GROW FROM MISTAKES AND USE THEM TO INSPIRE OTHER PEOPLE.

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**MONDAY**

**TOPIC**

**9/23/2024**

**WAITING:**

ARE YOU FOCUSED ON A TARGET THAT HAS NOT COME TO PASS? DISCUSS THE ADVERSITY IN WAITING AND EXPLORE IF YOU ARE TRULY WAITING TO LIVE OR WAITING TO DIE.

**9/30/2024**

**BELIEVE:**

YOU BECOME WHAT YOU BELIEVE. STINKING THINKING WILL GIVE YOU A STINKY LIFE. DISCUSS HOW ATTITUDE, MINDSET, AND THOUGHT PLAY A POWERFUL ROLE IN SUCCESS.

**10/7/2024**

**PASSION:**

ARE YOU LIVING A SATISFIED AND FULFILLED LIFESTYLE? DISCUSS WHAT PASSION LOOKS LIKE, FEELS LIKE, HOW TO FIND IT, AND HOW TO MEASURE IT.

**10/14/2024**

**DREAMS:**

SOMEDAY I'LL DO.....? LIFE IS NOT MEANT TO BE LIVED LIKE A DRESS REHEARSAL, AND THIS IS IT! THIS IS YOUR SHOT TO WOW YOUR LIFE. DISCUSS HOW TO OPEN YOUR DREAMS, SHARE THEM, EXPLORE THEIR MEANING, AND START THEM.

**10/21/2024**

**STRUGGLES:**

HOW LONG HAVE YOU BEEN RIDING THE STRUGGLE BUS? YOU ARE NOT ALONE. DISCUSS HOW IMPORTANT STRUGGLES ARE FOR PERSONAL GROWTH, CHARACTER DEVELOPMENT, AND SUCCESSFUL LIVING.

**10/28/2024**

**GRATITUDE:**

THE LAW OF INCREASE. COMPLAINT THE LAW OF DECREASE. WHAT IS FOCUSED ON EXPANDS. DISCUSS OBSERVATIONS YOU HAVE WITNESSED AND HOW THINKING, FEELING, AND EMBRACING GOOD THINGS EXPOSE MORE GOOD THINGS.

**11/4/2024**

**THE BEST IS YET TO COME:**

THERE WILL BE TIMES OF DISAPPOINTMENT, DISCOURAGEMENT, AND DISILLUSION. DISCUSS PAST EXPERIENCE AND WHAT BENEFITS HAPPENED BECAUSE THE GOAL WAS NOT ACHIEVED.

# MOTIVATIONAL MONDAYS

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**MONDAY**

**TOPIC**

**11/11/2024**

**RECOMMIT:**

LIFE GETS MESSY, AND TARGETS GET LOST. DISCUSS PAST GOALS, PASSIONS, AND DESIRES. WHAT NEEDS TO CHANGE TO RECOMMIT TO YOUR TARGET?

**11/18/2024**

**RESULTS:**

HOW MANY TIMES HAVE YOU DONE THE SAME THING, EXPECTING DIFFERENT RESULTS? DISCUSS THE MENTAL PROCESS OF SHIFTING ACTIONS, EFFORTS, AND CHOICES TO GENERATE DESIRED OUTCOMES.

**11/25/2024**

**NO MEETING - THANKSGIVING**

**12/2/2024**

**TRY:**

WHAT DOES THIS REALLY MEAN? DO OR DO NOT. DISCUSS AN EXPERIMENTAL MINDSET TO DETERMINE WHAT WORKS FOR YOU AND WHAT DOES NOT.

**12/9/2024**

**RESPONSIBILITY:**

YOUR ABILITY TO RESPOND. YOUR FEELINGS, THOUGHTS, AND EMOTIONS ARE YOURS TO OWN. DISCUSS HOW TAKING ACTIVE RESPONSIBILITY FOR YOUR ATTITUDE IMPROVES SELF-CONFIDENCE, SELF-ESTEEM, AND SELF-EFFICACY.

**12/16/2024**

**RESILIENCE:**

EVERY GREAT SUCCESS STORY HAS AN EVEN BETTER RESILIENCE STORY. DISCUSS HOW RESILIENCE HAS IMPACTED YOUR JOURNEY TO FUEL YOUR FIRE FOR YOUR DESIRES.

**12/23/2024**

**NO MEETING - CHRISTMAS**

**12/30/2024**

**NEXT:**

A SPECIAL REFLECTION TIME. IT IS A TIME TO CELEBRATE WINS, ACCOMPLISHMENTS, AND LESSONS LEARNED. TOGETHER, WE ACCOMPLISHED, MULTIPLIED, AND WITNESSED THE FRUITS OF HABIT. COME FOR THE END OF YEAR PARTY AND A SPECIAL TRIBUTE TO CELEBRATE YOU!