

JANUARY 2020

MONTH OF ACTIVATION

This month you are focusing on activating your mind, body, and spirit to better assist you in achieving your goals. 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 your inner being and taking internal action so that you can be full of activating energy for the rest of 2020.

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THOUGHTS

WEEK 1

ACKNOWLEDGE MON

Sit and **reflect** on your **mindset**. Write down the **3** most **negatively dominating thoughts** that cause you to be **inactive** and **stops** you from **moving forward**.

ACCEPT TUE

Today, **reflect** on how those **thoughts make you feel**, what they **make you do** or **don't do**, and **accept where it has lead you today**. Then, accept that **the time to change** those thoughts is **now**.

ALIGN WED

Take those **thoughts** and **shift them** to **align with your ideal life and goals**. Shift the **negative into a positive** and align your thoughts with what you truly want to **feel, be, do, and have**.

ACTIVATE THU

Activate those **3** thoughts by turning them into **action**. For example; "I can't speak publicly" **shifts into** "I can speak publicly" by **taking action** by uploading a video of you speaking!

ACHIEVE FRI-SUN

You got through a week of **shifting your mindset!** Journal your **achievements** from shifting your mind--and don't forget to **celebrate your growth!**

FEELINGS

WEEK 2

Sit and **reflect** on your **feelings**. Write down the **3** most **negatively dominating feelings** that cause you to be **inactive** and **stops** you from **moving forward**.

Today, **reflect** on how those **feelings hold you back**, what they **make you do** or **don't do**, and **accept where it has lead you today**. Then, accept that **the time to change** those feelings is **now**.

Take those **feelings** and **shift them** to **align with your ideal life and goals**. Shift the **negative into a positive** and align your feelings with what you truly want to **feel, be, do, and have**.

Activate those **3** feelings by turning them into **action**. For example; "I feel unmotivated" **shifts into** "I feel motivated" by tapping into **one reason** that keeps you feeling motivated **daily**.

You got through a week of **shifting your feelings!** Journal your **achievements** from shifting your feelings--and don't forget to **celebrate your growth!**

BELIEFS

WEEK 3

Reflect on your **beliefs** that grew from your **thoughts and feelings**. Write down the **3** most **negatively dominating beliefs** that cause you to be **inactive** and **stops** you from **moving forward**.

Today, **reflect** on how those **beliefs hold you back**, what they **make you do** or **don't do**, and **accept where it has lead you today**. Then, accept that **the time to change** those beliefs is **now**.

Take those **beliefs** and **shift them** to **align with your ideal life and goals**. Shift the **negative into a positive** and align your beliefs with what you truly want to **feel, be, do, and have**.

Activate those **3** beliefs by turning them into **action**. For example; "I believe I'm not ready" **shifts into** "I believe I am ready" by working on **one goal** even if you "don't" feel ready to.

You got through a week of **shifting your beliefs!** Journal your **achievements** from shifting your beliefs--and don't forget to **celebrate your growth!**

HABITS

WEEK 4

Reflect on your **habits** that grew from your **thoughts, feelings, and beliefs**. Write down the **3** most **negatively dominating habits** that cause you to be **inactive** and **prevents you** from **moving forward..**

Today, **reflect** on how those **habits hold you back**, what they **make you do** or **don't do**, and **accept where it has lead you today**. Then, accept that **the time to change** those habits is **now**.

Take those **habits** and **shift them** to **align with your ideal life and goals**. Shift the **negative into a positive** and align your habits with what you truly want to **feel, be, do, and have**.

Activate those **3** habits by turning them into **action**. For example; "I procrastinate often" **shifts into** "I get things done" by actually completing the things you procrastinate on.

You got through a week of **shifting your habits!** Journal your **achievements** from shifting your habits--and don't forget to **celebrate your growth!**