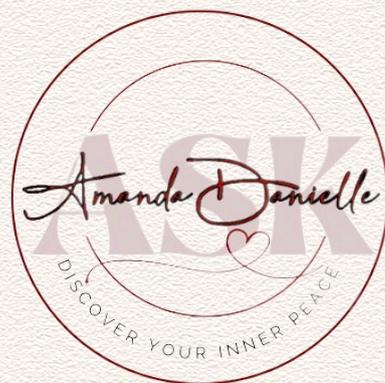


HIT RESET

TURNING ✨ ✨

YOUR *Dreams* INTO
REALITY

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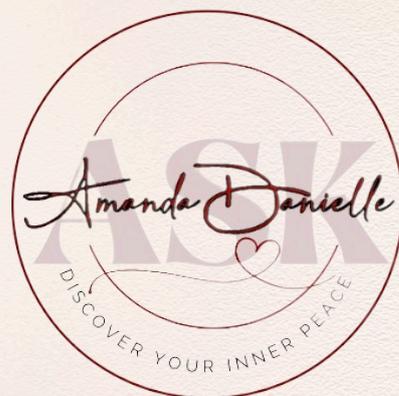


Let's Go →

SET SPECIFIC AND MEASURABLE GOALS

Break down your dream into achievable goals and create a roadmap to achieve them. By setting specific and measurable goals, you can track your progress and stay motivated.

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SMART

Goals

SPECIFIC

What is the goal? What do I want to accomplish?

MEASURABLE

How will I know that I have accomplished this goal?

ACHIEVABLE

Is this goal achievable? What will I need to do?

RELEVANT

How is this goal relevant to my life?

TARGET

What is my deadline to accomplish the goal?



UNDERSTANDING

GOALS

ACHIEVING OUR GOALS IS DEPENDENT ON WHETHER WE TAKE ACTION.
USE THE TABLE BELOW TO UNDERSTAND THE "WHY" OF YOUR GOALS.

DATE TODAY

GOAL:

WHAT WILL THIS GIVE YOU?

AND WHAT WILL THIS GIVE YOU?

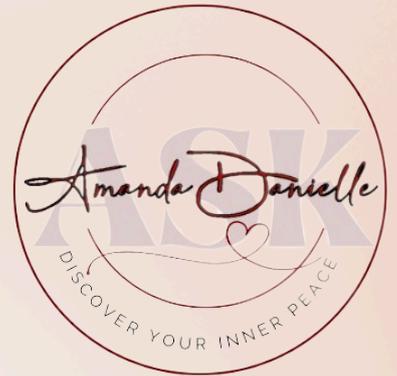
AND WHAT WILL THIS GIVE YOU?

AND WHAT WILL THIS GIVE YOU?

SO, WHY IS THIS GOAL IMPORTANT?

ACHIEVABLE DATE

FILL PUT ONE FOR EVERY AREA OF YOUR LIFE & EVERY GOAL
Come Connect with me on Socials, Tell me Your Goals!!!
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TAKE CONSISTENT ACTION TOWARDS YOUR DREAM

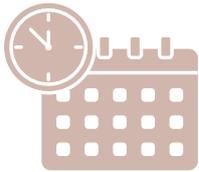
Every day, take small steps towards your dream, whether it's learning a new skill, networking with industry professionals or new groups, taking on a related job or internship. Consistent action will build momentum and help you overcome obstacles.

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#2 →



HOW TO BOOST *Your Productivity*



PLAN AND SCHEDULE

Assign a time-slot to every task on your agenda



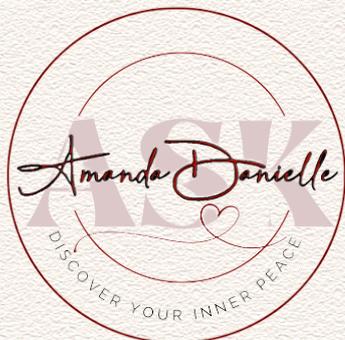
MINIMIZE DISTRACTIONS

Close everything that could be a potential distraction



STAY FOCUSED

When you finish your work for the day, write your to-do list for tomorrow



P R O B L E M

Solving

SITUATION

What was the situation?



THOUGHTS

What are your thoughts?



PROBLEM

What is the problem?



REFLECTIONS

What are your reflections?

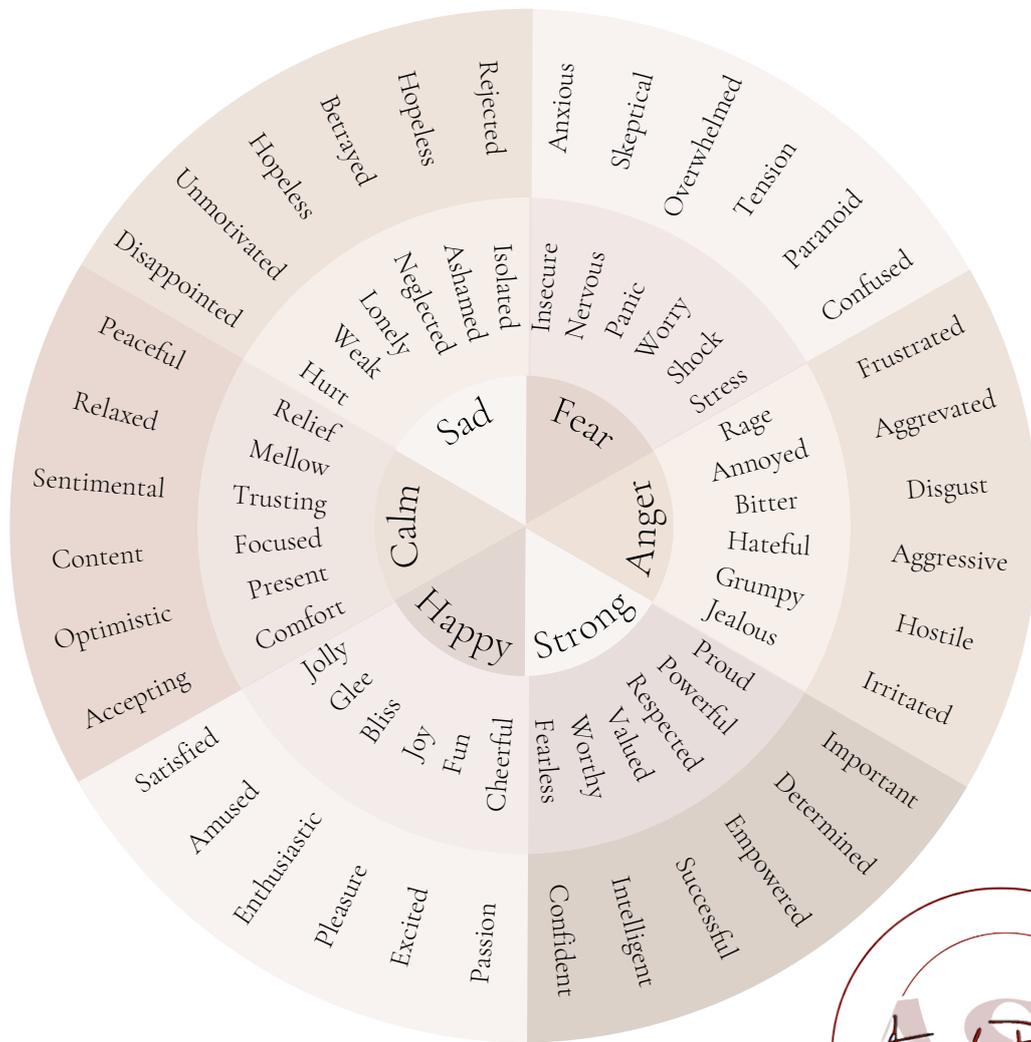


SOLUTIONS

What are possible solutions?

THE FEEL

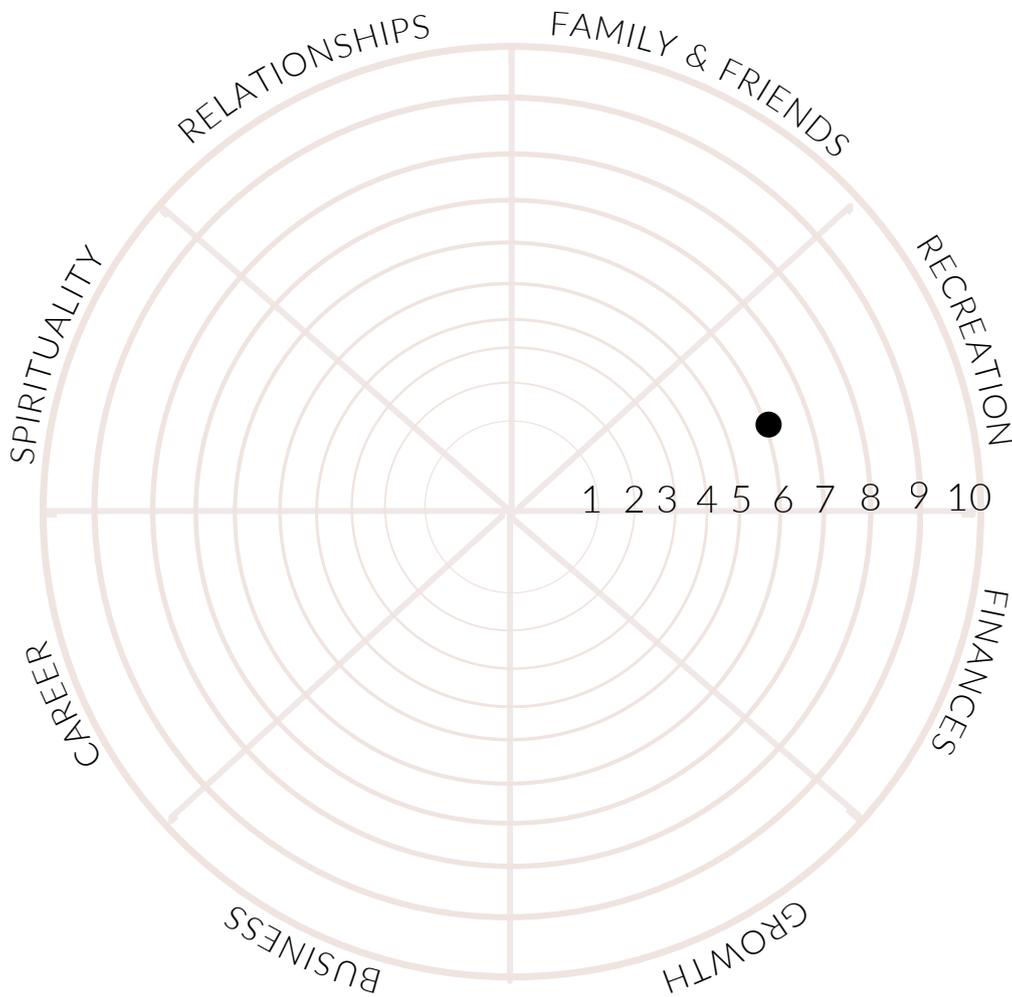
Wheel





W H E E L

Of Life



Rate each title with a dot
connect the dots and see how
your wheel goes round.

FIVE DAYS

Self-Care Challenge



DAY 2

Embrace forgiveness for a past mistake.

DAY 4

Make a positive affirmation related to your goal.

DAY 1

Clean up your space for 10 minutes.

DAY 3

Connect with people who share your beliefs.

DAY 5

Learn something new.

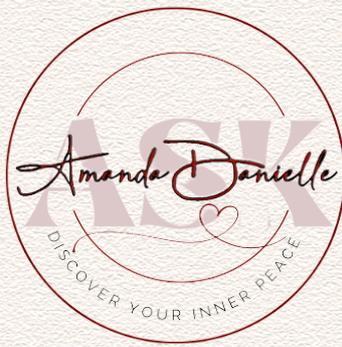
SELF - CARE

Checklist

- THINK POSITIVE FIRST THOUGHT IN THE A.M.
- WRITE DOWN FIVE THINGS EVERY DAY THAT DIDN'T TOTALLY SUCK.
- MAKE A GRATITUDE LIST.
- MOVE FOR AT LEAST 30 MINUTES A DAY.
- LISTEN TO GOOD MUSIC.
- REAHCOUT TO A OLD FRIEND.
- READ A BOOK OR LISTEN AUDIO.
- TRY SOMETHING NEW.
- PAUSE.



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6 STEPS FOR *A Successful Life*

Practise Healthy
Habits

BREATHE

Manage money
wisely.

Move Your Body

Surround Yourself
with Positivity

Regular Self Care



IF YOU WISH TO DO THIS
DAILY AS WELL AS
MONTHLY REPLACE THE
WORD WEEK WITH TODAY
OR THIS MONTH!



THIS IS SUPER COOL TO
LOOK BACK THROUGH
AND READ 3-6 MONTHS OR
A YEAR OR MORE LATER 

Weekly Check-In

What was the best thing that happened this week?	
What happened this week that I am grateful for?	
What did I learn this week?	
Did I make time for myself this week?	
What was my overall mood like this week?	
How did I show kindness this week?	
How was I shown kindness this week?	
What did I do to take care of myself this week?	
Was there anything that made me feel down?	
What do I want to change next week?	

Come Find me On Socials & Share Your Progress

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MY VISION & DREAM IDEAS

Life Areas



PERSONAL

HEALTH

FAMILY

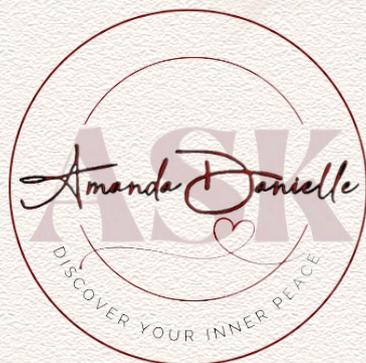
RELATIONSHIPS

CAREER

LIFESTYLE

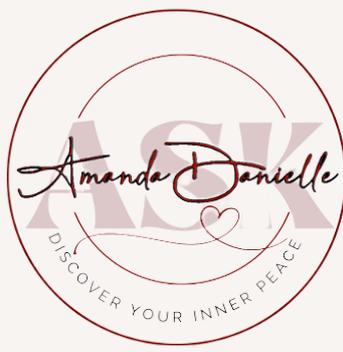
BELIEVE IN YOURSELF AND SURROUND YOURSELF WITH SUPPORTIVE PEOPLE

Your mindset and environment can make a big difference in achieving your dream. Surround yourself with people who believe in you and your dream, and believe in yourself even when it feels difficult.



#3 →

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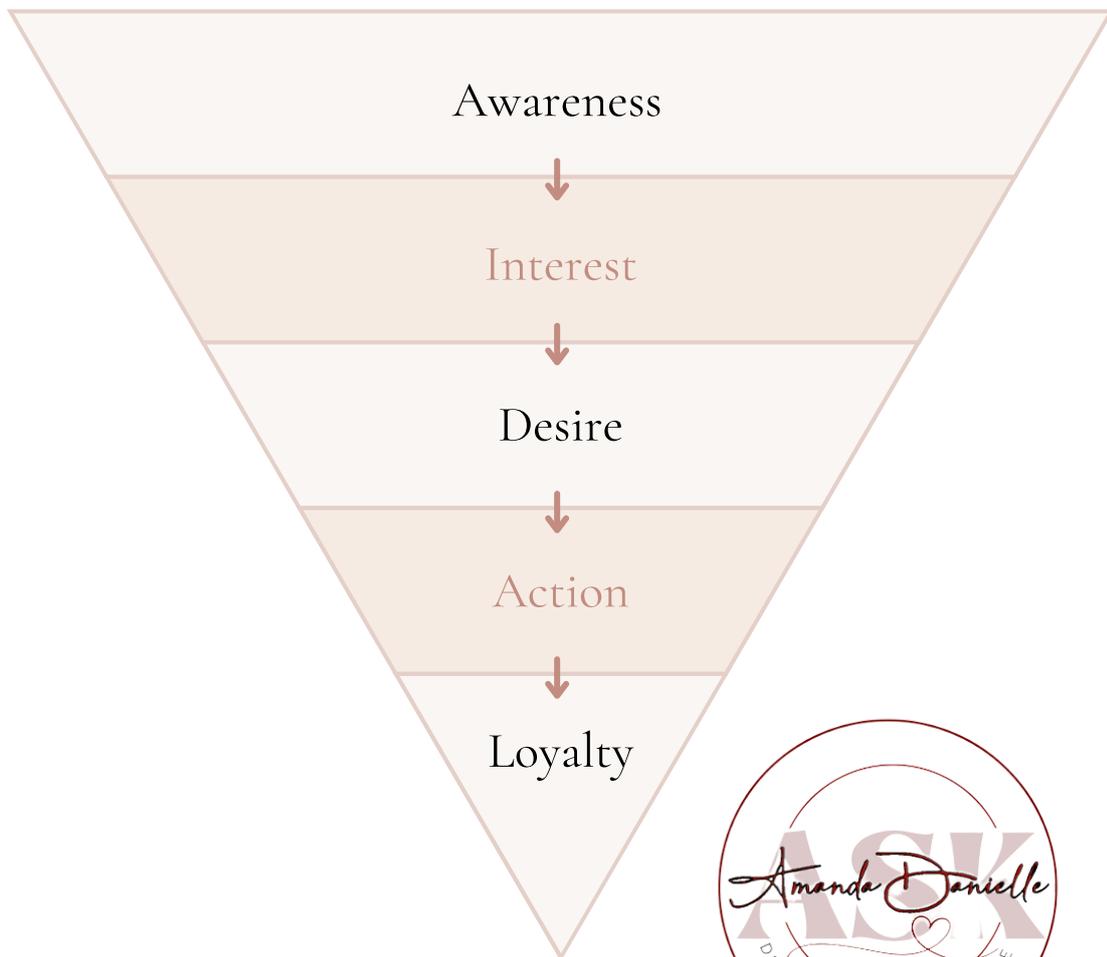
A C H I E V I N G

Success



S U C C E S S

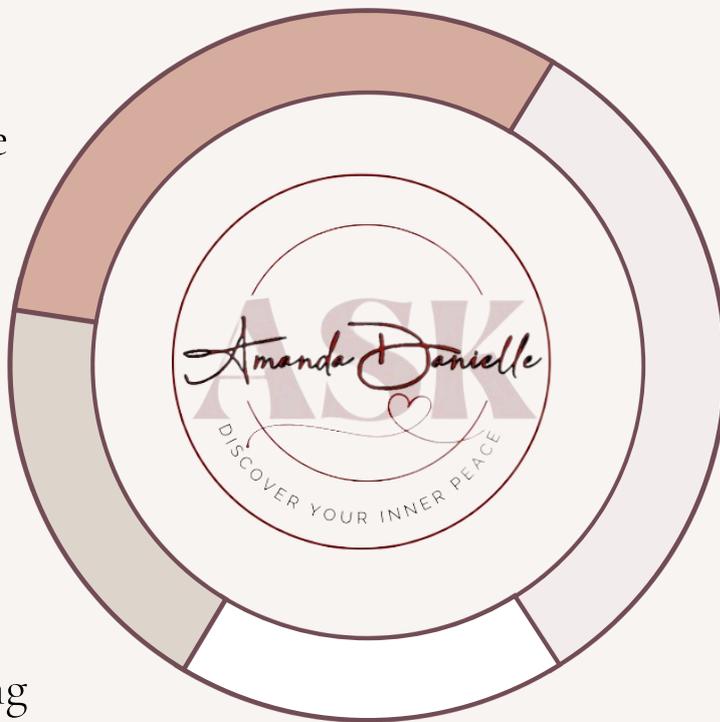
Funnel



GENTLE

Reminder

20 mins
outdore time
or sunshine



20 mins
of moving
(exercise,
walking)

10 mins
of journaling
anything self
care

10 mins
mindful eating
(no phone!)

FIND

Your Passion



DISCOVER

Your Purpose

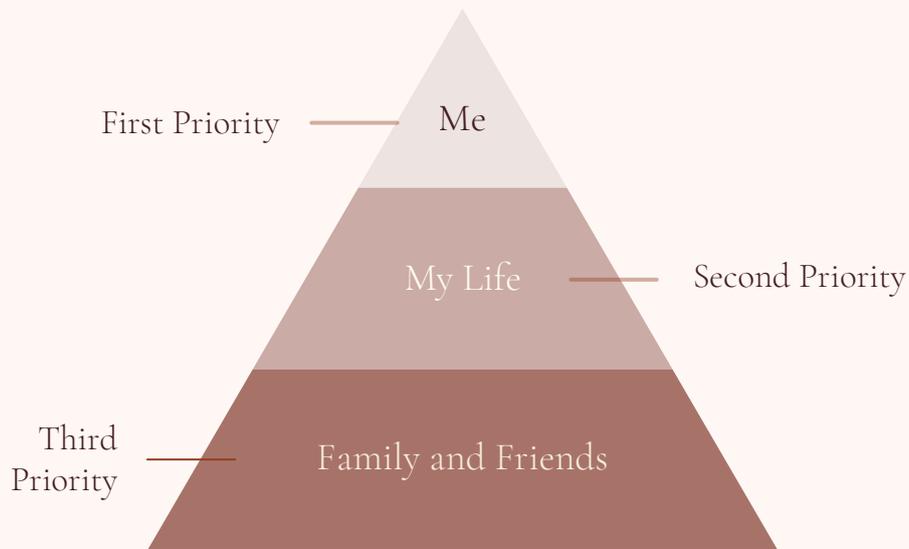




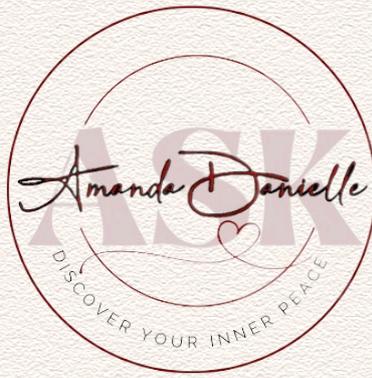
○○○

Get your priorities straight!

Make yourself a priority & become successful



The most important three priorities



HOW TO

Quit Overthinking

Be gentle

Be aware when you are overthinking, and accept it without beating yourself up.

Set a timer

Setting a limit can help you feel in control without spiraling into hours of obsession.

Distract yourself

Enjoy watching a movie, taking a hot shower, playing an instrument or playing a video game.

Talk it out

Instead of worrying that you've upset someone, ask for affirmation that everything's okay.

HOW TO

Manage your time



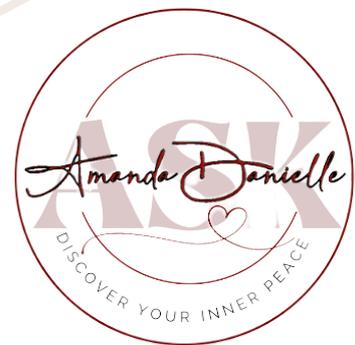
Support
myself

Be kind to
myself

Motivate
myself

Pray for
myself

Today
I WILL



WHAT'S YOUR DREAM?

How will you make it a reality?
Ready to HIT RESET!!

Let's Create a Vision of Your Dreams
CONNECT WITH ME TO CONTINUE YOUR JOURNEY

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