



REIGNITE THE SPARK TO YOUR FIRE 🔥

“7-Day Journey to Self -Belief.”



Congratulations!

You have just embarked on a journey to begin intentionally recreating your life. Think of this as your personal commitment every morning and evening, to transform your dream life into your reality.

Committing five minutes twice a day is the first step in the direction of a happier life. We will begin the intentional actions to create habits that start your day positive, and end it in gratitude.

There are three things we encourage you to remember on this journey.

Trust that you know the answer.

Believe that you can do it.

Make a conscious effort to stay positive.

Your outer world reflects your inner world.

I am honored to help you design your days that lead to creating a happier life. Enjoy the journey.

A GUIDE FOR YOUR THOUGHTS

We want you to make the most of this experience, so here are a few tips to help you to complete your journal for the next 7 days.

When you wake up:

Read your daily quote and repeat your affirmations 3 times. Have a tall glass of room temperature water.

Start your day with a self care routine [without distraction]. It could be as simple as a long shower with your favorite music playing, reading a book, breakfast outside in the sun or meditation. Whatever makes you feel happy and benefits ONLY YOU.

Move your body even if it is a walk around your house, stretches, yoga or an invigorating workout. Just get the blood flowing around your body.

Feel free to rearrange the order if needed, but do all of these things BEFORE you check your phone!

Now complete your priority list for the day (no more than 3 things so that you are confident they can be completed) and claim why your day WILL BE amazing, and what you will do to make it so.

Now have a amazing day



A GUIDE FOR YOUR ACTIONS

Start your day well dressed and groomed. You know the saying "If you look good, you feel good". Throughout the day remember to stay positive, avoid energy draining people and know that you control how you feel. If you start to feel down, read your daily quote and repeat your affirmations again. You can also create your own affirmations that suit you best. These are only provided as a guide. Drink room temperature water throughout the day, reduce your caffeine and sugar intake.

Before you go to bed:

Make a list of things that you are grateful for that happened today. Sometimes it may feel as if you have nothing to appreciate. In those moments reflect on the simple things. You have a roof over your head, food to eat, maybe family or friends, your health, or simply waking up to see another day. There is ALWAYS something to be thankful for.

Now finish your daily journal with how YOU will make tomorrow better. Do not tie this in to anyone else, or rely on something out of your control to happen. This is what actions YOU will take to have an even more amazing day tomorrow.

Repeat your affirmations three times. Have a glass of room temperature water. Go to bed at a time that will allow you eight hours of rest. Envision the life that you desire, feel the way that feels and embody that person you envision as you fall off to sleep. It is done.

The best way to have a good day is to have a good night!

Are you ready?

*to reignite the spark
in your fire?*



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“Mondays are for people with a mission”

MONDAY

TODAY'S PRIORITIES

DATE

MAKE A LIST OF 3 THINGS YOU WANT TO ACCOMPLISH

When I Rise

MY DAY IS WILL BE AMAZING BECAUSE...

Daily Qoute

“You are capable of amazing things, never doubt your inner strength.”

WHAT WILL YOU DO TO MAKE YOURSELF HAPPY TODAY

TODAY I AM THANKFUL FOR...

Daily Affirmation

I am beautiful inside and out.
I am worthy of love and respect.
I love and accept myself completely.
I am in control of my life and choices.

APPRECIATE THE BIG AND SMALL

TOMORROW WILL BETTER BECAUSE...

Daily Habits

AFFIRM
SELF CARE
BE GRATEFUL
DRINK WATER
MOVE YOUR BODY

COMPLETE BEFORE BEDTIME

'IT IS NOT TOO LATE TO BE WHAT YOU MIGHT HAVE BEEN''

TUESDAY

DATE

When I Rise

Daily Qoute

"YOUR CONFIDENCE IS
YOUR SUPERPOWER:LET
IT LEAD YOU TO
GREATNESS"

Daily Affirmation

I am deserving of success and
happiness.
I am a work in progress and
that's ok.
I am a powerful force, capable
of achieving my dreams.

Daily Habits

AFFIRM
SELF CARE
BE GRATEFUL
DRINK WATER
MOVE YOUR BODY

TODAY'S PRIORITIES

MAKE A LIST OF 3 THINGS YOU WANT TO ACCOMPLISH

MY DAY IS WILL BE AMAZING BECAUSE...

WHAT WILL YOU DO TO MAKE YOURSELF HAPPY TODAY

TODAY I AM THANKFUL FOR...

APPRECIATE THE BIG AND SMALL

TOMORROW WILL BETTER BECAUSE...

COMPLETE BEFORE BEDTIME

“SELF BELIEF IS THE FIRST STEP TOWARDS SUCCESS”

Wednesday

TODAY'S PRIORITIES

DATE

MAKE A LIST OF 3 THINGS YOU WANT TO ACCOMPLISH

When I Rise

MY DAY IS WILL BE AMAZING BECAUSE...

Daily Qoute

"BELIEVE IN YOURSELF SO
FIERCELY THAT THE
WORLD CAN'T HELP BUT
BELIEVE IN YOU TOO"

WHAT WILL YOU DO TO MAKE YOURSELF HAPPY TODAY

TODAY I AM THANKFUL FOR...

Daily Affirmation

MY SELF LOVE IS UNSHAKABLE AND
UNWAVERING.
MY CONFIDENCE GROWS WITH EACH
CHALLENGE I FACE.
MY SELF WORTH IS NOT DETERMINED
BY OTHER'S OPINIONS.
MY WELL-BEING IS ESSENTIAL, AND I
HONOR IT.

APPRECIATE THE BIG AND SMALL

TOMORROW WILL BETTER BECAUSE...

Daily Habits

AFFIRM
SELF CARE
BE GRATEFUL
DRINK WATER
MOVE YOUR BODY

COMPLETE BEFORE BEDTIME

“TRUST THE TIMING OF YOUR LIFE”

THURSDAY

TODAY'S PRIORITIES

DATE

MAKE A LIST OF 3 THINGS YOU WANT TO ACCOMPLISH

When I Rise

MY DAY IS WILL BE AMAZING BECAUSE...

Daily Qoute

NO ONE CAN MAKE
YOU FEEL INFERIOR
WITHOUT YOUR
CONSENT-OWN YOUR
POWER.

WHAT WILL YOU DO TO MAKE YOURSELF HAPPY TODAY

TODAY I AM THANKFUL FOR...

Daily Affirmation

I EMBRACE MY UNIQUENESS AND
CELEBRATE MY STRENGTHS.
I BELIEVE IN MY POTENTIAL AND MY
UNLIMITED POSSIBILITIES.
I PRIORITIZE SELF COMPASSION AND
AM AT PEACE WITH MY CHOICES.

APPRECIATE THE BIG AND SMALL

TOMORROW WILL BETTER BECAUSE...

Daily Habits

AFFIRM
SELF CARE
BE GRATEFUL
DRINK WATER
MOVE YOUR BODY

COMPLETE BEFORE BEDTIME

“LET YOUR FAITH BE BIGGER THAN YOUR FEAR”

FRIDAY

TODAY'S PRIORITIES

DATE

MAKE A LIST OF 3 THINGS YOU WANT TO ACCOMPLISH

When I Rise

MY DAY IS WILL BE AMAZING BECAUSE...

Daily Qoute

“YOU HAVE THE
POWER TO WRITE
YOUR FUTURE-
HOLD THE PEN
FIRMLY.”

WHAT WILL YOU DO TO MAKE YOURSELF HAPPY TODAY

TODAY I AM THANKFUL FOR...

Daily Affirmation

EVERY DAY, I BECOME A BETTER
VERSION OF MYSELF.
CONFIDENCE IS MY SECOND NATURE; I
TRUST MYSELF.
I AM A MAGNET FOR POSITIVE ENERGY
AND OPPORTUNITIES.

APPRECIATE THE BIG AND SMALL

TOMORROW WILL BETTER BECAUSE...

Daily Habits

AFFIRM
SELF CARE
BE GRATEFUL
DRINK WATER
MOVE YOUR BODY

COMPLETE BEFORE BEDTIME

“THE MOST POWERFUL FORCE IS A WOMAN DETERMINED TO RISE”

SATURDAY

TODAY'S PRIORITIES

DATE

MAKE A LIST OF 3 THINGS YOU WANT TO ACCOMPLISH

When I Rise

MY DAY IS WILL BE AMAZING BECAUSE...

Daily Qoute

“THE WORLD NEEDS YOUR
VOICE-BE BOLD, BE
FIERCE, BE
UNAPOLOGETICALLY
YOU.”

WHAT WILL YOU DO TO MAKE YOURSELF HAPPY TODAY

TODAY I AM THANKFUL FOR...

Daily Affirmation

HAPPINESS IS A CHOICE AND I CHOOSE
IT EVERY DAY.
I CHOOSE TO SEE THE BEAUTY IN
EVERY SITUATION.
MY HEART IS OPEN TO THE
ABUNDANCE OF JOY AROUND ME.

APPRECIATE THE BIG AND SMALL

TOMORROW WILL BETTER BECAUSE...

Daily Habits

AFFIRM
SELF CARE
BE GRATEFUL
DRINK WATER
MOVE YOUR BODY

COMPLETE BEFORE BEDTIME

“REAL BEAUTY IS ROOTED IN STRENGTH, RESILIENCE, AND SELF-ACCEPTANCE.”

SUNDAY

TODAY'S PRIORITIES

DATE

MAKE A LIST OF 3 THINGS YOU WANT TO ACCOMPLISH

When I Rise

MY DAY IS WILL BE AMAZING BECAUSE...

Daily Qoute

“YOUR POTENTIAL IS
LIMITLESS WHEN
YOU EMBRACE YOUR
WORTH AND POWER”

WHAT WILL YOU DO TO MAKE YOURSELF HAPPY TODAY

TODAY I AM THANKFUL FOR...

Daily Affirmation

TAKING CARE OF MYSLEF IS A
PRIORITY, NOT A LUXURY
I RELEASE WHAT NO LONGER SERVES
ME.
I CHOOSE TO LIVE A LIFE FILLED WITH
ENERGY AND VITALITY.
I RADIATE HAPPINESS, AND IT
ATTRACTS MORE INTO MY LIFE.

APPRECIATE THE BIG AND SMALL

TOMORROW WILL BETTER BECAUSE...

Daily Habits

AFFIRM
SELF CARE
BE GRATEFUL
DRINK WATER
MOVE YOUR BODY

COMPLETE BEFORE BEDTIME

You Did It!

All Done!!!!

Enhancing your life is achieved through developing positive daily habits and routines.

Thank You

I appreciate that you invited me to be apart of your journey to self-belief. I hope that this seven days has inspired you to take consistent actions daily to live the life you deserve.

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