



# THE 7 DAYS MINDSET CHALLENGE

Guide and Workbook

# DAY 1

## SELF-AWARENESS AND BREATHING

Write down negative thoughts or emotions you were able to notice today:

”

"IN OUR PERSONAL LIVES, IF WE DO NOT DEVELOP OUR OWN SELF-AWARENESS AND BECOME RESPONSIBLE FOR FIRST CREATIONS, WE EMPOWER OTHER PEOPLE AND CIRCUMSTANCES TO SHAPE OUR LIVES BY DEFAULT."

STEPHEN COVEY



# DAY 2

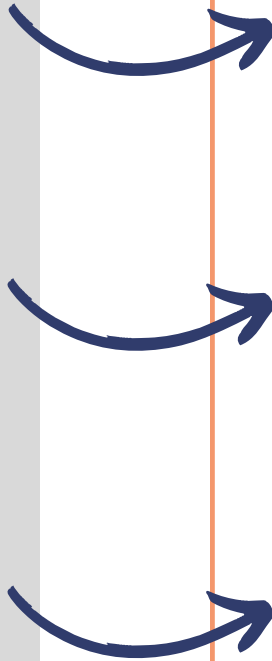


Belight.U  
Inspire. Enlighten. Belight.

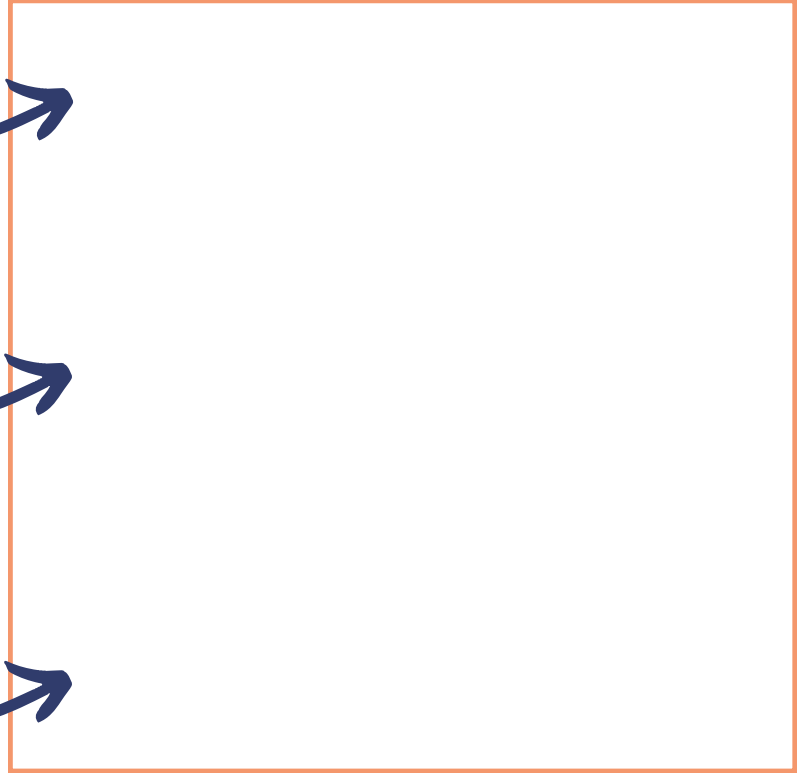
## FLIP

Flip your negative thoughts.

NEGATIVE THOUGHTS



NEW POSITIVE AND EMPOWERING THOUGHTS



”

"OUR INTENTION IS EVERYTHING. NOTHING HAPPENS ON THIS PLANET WITHOUT IT. NOT ONE SINGLE THING HAS EVER BEEN ACCOMPLISHED WITHOUT INTENTION."

JIM CARREY



## GRATITUDE

I am grateful for:

”

"BE THANKFUL FOR WHAT YOU HAVE; YOU'LL END UP HAVING MORE. IF YOU CONCENTRATE ON WHAT YOU DON'T HAVE, YOU WILL NEVER EVER HAVE ENOUGH."

OPRAH WINFREY





# DAY 4

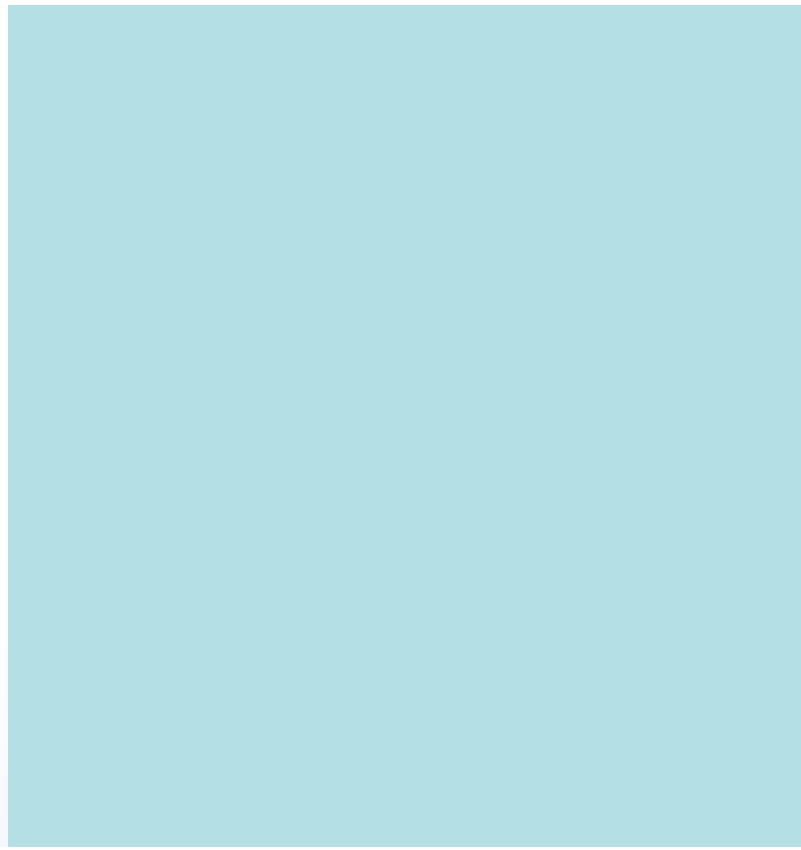
## REFLECT AND BE KIND TO YOURSELF

Reflect on the last couple of days and write 3 words that represent how are you feeling and how is your mindset.



"A MOMENT OF SELF-COMPASSION CAN CHANGE YOUR ENTIRE DAY. A STRING OF SUCH MOMENTS CAN CHANGE THE COURSE OF YOUR LIFE ."

CHRISTOPHER GERMER



# DAY 5

## AFFIRMATIONS

Write down 3 positive and empowering affirmations that you can use to retrain your mind. (Remember: use present tense such as I am, I can, I will)

”

"I CHOOSE TO FEEL GOOD ABOUT MYSELF EACH DAY. EVERY MORNING I REMIND MYSELF THAT I CAN MAKE THE CHOICE TO FEEL GOOD. THIS IS A NEW HABIT FOR ME TO CULTIVATE."

LOUISE HAY



# DAY 6



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## SCAN

Go through your day and scan 3 happy and joyous moments.



"IT'S NOT A CASE OF FINDING THE MEANING  
OF THE MOMENTS, BUT GIVING THE  
MOMENTS MEANING".

STEVEN REDHE





# DAY 7

## CONGRATULATIONS!

### RECAP:

Tools and techniques applied during the 7 days Mindset challenge:

#### Self-awareness and breathing

To help us to be in the present moment, centre and be aware of our thoughts, feelings and emotions.

#### Flip

Quickly flip around negative thoughts, so you don't dwell and allow them to influence the direction of your decisions and your day.

#### Gratitude

It helps you have more positive thoughts and feel more positive emotions. Expressing gratitude increases your vibrational frequency and enhances your energy.

#### Reflection

Taking time to stop and reflect has a massive impact on your results. This is the time to understand your thoughts and emotions and challenge them. It's time to be kind to yourself, show compassion and recalibrate if needed.

#### Scan

Visualizing your day and scanning 3 moments that made you smile and feel good will boost your energy and confidence.

AFTER



BEFORE



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July 2022

# The 7 Days Mindset Challenge



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1					



"KEEP YOUR THOUGHTS POSITIVE  
BECAUSE YOUR THOUGHTS BECOME  
YOUR WORDS. KEEP YOUR WORDS  
POSITIVE BECAUSE YOUR BEHAVIORS  
BECOME YOUR HABITS. KEEP YOUR  
HABITS POSITIVE BECAUSE YOUR  
HABITS BECOME YOUR VALUES. KEEP  
YOUR VALUES POSITIVE BECAUSE  
YOUR VALUES BECOME YOUR  
DESTINY."

GANDHI



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