

FEBRUARY 2020

MONTH OF *Passion*

This month you are focusing on tapping into your mind, body, and spirit to tap in to your passions and purpose. Each week is categorized into your thoughts, feelings, beliefs, and habits. Each day is categorized into 5 pillars; acknowledge, accept, align, activate, and achieve. Use this month to focus on what you truly LOVE to do so that you can finally turn your passions into profits in 2020.

BROOKE WRITE | FLHIGHWITHME.COM | #ENTREPRENEURSHIPENERGY

THOUGHTS

WEEK 1

ACKNOWLEDGE MON

Write down **3 negatively dominating thoughts** that prevent you from doing what you love.

ACCEPT TUE

Rewrite those thoughts saying **you do not accept them and you reject them for being untrue.**

ALIGN WED

Take those thoughts and **shift them to align with loving thoughts** about your passions.

ACTIVATE THU

Activate those thoughts of love by turning them into **action.**

ACHIEVE FRI-SUN

Celebrate your growth and shift towards thinking **more loving thoughts!**

FEELINGS

WEEK 2

Write down **3 negatively dominating feelings** that prevent you from doing what you love.

Rewrite those feelings saying **you do not accept them and you reject them for being untrue.**

Shift those **feelings** from **negative to positive** by aligning with what brings you joy.

Activate those love feelings by taking **action** doing what makes **you feel good.**

Celebrate your growth and shift towards **feeling more loving emotions!**

BELIEFS

WEEK 3

Write down **3 negatively dominating beliefs** that stop you from fulfilling your passions.

Write down the **positive opposite to those beliefs** and begin to **accept and affirm.**

Shift the **negative into a positive** and align your beliefs with what you truly want to **be and do** in life.

Activate those positive beliefs by **taking action on your passions.**

Celebrate your growth and shift towards **believing in your passions and purpose!**

HABITS

WEEK 4

Write down **1 negatively dominating habit** that blocks you from turning your passion into profit.

Write down the **positive opposite to that habit** and make a plan to change it to a healthy habit.

Take that **habit** and **shift it to align with your passion** and help you fulfill **purpose.**

Activate the new habit by taking **action daily** towards what you're passionate about.

Celebrate your growth and shift towards **passionate habits that fulfill your purpose!**

