

**FEARLESS MINDSET**

**BECOME  
YOUR BEST  
SELF**

**JOURNAL**



**@I.X.L\_TODAY**



# WHY THIS JOURNAL WORKS

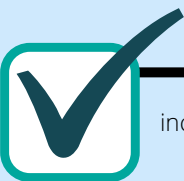
Keeping a journal helps you create order when your world feels like it's in chaos. You get to know yourself by revealing your most private fears, thoughts, and feelings. Look at your writing time as personal time. It's a time when you can de-stress and wind down, declutter your mind, and reroute your brain's GPS to become fearless. This is a daily practice that will help you breakthrough those breakdowns. This is done in the Become Your Best Self Journal by:

- Think BIG act small: You eat an elephant one bite at a time right? Conquering fears and goals is no different. You will take purposeful & intentional baby steps consistently in your journey to conquer fear.
- Uncovering the ways in which you are polarized by fear in your daily life.

## YOU ARE GOOD ENOUGH

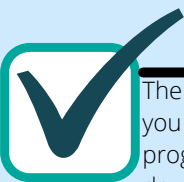


AFFIRMING WORDS & INSTILLING CONFIDENCE will be the first major key you implement to becoming fearless. If you don't meet other people's standards or sometimes even your own, remind yourself that you are good enough and more than enough for yourself. That's all that really matters. So whenever you feel the pinch of anxiety, maybe when you don't have time to find your car keys before work so you're rushing, or you feel the pressure at work due to a deadline, or the angst of providing everything you can for your family, or whatever it is... remind yourself that you are good enough for YOU.



## LOOK AT HOW FAR YOU'VE COME

Look at how far you've come/grown! Take some time to reflect on all the incredible things you accomplished last year! Be excited about the process and the progress that you've made. Be proud that you learned something new, discovered more about yourself and who you are becoming. Know the same success will happen this year. I know the 2 biggest focus areas for school-age kids are academic goals and social goals.... Therefore by championing what has already been conquered, you can remind yourself "that what seemed hard in the beginning ended up being easier -- and you learned a lot.



## BUILD UP YOUR MIND

The battle between your conscious and subconscious mind is the biggest war you will face daily. This is a war you have to win. It's the (beliefs, behaviors, programming) you've been digesting since you were a kid & relive every single day. The only 2 fears you are born with are, "the fear of falling and the fear of loud noises". Every single other fear you have is LEARNED. This has created limited belief and your sense of aliveness. You live a fear-based life. Life is not all fear, worry, and doubt. There's more to life than struggling and suffering. You are here because you need help, you want to become fearless in life and experience it to the fullest. This will take some reprogramming: listening, reading, and taking note on POSITIVE AFFIRMATIONS, POSITIVE MENTAL ATTITUDE, AND POSITIVE REINFORCEMENT THINKING.



# STEPS TO USE THE JOURNAL

## 1 YOU HAVE TO THINK DIFFERENT

We have to start with how you THINK before we can even act. Which means we have to take you from an average and ordinary thinker (maybe a person with big dreams & little action), and transform you into a FEARLESS WARRIOR and AN EXCEPTIONAL UNSTOPPABLE THINKER.

### Great thinkers have 3 commonalities:

1. They have a frustration with the status quo.= The norm/ current state of affairs or go with the flow. Whatever the masses do, I will do. **Becoming fearless means you wage war against average and ordinary.**
2. They have a great curiosity and fascination.= Have you ever taken something apart, just to figure out how to put it back together again? Are you constantly asking, why are things done this way? **Just ask this question and think of a practical response, "What is the worst that could happen?"**  
**It won't be the end of the world. It might be some unfamiliar situation which you are trying to sustain. Embrace it and move on.**  
**Now, thinking on the positive side. I want to be objective here and consider the extreme fearful case, so the less intense ones feel like a game.**
3. They have a creative fluid mind that allows them to think beyond wildly accepted knowledge and imagine whole range of possibilities. **This is key to becoming fearless. GET OUTSIDE OF YOUR COMFORT ZONE.**

This is what this means in practice\*

**Spend some time thinking (and maybe even journaling) about the different areas of fear in your life. For example: fear of asking your crush for their number or out on a date, fear of asking for that promotion, fear of failing so you don't try something, fear of being lonely, the fear of uncertainty etc. Spend some time witnessing yourself daily in whatever your fears are and begin noting your conditioned patterns of fear.**

**Once you've done some thinking, journaling and/or self-witnessing, begin to take action in thinking with the commonalities we laid out earlier. What changes you can begin to make in your areas of fear so that you can become FEARLESS.**

## 2 AFFIRM YOURSELF DAILY

What you say when you talk to yourself is so important. You have been programmed for fear. The battle between your sub-conscious and conscious mind is the battle you must win every single day. The negative programming that runs in the background that tells you, "you aren't good enough, you aren't smart enough, you can't accomplish, etc".....

SAY THIS OUT LOUD TO YOURSELF RIGHT NOW:

**"I am good enough."**

As a personal development consultant and human movement psychologist I am A HUGE practitioner and advocate for AFFIRMING WORDS. I always remind my clients that even if they don't meet other people's standards or sometimes even their own, that they are good enough and more than enough for themselves.. And that's all that really matters. So whenever you feel the pinch of anxiety when you don't have time to find your classroom, or you forgot an assignment, or you are worried about making friends, or sitting alone in the lunch room, whatever it is... remind yourself that you are good enough for YOU. Also put this into practice- write a bold declaration/affirmation about yourself- that you say to yourself all throughout the day. Something like this:

First: At the beginning of your journal, you need to write an affirmation statement about yourself for yourself that you will read daily. You want to use **BOLD, STRONG, AFFIRMING** words like: **CONQUERER, WARRIOR, STRONG, COURAGEOUS, LEAD, FEARLESS, I BELIEVE IN MYSELF, NEVER GIVE UP,INSPIRE, ETC**

Here is an example of what I say to myself everyday; use this as a template:

**"I Akai Jackson am a confident, bold, strong man of faith who's intentional about living not just existing. My primary purpose today is to change lives, make people feel better about themselves, and conquer every single challenge placed in front of me. I am greatness, I will continue to be great, and it's my choice to excel today!"**

# 3

# CELEBRATE SMALL WINS

How to Celebrate Small Wins

The small wins we achieve that need to be acknowledged and appreciated for what they are. Motivation is a huge factor of whether or not we succeed, and being able to reward ourselves and celebrate small wins is the key. Here's how to harness the power of small wins.

## 1. Break Large Goals Down Into Smaller Goals

You don't want to focus on the bigger picture, as tempting as that can be. Make sure you create small, achievable goals that will allow you to see your progress more clearly, as these small successes will help you feel good with each little step.

When faced with a large goal, our minds can slip into the habit of procrastination. Smaller goals can help avoid this. No More Procrastination to tackle this problem before it plagues your future goals.

## 2. Reward Yourself

Think about what you enjoy the most, and do this each time you complete a step. This could be anything from treating yourself to your favorite coffee or even taking a trip somewhere. Having something to look forward to trains the brain into creating motivation.

## 3. Don't Pressure Yourself

Putting strict deadlines on your goals can lead to potential feelings of failure, even when there are small victories along the way. Be flexible with your time limits, and this will increase your happiness and motivation as you celebrate small wins.

## 4. Track Your Progress

Writing down or tracking your progress will remind you of how far you've come in achieving your goal. Sometimes, we can give up because we are unaware of how close we are to success and forget how much we've done. Write down all the small wins, as seeing them written down can be a reward in itself.

## 5. Change Your Perspective

When we focus too much on the end goal, it can seem too far away to get to. Try thinking of it not as climbing a huge mountain, but descending one with perhaps a few nice restaurants (rewards) to stop off at and relax on the way down. Enjoying your incremental progress in this way will make long-term goals feel easier to achieve in the long run.

## The Bottom Line

Learning how to celebrate small wins is key if you want to keep up your motivation while pursuing your goals. Each time you mark off a milestone, find a way to celebrate, whether it's adding a star to that day on your calendar, treating yourself to a special meal, or going out with a friend. Goals are hard work, and you deserve a treat as you work toward them.

# 4 ACTIONABLE TO-DO LIST

Break down future goals and next steps into actionable to-do lists & more importantly be **INTENTIONAL**. Create a specific time and space for yourself to journal daily. You can even do this when you're in the middle of a stressful state or feeling emotionally depleted. **WHY?** Because in thought and theory most things we fear are small and petty! Think about it, we as humans, the most powerful beings, CREATORS, we make, shape, build, and move society....and we are fearful of the word "NO". Like COME ON really?! Thats a small petty fear.

Most of you will have to remind yourself to do your daily journaling, as this will be a new habit in itself. Once you have found/created a time in your day that works best for you, it will be helpful to try to plan your futures schedule accordingly, so that you don't skip a day. Set an alarm or put a reminder on your phone to help you remember.

If you skip a day, it's not an issue. AVOID at all cost "associating" meaning to skipping a day (i.e., "I never finish what I start", "I'm lazy"). **AFFRIM** to yourself that you will start again tomorrow. With each new habit there are times when you will not show up. This is ok. This is part of the path of learning to trust yourself. Today is one day. Tomorrow is a new opportunity for you to become FEARLESS.

Set a conscious intention to change each day using the daily journal prompts Use the journal prompts provided below [completed prompt examples on following pages] to bring your new habit to the attention of your conscious mind. Doing so helps interrupt the autopilot of our old habits and creates a present opportunity to make a new choice.

Today I am fearless against \_\_\_\_\_  
I will conquer \_\_\_\_\_  
Today, I am \_\_\_\_\_  
Change in this area allows me to \_\_\_\_\_  
Today I am practicing when \_\_\_\_\_

# 5 ACTION & GRATITUDE

What if when you woke up this morning all you had was what you were grateful for the day before? Begin every morning writing down a 10 things you are thankful for.

## Your Fearless Future Self

Fearless gratitude makes you whole. Gratitude reminds you that you are not alone and that you can tap into the courage that comes from being connected to something bigger than yourself.

Today, you have an opportunity to practice gratitude that is relevant to these times. People are stressed out. There's been a long-standing narrative that you should pull yourself up by your own bootstraps. The truth is that this mentality leaves too many people feeling alone and trapped. Individual willpower is a shallow container from which to draw energy. I know because I have relied on it a lot. This approach to life is exhausting.

Fortunately, our humanity is wired to give and get gratitude. Gratitude, unlike basic feelings of happiness, sadness, anger or fear, is intrinsically tied to social life, and that provides the key to its effectiveness. This social emotion is a deeper and more replenishing spring from which to draw purpose. Research has found that the underlying power of gratitude is that it helps you to overcome selfish temptations in dealing with other people, and with a very specific person important to your long-term success: one's future self.

Be more present, you can tap into the more inclusive power of thankfulness. This will allow you to be more mindful. People will still struggle with impatience and trying to control all possible outcomes. Gratitude, however, reminds you that you can only control yourself. Emotions are not these wild feelings that happen to you. They are mental shortcuts that you can cultivate with practice.

**Gratitude is an opportunity to make visible what you appreciate. What you are mindful of changes how you experience your life.**

# BECOME YOUR BEST SELF

1. THINK OF YOUR LIMITLESS POTENTIAL
2. AFFRIM YOURSELF DAILY
3. CELEBRATE SMALL WINS
4. ACTIONABLE TO DO-LIST
5. ACTION AND GRATITUDE

TO CONTINUE TO GROW PAST YOUR LIMITATIONS  
AND GO FROM EXISTING TO EXCELLING



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