30 TO Thrive

Achieving greater confidence,
30-days at a time.

w/ Shandra Redwine

30 TO Thrive

HOW TO USE THIS 30-DAY JOURNAL:

Print these pages and use them directly, or use the prompts in a notebook of your choosing.

Repetition is KEY to success – the goal is to rewire your brain and create NEW subconscious habits and beliefs. Choose a time that works for you and commit to using this journal every single day.

The pages here cover 30 days. Ideally, you should complete this entire journal 3 times. That is how long (at a minimum) that it takes to solidify new neuropathways.

In case no one told you lately, you're worthy, you're beautiful, you're needed, and I believe in you.

-xo Shandra

WEEK 1 - DAY 1

Date:

My Top 3 Goals

3 Action Steps I Will Take THIS WEEK to Further My Goals. – PUT THEM ON YOUR CALENDAR

Choose 1 Person from Your "Positive People" List

Refer to the "5 Things You Love About Yourself" – Create a Power Statement for This Week. Ex: "I am smart, capable, and supported in all that I do."

Cont.

WEEK 1 - DAY 1

Date:

This Week's Homework:

1. Reach out to your POSITIVE PERSON. Tell them what you're doing and ask them to be a support and accountability person for you this month. Be specific – ask for what you need.

2. This week, be AWARE of every negative thought you have about yourself. When you do, make an intentional effort to stop it and let it go. Don't give it any extra energy, just let it go.

3. Make 3 promises to yourself for the week. Make them reasonable – it's VERY important that you keep them. Ex: I will not watch the show that makes me feel sad. Every day I will spend 15 minutes doing something I love. I will get rid of all the jeans that don't make me feel good.

Cont.

WEEK 1 - DAY 1

Date:

My power statement:

Positive things I believe about myself right now:

Things I did/will do to further my goals today:

Things I'm grateful for right now:

WEEK 1 - DAY 2

Date:

My power statement:

Positive things I believe about myself right now:

Things I did/will do to further my goals today:

Things I'm grateful for right now:

WEEK 1 - DAY 3

Date:

My power statement:

Positive things I believe about myself right now:

Things I did/will do to further my goals today:

Things I'm grateful for right now:

WEEK 1 - DAY 4

Date:

My power statement:

Positive things I believe about myself right now:

Things I did/will do to further my goals today:

Things I'm grateful for right now:

WEEK 1 - DAY 5

Date:

My power statement:

Positive things I believe about myself right now:

Things I did/will do to further my goals today:

Things I'm grateful for right now:

WEEK 1 - DAY 6

Date:

My power statement:

Positive things I believe about myself right now:

Things I did/will do to further my goals today:

Things I'm grateful for right now:

WEEK 1 - DAY 7

Date:

Reflections on this week, What did I notice? What worked/felt good/felt bad/made me uncomfortable?:

Did I keep the promises I made to myself?

yes / no

If no, what can I do to be more successful next week?

Things I'm grateful for right now:

Overall confidence this week:

WEEK 2 - DAY 1

Date:

My Top 3 Goals

3 Action Steps I Will Take THIS WEEK to Further My Goals. - PUT THEM ON YOUR CALENDAR

Choose 1 Person from Your "Positive People" List

Refer to the "5 Things You Love About Yourself" - Create a Power Statement for This Week. Ex: "I am smart, capable, and supported in all that I do."

Cont.

WEEK 2 - DAY 1

Date:

This Week's Homework:

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Cont.

WEEK 2 - DAY 1

Date:

My power statement:

Positive things I believe about myself right now:

Things I did/will do to further my goals today:

Things I'm grateful for right now:

WEEK 2 - DAY 2

Date:

My power statement:

Positive things I believe about myself right now:

Things I did/will do to further my goals today:

Things I'm grateful for right now:

WEEK 2 - DAY 3

Date:

My power statement:

Positive things I believe about myself right now:

Things I did/will do to further my goals today:

Things I'm grateful for right now:

WEEK 2 - DAY 4

Date:

My power statement:

Positive things I believe about myself right now:

Things I did/will do to further my goals today:

Things I'm grateful for right now:

WEEK 2 - DAY 5

Date:

My power statement:

Positive things I believe about myself right now:

Things I did/will do to further my goals today:

Things I'm grateful for right now:

WEEK 2 - DAY 6

Date:

My power statement:

Positive things I believe about myself right now:

Things I did/will do to further my goals today:

Things I'm grateful for right now:

WEEK 2 - DAY 7

Date:

Reflections on this week, What did I notice? What worked/felt good/felt bad/made me uncomfortable?:

Did I keep the promises I made to myself?

yes / no

If no, what can I do to be more successful next week?

Things I'm grateful for right now:

Overall confidence this week:

WEEK 3 - DAY 1

Date:

My Top 3 Goals

3 Action Steps I Will Take THIS WEEK to Further My Goals. - PUT THEM ON YOUR CALENDAR

Choose 1 Person from Your "Positive People" List

Refer to the "5 Things You Love About Yourself" - Create a Power Statement for This Week. Ex: "I am smart, capable, and supported in all that I do."

Cont.

WEEK 3 - DAY 1

Date:

This Week's Homework:

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Cont.

WEEK 3 - DAY 1

Date:

My power statement:

Positive things I believe about myself right now:

Things I did/will do to further my goals today:

Things I'm grateful for right now:

WEEK 3 - DAY 2

Date:

My power statement:

Positive things I believe about myself right now:

Things I did/will do to further my goals today:

Things I'm grateful for right now:

WEEK 3 - DAY 3

Date:

My power statement:

Positive things I believe about myself right now:

Things I did/will do to further my goals today:

Things I'm grateful for right now:

WEEK 3 - DAY 4

Date:

My power statement:

Positive things I believe about myself right now:

Things I did/will do to further my goals today:

Things I'm grateful for right now:

WEEK 3 - DAY 5

Date:

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Things I'm grateful for right now:

WEEK 3 - DAY 6

Date:

My power statement:

Positive things I believe about myself right now:

Things I did/will do to further my goals today:

Things I'm grateful for right now:

WEEK 3 - DAY 7

Date:

Reflections on this week, What did I notice? What worked/felt good/felt bad/made me uncomfortable?:

Did I keep the promises I made to myself?

yes / no

If no, what can I do to be more successful next week?

Things I'm grateful for right now:

Overall confidence this week:

WEEK 4 - DAY 1

Date:

My Top 3 Goals

3 Action Steps I Will Take THIS WEEK to Further My Goals. - PUT THEM ON YOUR CALENDAR

Choose 1 Person from Your "Positive People" List

Refer to the "5 Things You Love About Yourself" - Create a Power Statement for This Week. Ex: "I am smart, capable, and supported in all that I do."

Cont.

WEEK 4 - DAY 1

Date:

This Week's Homework:

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Cont.

WEEK 4 - DAY 1

Date:

My power statement:

Positive things I believe about myself right now:

Things I did/will do to further my goals today:

Things I'm grateful for right now:

WEEK 4 - DAY 2

Date:

My power statement:

Positive things I believe about myself right now:

Things I did/will do to further my goals today:

Things I'm grateful for right now:

WEEK 4 - DAY 3

Date:

My power statement:

Positive things I believe about myself right now:

Things I did/will do to further my goals today:

Things I'm grateful for right now:

WEEK 4 - DAY 4

Date:

My power statement:

Positive things I believe about myself right now:

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WEEK 4 - DAY 5

Date:

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Positive things I believe about myself right now:

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Things I'm grateful for right now:

WEEK 4 - DAY 6

Date:

My power statement:

Positive things I believe about myself right now:

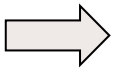
Things I did/will do to further my goals today:

Things I'm grateful for right now:

WEEK 4 - DAY 7

Date:

Reflections on this MONTH, What did I notice? What worked/felt good/felt bad/made me uncomfortable?:

Did I keep the promises I made to myself? 

yes / no

If no, what can I do to be more successful next week?

Things I'm grateful for right now:

Overall confidence this week:

Overall confidence this month: