



90 DAYS OF DO'S  
THAT BUILD THE DREAM

# 3 MONTHS OF WONDER

A GUIDED JOURNEY TO TURN IDEAS  
INTO REALITY, ONE INSPIRED  
ACTION AT A TIME.



## **Welcome, Dream Builder!**

Three Months of Wonder has been designed to transform not just what you do, but who you are. This journal gives you a guided experience that will help you:

- ♥ Clarify your vision and fully believe in your dreams.
- ♥ Take small, powerful actions that build momentum.
- ♥ Overcome doubt, fear, and resistance with confidence.
- ♥ Align your mindset, energy, and habits with success.
- ♥ Step into the boldest, most empowered version of who YOU really are.

## **How to Use This Journal**

**One Day at a Time:** Follow the daily entries in order, as each day builds upon the last.

**Progress Over Perfection:** Don't wait for the perfect time, just start. Even small steps create transformation.

**Your Journey, Your Pace:** While this is designed as a 90-day experience, it's okay to take breaks or go at your own pace.

**Write Freely, Dream Boldly:** This is a safe space. Capture your raw thoughts, dreams, and breakthroughs.

## **What Happens When You Complete 90 Days?**

By the time you finish this journal, you'll have:

- ♥ Built real, lasting momentum towards your dream.
- ♥ Developed unshakable confidence in yourself.
- ♥ Overcome the fears and doubts that once held you back.
- ♥ Created a foundation of habits that support your future success.

But most importantly, you'll have proven to yourself that you are capable, ready, and unstoppable when it comes to building your dreams. Your dream is not just a possibility; it's a reality you are actively building. Are you ready?

## **How This Works**

This is not about hustle; it's about aligned action. Each day, you'll be given a "Do", a simple, intentional step designed to awaken your vision, strengthen your belief, and bring your dream to life.

Some days, the "Do" will be practical, others will be reflective, imaginative, or deeply personal. All are designed to move you forward because your dream is waiting for you to show up for it.

## **THE 3 PHASES OF WONDER**

Each month builds on the last, guiding you through the transformation process:

### **Month 1: IMAGINE**

Clarifying the Vision, Removing Doubt, Awakening Possibility.

### **Month 2: CREATE**

Taking Inspired Action, Building the Foundations, Trusting the Process.

### **Month 3: EMBODY**

Living the Dream, Expanding Confidence, Becoming Who You're Meant to Be.

Every day you'll complete a single "Do", a small but mighty step that collectively build into deep, lasting transformation.

## **WHAT HAPPENS NEXT?**

After 90 days, your dream won't just be a vision, it'll be something you're actively living. This is your invitation to show up for your dream in a way you never have before. Because when you commit to wonder, wonder commits to you.

## **Contents**

### *Month 1:*

#### **Awakening the Dreamer**

Laying the foundation, mindset shifts, and committing to the journey.

### *Month 2:*

#### **Becoming the Builder**

Deepening belief, overcoming obstacles, taking aligned action.

### *Month 3:*

#### **Embodying the Vision**

Strengthening self-trust, stepping into the future self, and fully owning the dream.

## *Month 1:*

### **Awakening the Dreamer**

Laying the foundation, mindset shifts, and committing to the journey.



**Mini Challenge:** Find one image online that represents your dream. Save it somewhere you can see it every day and remind yourself what you're working towards.

**Journal Prompts:** What excites me about the dream I'm building?

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How will it feel when it becomes a reality?

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What is one word that describes the essence of my dream?

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**Celebrate the Win:** You've just given your dream a voice.

Honour it!

**A Thought to Carry Forward:** The more I see it, the more real it becomes.

## **NOTES/DOODLES/DRAWINGS**



**Mini Challenge:** Say your new empowering beliefs out loud. Feel them as if they're already true.

**Journal Prompts:** What belief about myself do I need to release?

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What would change if I believed in my success?

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What's one thing I know deep down I'm capable of?

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**Celebrate the Win:** You are releasing old stories and making space for new possibilities.

**A Thought to Carry Forward:** The only permission I need is my own.

## **NOTES/DOODLES/DRAWINGS**





**Mini Challenge:** For today, embody one trait of your future self. If they are confident, stand taller today. If they are disciplined, complete one important task.

**Journal Prompts:** How would my future-self manage today's challenges?

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What habits can I start practicing now?

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What is one belief my future self holds about me?

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**Celebrate the Win:** You're already aligning with your dream version of yourself.

**A Thought to Carry Forward:** I am already becoming the person I am meant to be.

## **NOTES/DOODLES/DRAWINGS**

## Day 4: The Magic of a Single Step

**Wonder Thought:** Every great thing begins with a single step. Today, I take mine.

**Today's DO:** Take one action towards your dream today. Write down anything you're stuck on and take action to unstick yourself. Focus on progress over perfection.

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What's frustrating you or taking more time than you thought?

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What one thing can you do that soothes your soul.

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**Mini Challenge:** Set a timer for 10 minutes and review your responses to the first two 'do's'.

**Journal Prompts:** What have you learned about yourself from the approach you took to get unstuck?

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How can you change your feelings of frustration into feelings of acceptance and compassion for the commitment you've made to achieve your dream?

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What happens when you focus on progress over perfection?

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**Celebrate the Win:** Every small step adds up. You are moving forward!

**A Thought to Carry Forward:** Small actions lead to massive transformations.

## **NOTES/DOODLES/DRAWINGS**



**Mini Challenge:** Seal the letter in an envelope and set a reminder to read it in 3 months.

**Journal Prompts:** What do I want my future self to know?

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What challenges do I trust myself to overcome?

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How does it feel to know I am already on the way?

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**Celebrate the Win:** You are creating a roadmap of encouragement for your future self.

**A Thought to Carry Forward:** I trust the journey, even when I can't see the whole path.

### **NOTES/DOODLES/DRAWINGS**

## **Day 6: Showing Up for Myself**

**Wonder Thought:** If I don't show up for my dream, who will?

**Today's DO:** Do something achievable to help your dream continue to evolve. The goal is consistency over intensity. What is one achievable step you can commit to today to further develop your dream?

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How will I do it?

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**Now go and do it!**

**Mini Challenge:** Add one more achievable step to your commitment and achieve it today.

**Journal Prompts:** How can I make consistency easier?

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What is one small thing I can commit to daily?

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How do I feel when I show up for myself?

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**Celebrate the Win:** Every time you show up, you strengthen your belief in yourself.

**A Thought to Carry Forward:** I am worthy of my own commitment.

## **NOTES/DOODLES/DRAWINGS**



**Mini Challenge:** Repeat this affirmation three times today:  
'My dreams are possible. My success is inevitable'.

**Journal Prompts:** What proof do I have that I am capable?

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What would happen if I fully believed in myself?

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What doubts am I ready to let go of?

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**Celebrate the Win:** Self-belief is the foundation of everything. Today, you strengthened yours.

**A Thought to Carry Forward:** I am capable, I am ready, and my dream is already on its way.

## **NOTES/DOODLES/DRAWINGS**

**WEEK 1 IS IN THE BAG - WELL DONE!**

**Week 2: Building Momentum & Trusting the Path**

**Day 8:** The Dream Needs Me

**Wonder Thought:** My dream was given to me for a reason. It needs ME to bring it to life.

**Today's DO:** Write down 3 unique strengths you bring to your dream.

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What makes you the perfect person for this journey?

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How do your experiences, skills, or values align with your vision?

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**Mini Challenge:** Find a past success, big or small, and remind yourself: I am capable.

**Journal Prompts:** What is one strength I've overlooked?

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How can I lean into my natural gifts today?

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**Celebrate the Win:** You own your magic today!

**A Thought to Carry Forward:** I have everything I need to begin. My dream is waiting for ME.

### **NOTES/DOODLES/DRAWINGS**

**Day 9: Releasing the 'How'**

**Wonder Thought:** I don't need to know every step. I just need to keep moving.

**Today's DO:** Write down one BIG worry or fear about your dream. Example: I don't know how this will work

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Rewrite it as a trust statement. Example: The right path will reveal itself as I move forward.

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**Mini Challenge:** Take a deep breath and release control. Say out loud: I trust that what I need will come at the right time.

**Journal Prompts:** What would change if I let go of needing all the answers?

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What small step can I take today without worrying about the outcome?

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**Celebrate the Win:** Less overthinking, more trusting!

**A Thought to Carry Forward:** The way will appear as I walk it.

## **NOTES/DOODLES/DRAWINGS**

## Day 10: Honouring the Calling

**Wonder Thought:** My dream is bigger than just me; it's a calling.

**Today's DO:** Write down WHY your dream matters - not just for you, but for the world.

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Who does it help?

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What positive impact will it create?

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**Celebrate the Win:** Your dream is worthy of being pursued.

**A Thought to Carry Forward:** By following my calling, I make the world better.

### **NOTES/DOODLES/DRAWINGS**

## Day 11: The Courage to Begin Imperfectly

**Wonder Thought:** I don't need to be perfect. I just need to begin.

**Today's DO:** Take one imperfect step today. What will you do?

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Share an idea before it's 'ready.' What's your idea? Where will you share it, who will you share it with?

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Do something even if it feels messy. What will you do?

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Trust that starting matters more than perfection.



**Celebrate the Win:** Progress means more than Perfection.

Always.

**A Thought to Carry Forward:** Messy action is better than no action.

## **NOTES/DOODLES/DRAWINGS**

## Day 12: Expanding the Possibilities

**Wonder Thought:** What if my dream turns out even better than I imagined?

**Today's DO:** Take 5 minutes to dream even bigger.

What would happen if everything worked out beyond your wildest expectations?

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Write down a best-case scenario version of your dream.

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**Celebrate the Win:** Your dream just expanded.

**A Thought to Carry Forward:** I allow myself to dream bigger than ever before.

### **NOTES/DOODLES/DRAWINGS**





**Celebrate the Win:** Your inner voice is always speaking.  
You're learning to listen.

**A Thought to Carry Forward:** My intuition is my greatest  
guide.

## **NOTES/DOODLES/DRAWINGS**





**Celebrate the Win:** When you enjoy the journey, everything flows.

**A Thought to Carry Forward:** The more fun I have, the more magic I create.

## **NOTES/DOODLES/DRAWINGS**

**End of Week 2:** You're Building Momentum! In Week 3 we'll dive into overcoming resistance, deepening trust, and stepping into bold action.

**Week 3: Overcoming Resistance & Stepping into Bold Action**

This week is about facing doubts, embracing courage, and stepping into bigger action towards your dream. We'll work through resistance, cultivate deep trust, and take fearless steps forward.

**Day 15: Making Peace with Fear**

**Wonder Thought:** Fear is not my enemy. It is a sign I am growing.

**Today's DO:** Write down one fear that's holding you back.

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Then, complete this sentence: If I weren't afraid, I would...

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Now, choose one small action towards that fear:

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**Mini Challenge:** Say this out loud, 'I see you, fear. You do not control me. I take action anyway'.

**Journal Prompts:** How is fear trying to 'protect' me?

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What happens when I acknowledge fear without letting it stop me?

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**Celebrate the Win:** You didn't let fear make the decisions today. That's huge.

**A Thought to Carry Forward:** Fear may walk beside me, but it will never take the lead.

## **NOTES/DOODLES/DRAWINGS**



**Mini Challenge:** Look in the mirror and say, 'I am worthy of being seen and heard'.

**Journal Prompts:** Where in my life have I been hiding?

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How does it feel to claim my space?

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**Celebrate the Win:** You are owning your presence.

**A Thought to Carry Forward:** My dreams deserve to be seen.

## **NOTES/DOODLES/DRAWINGS**



**Mini Challenge:** Make a list of 3 next steps and commit to making one happen today.

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**Journal Prompts:** What happens when I focus on one step at a time?

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What's the next step after this?

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**Celebrate the Win:** One step at a time, you're building momentum.

**A Thought to Carry Forward:** Every step I take builds the future I desire.

## **NOTES/DOODLES/DRAWINGS**



**Mini Challenge:** Write down 3 empowering affirmations and read them out loud twice today.

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**Journal Prompts:** What negative story have I been telling myself?

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How can I shift my inner language to empower myself?

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**Celebrate the Win:** You're reprogramming your mind for success.

**A Thought to Carry Forward:** I speak to myself with love, belief, and encouragement.

## **NOTES/DOODLES/DRAWINGS**







**Celebrate the Win:** Your resilience is proof of your power.

**A Thought to Carry Forward:** Everything I've been through has prepared me for this moment.

### **NOTES/DOODLES/DRAWINGS**



**Mini Challenge:** Pause for one deep breath and ask, 'what does my dream need from me today? Then, follow that instinct.

**Journal Prompts:** What happens when I follow my inspiration instead of pressure?

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How do I know when I'm living in alignment with my intentions?

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**Celebrate the Win:** You honoured your intuition today.

**A Thought to Carry Forward:** Inspired action creates the most powerful results.

### **NOTES/DOODLES/DRAWINGS**



**Mini Challenge:** Read your commitment statement out loud with conviction.

**Journal Prompts:** Why is my dream worth staying committed to?

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How can I remind myself to keep going when things feel slow?

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**Celebrate the Win:** Commitment is what separates success from quitting. You are IN.

**A Thought to Carry Forward:** I am all in. No matter what, I will keep going.

**NOTES/DOODLES/DRAWINGS:**

**End of Week 3: You Are Moving Boldly Forward!**





**Celebrate the Win:** You just claimed your belief. That's powerful.

**A Thought to Carry Forward:** When I believe in myself, everything shifts.

### **NOTES/DOODLES/DRAWINGS**

**Day 23: Reconnecting with My WHY**

**Wonder Thought:** When I remember my why, my motivation strengthens.

**Today's DO:** Write down your deepest reason for pursuing your dream, not just the surface-level reason - go deeper.

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Why does this truly matter to you?

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**Celebrate the Win:** You just reignited your fire.

**A Thought to Carry Forward:** My why is stronger than any obstacle.

## **NOTES/DOODLES/DRAWINGS**





**Celebrate the Win:** You just stepped into your future self.

**A Thought to Carry Forward:** I am already the person I am meant to be.

## **NOTES/DOODLES/DRAWINGS**





**Celebrate the Win:** You're further along than you think.

**A Thought to Carry Forward:** Growth happens even in stillness.

## **NOTES/DOODLES/DRAWINGS**

## **Day 26: Shifting from Scarcity to Abundance**

**Wonder Thought:** There is more than enough for me. My success is not a competition.

**Today's DO:** Write down any fears around scarcity - money, opportunities, success - and replace them with abundance statements. Example: 'opportunities are running out' becomes 'the right opportunities are always coming to me'.

### **Fears around scarcity:**

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### **Abundance statements:**

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**Mini Challenge:** Say this out loud, 'I welcome abundance in all forms.'

**Journal Prompts:** How can I focus on abundance today?

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What proof do I have that I am already supported?

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**Celebrate the Win:** You just shifted your mindset to expansion.

**A Thought to Carry Forward:** There is more than enough success for me.

### **NOTES/DOODLES/DRAWINGS**



**Mini Challenge:** Pause before every task today and ask, 'Is this aligned with my bigger vision?'

**Journal Prompts:** What is the difference between busy work and aligned action?

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How can I be more intentional with my time?

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**Celebrate the Win:** You just took action that truly matters.

**A Thought to Carry Forward:** I take inspired, purposeful action.

## **NOTES/DOODLES/DRAWINGS**



**Mini Challenge:** Stand tall, breathe deep, and say, 'I am unstoppable.'

**Journal Prompts:** How can I face obstacles with resilience?

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What would change if I truly believed I couldn't fail?

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**Celebrate the Win:** You just stepped into unstoppable energy.

**A Thought to Carry Forward:** Nothing can stand in my way when I decide to keep going.

### **NOTES/DOODLES/DRAWINGS**





**Celebrate the Win:** You are stronger and more capable than you realize.

**A Thought to Carry Forward:** I am my own greatest source of trust.

## **NOTES/DOODLES/DRAWINGS**

## Day 30: Clarifying My Vision

**Wonder Thought:** The clearer I am, the more powerfully I move.

**Today's DO:** Refine your dream in one sentence. Example:  
I help people heal through my words and work.

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If you already have a vision, sharpen it. If you don't, explore what excites you most.

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**Mini Challenge:** Say your vision out loud. Feel its energy.

**Journal Prompts:** What excites me most about my vision?

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What feels crystal clear?

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What still needs clarity?

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**Celebrate the Win:** You are crystalizing your dream into reality.

**A Thought to Carry Forward:** The clearer I am, the easier everything flows.

## **NOTES/DOODLES/DRAWINGS**

**End of Week 4: You've just completed the first month!**

## *Month 2:*

### **Becoming the Builder**

Deepening belief, overcoming obstacles, taking aligned action.



**Week 5:** This week is all about trusting yourself, refining your dream, and stepping into bigger ownership of your vision. You've built your foundation, now it's time to strengthen your foundation.

**Day 31: Releasing the Need for Approval**

**Wonder Thought:** My dream is mine to build. No one else needs to understand it.

**Today's DO:** Write down any fears about what others think of your dream.

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Then, write this truth: I do not need permission to follow my path.

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**Mini Challenge:** Do one thing today without seeking approval or validation.

**Journal Prompts:** Who am I building this dream for?

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How would I act if I didn't care what others thought?

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**Celebrate the Win:** You just freed yourself from outside opinions.

**A Thought to Carry Forward:** I trust my own vision more than outside voices.

## **NOTES/DOODLES/DRAWINGS**





**Celebrate the Win:** You just chose progress over perfection.

**A Thought to Carry Forward:** I allow myself to grow through action.

### **NOTES/DOODLES/DRAWINGS**





**Celebrate the Win:** You just created room for new possibilities.

**A Thought to Carry Forward:** I release what no longer serves me to make space for what does.

### **NOTES/DOODLES/DRAWINGS**





**Celebrate the Win:** You just designed your future through daily action.

**A Thought to Carry Forward:** My daily actions are building my dream.

### **NOTES/DOODLES/DRAWINGS**





**Celebrate the Win:** You just proved your dedication.

**A Thought to Carry Forward:** I keep showing up, and that is enough.

## **NOTES/DOODLES/DRAWINGS**

**End of Week 5: Strengthened & Steady!** We are building deep trust, clarity, and action. Next, in Week 6, we'll focus on overcoming challenges and stepping into full confidence.

**Week 6: Overcoming Challenges & Stepping Into Full**

**Confidence** This week is all about resilience, courage, and self-belief. You've built momentum, clarified your vision, and started taking action. Now, let's overcome self-doubt, face challenges with confidence, and step into the unstoppable version of you.

**Day 36: My Challenges Are Making Me Stronger**

**Wonder Thought:** Every challenge is shaping me into the person who can handle my dream.

**Today's DO:** Write down current challenges and reframe them. Instead of 'this is so hard', say 'this is teaching me resilience'.

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What do you think these challenges are here to teach you?

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**Mini Challenge:** Say this out loud, 'I can handle anything that comes my way.'

**Journal Prompts:** How have past challenges made me stronger?

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What if this challenge is preparing you for something greater? What do you hope it is?

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**Celebrate the Win:** You just shifted a challenge into a lesson.

**A Thought to Carry Forward:** Every challenge is building my strength.

### **NOTES/DOODLES/DRAWINGS**





**Celebrate the Win:** You are recognizing your worth.

**A Thought to Carry Forward:** I am one of a kind, and that is my power.

### **NOTES/DOODLES/DRAWINGS**



**Mini Challenge:** Say this affirmation, 'I am bigger than my doubts. I keep going despite them.'

**Journal Prompts:** What would happen if I used doubt as a sign of growth instead of fear?

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How can I turn self-doubt into motivation?

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**Celebrate the Win:** You just turned doubt into power.

**A Thought to Carry Forward:** Doubt means I am growing.

I welcome it.

## **NOTES/DOODLES/DRAWINGS**



**Mini Challenge:** Look in the mirror and say, 'I am worthy of success in all areas of my life.'

**Journal Prompts:** Have I been subconsciously holding myself back? If so, how?

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What would change if I fully allowed myself to succeed?

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**Celebrate the Win:** You just gave yourself full permission to thrive.

**A Thought to Carry Forward:** I step fully into my success.

### **NOTES/DOODLES/DRAWINGS**



**Mini Challenge:** Do one thing today without worrying about others' opinions.

**Journal Prompts:** What would I do differently if I didn't care about judgment?

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How can I detach from outside opinions?

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**Celebrate the Win:** You just freed yourself from the weight of judgment.

**A Thought to Carry Forward:** I live for myself, not for others' expectations.

### **NOTES/DOODLES/DRAWINGS**





**Celebrate the Win:** You just embodied confidence.

**A Thought to Carry Forward:** I act with confidence, no matter what.

## **NOTES/DOODLES/DRAWINGS**





**Celebrate the Win:** You just honoured your growth.

**A Thought to Carry Forward:** I am proud of myself and my progress.

## **NOTES/DOODLES/DRAWINGS**

**End of Week 6: You Are Standing in Your Power!** You are now stronger, braver, and more confident. Next week, in Week 7, we'll focus on expanding into bigger possibilities and stepping fully into abundance.

**Week 7: Expanding Into Bigger Possibilities & Stepping Into Abundance.** You've built resilience, trust, and confidence. Now, it's time to expand into greater possibilities, embrace abundance, and step fully into your power. This week is about breaking limitations, receiving opportunities, and thinking bigger than ever before.

**Day 43: Opening Myself to Greater Possibilities**

**Wonder Thought:** There are possibilities beyond what I can see right now.

**Today's DO:** Write down an area where you've been limiting yourself. Example: I can only succeed in one way.

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Now, expand the possibilities; list at least 3 new ways your dream could unfold.

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**Celebrate the Win:** You just expanded your vision.

**A Thought to Carry Forward:** I welcome new opportunities with an open heart.

### **NOTES/DOODLES/DRAWINGS**





**Celebrate the Win:** You just stepped into a receiving mindset.

**A Thought to Carry Forward:** I receive my desires with gratitude and certainty.

### **NOTES/DOODLES/DRAWINGS**





**Celebrate the Win:** You just activated abundance.

**A Thought to Carry Forward:** I am surrounded by abundance in all forms.

### **NOTES/DOODLES/DRAWINGS**



**Mini Challenge:** Say this, 'I allow myself to dream even bigger than before.'

**Journal Prompts:** What would I pursue if I removed all fear?

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How can I make space for something greater than I imagined?

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**Celebrate the Win:** You just gave yourself permission to dream bigger.

**A Thought to Carry Forward:** I dream beyond limitations.

### **NOTES/DOODLES/DRAWINGS**





**Celebrate the Win:** You just stepped into your highest self.

**A Thought to Carry Forward:** I embody my future self now.

## **NOTES/DOODLES/DRAWINGS**



**Mini Challenge:** Do one task today with full ease, no pressure, no force.

**Journal Prompts:** What happens when I let go of struggle?

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How can I make my dream feel lighter and more enjoyable?

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**Celebrate the Win:** You just welcomed ease into your journey.

**A Thought to Carry Forward:** I allow success to come to me with ease.

## **NOTES/DOODLES/DRAWINGS**

## Day 49: Stepping Into the Next Level

**Wonder Thought:** I am ready for the next level of my dream.

**Today's DO:** Write down one bold step that would take you to the next level.

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What's something outside your comfort zone that your future self would do?

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**Celebrate the Win:** You just stepped into your next level.

**A Thought to Carry Forward:** I am ready for more.

## **NOTES/DOODLES/DRAWINGS**

**End of Week 7: You Are Expanding into Bigger Possibilities!** You are no longer just dreaming, you're stepping fully into abundance. Next week, in Week 8, we'll focus on owning success, releasing resistance, and stepping into leadership.





**Celebrate the Win:** You just owned your success.

**A Thought to Carry Forward:** I am already living in my success.

## **NOTES/DOODLES/DRAWINGS**





**Celebrate the Win:** You just chose growth over guilt.

**A Thought to Carry Forward:** I am allowed to evolve beyond what I once knew.

### **NOTES/DOODLES/DRAWINGS**





**Celebrate the Win:** You just owned your leadership.

**A Thought to Carry Forward:** I am a leader in my own way.

### **NOTES/DOODLES/DRAWINGS**

**Day 53: Releasing Resistance to Bigger Opportunities**

**Wonder Thought:** I do not have to work harder to be worthy of success. I am already worthy.

**Today's DO:** Write down one way you've been resisting success - think people-pleasing, procrastination, self-doubt, overcomplicating things:

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Then, write a commitment to let go of that resistance.

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**Celebrate the Win:** You just removed a block to success.

**A Thought to Carry Forward:** I welcome success with open arms.

### **NOTES/DOODLES/DRAWINGS**

**Day 54: Moving From Hesitation to Boldness**

**Wonder Thought:** Hesitation slows me down. Bold action moves me forward.

**Today's DO:** Write down one decision you've been hesitating on.

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What is one bold step you can take today?

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**Mini Challenge:** Take that step. No overthinking. No delay.

**Journal Prompts:** What happens when I act boldly instead of hesitating?

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How can I trust my decisions more?

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**Celebrate the Win:** You just stepped into boldness.

**A Thought to Carry Forward:** I trust my ability to make bold moves.

### **NOTES/DOODLES/DRAWINGS**



**Mini Challenge:** Reach out and encourage one person today.

**Journal Prompts:** How do I inspire others without even realizing it?

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How does my dream create a ripple effect?

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**Celebrate the Win:** You just recognized your power to influence.

**A Thought to Carry Forward:** My presence makes a difference in the world.

### **NOTES/DOODLES/DRAWINGS**

**Day 56: Choosing to Play Bigger**

**Wonder Thought:** I am done playing small. I am ready for more.

**Today's DO:** Write down one way you've been playing small.

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How can you shift that starting today?

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**Celebrate the Win:** You just chose to expand.

**A Thought to Carry Forward:** I am ready for the next level of my journey.

### **NOTES/DOODLES/DRAWINGS**

## Day 57: Trusting My Own Timeline

**Wonder Thought:** I do not need to rush. My timing is perfect for me.

**Today's DO:** Write down any areas where you feel behind or pressured to speed up.

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Then, reframe them with trust. Example: 'I should be further along' becomes 'I am right where I need to be.'

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**Celebrate the Win:** You just released unnecessary pressure.

**A Thought to Carry Forward:** I trust the unfolding of my journey.

## **NOTES/DOODLES/DRAWINGS**

**Day 58: Making My Habits Work for Me**

**Wonder Thought:** Success is built in the small, daily moments.

**Today's DO:** List three habits that support your dream.

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What is working well?

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What habit needs adjusting?

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**Celebrate the Win:** You just optimized your habits for success.

**A Thought to Carry Forward:** Small, daily actions create massive results.

## **NOTES/DOODLES/DRAWINGS**

**Day 59: Trusting My Decisions Fully**

**Wonder Thought:** I trust myself to make the right choices for me.

**Today's DO:** Think of a recent decision you second-guessed.

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Instead of doubting, write down proof that you made the right choice.

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**Celebrate the Win:** You just built deeper self-trust.

**A Thought to Carry Forward:** I trust my decisions, my instincts, and my wisdom.

## **NOTES/DOODLES/DRAWINGS**

**End of Week 8: You've just completed Month 2. You Are Owning Your Success!** You've stepped into leadership, embraced success, and expanded your vision. Now, it's time to build lasting momentum, deepen self-trust, and set yourself up for long-term success.

## *Month 3:*

### **Embodying the Vision**

Strengthening self-trust, stepping into the future self, and fully owning the dream.





**Celebrate the Win:** You just reinforced your follow-through muscle.

**A Thought to Carry Forward:** I honour my commitments to myself.

## **NOTES/DOODLES/DRAWINGS**

**Day 61: Releasing the Need to Prove Myself**

**Wonder Thought:** I do not need to prove my worth. I am already enough.

**Today's DO:** Write down any ways you've been trying to prove yourself.

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Then, rewrite the belief. Example: 'I must prove my value' becomes 'My value is inherent and undeniable.'

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**Celebrate the Win:** You just freed yourself from external validation.

**A Thought to Carry Forward:** I am enough exactly as I am.

### **NOTES/DOODLES/DRAWINGS**





**Celebrate the Win:** You just embraced steady progress over perfectionism.

**A Thought to Carry Forward:** Done is better than perfect.

### **NOTES/DOODLES/DRAWINGS**





**Celebrate the Win:** You just set yourself up for future motivation.

**A Thought to Carry Forward:** I am creating my future, one step at a time.

## **NOTES/DOODLES/DRAWINGS**

### **End of Week 9: You Are Solidifying Long-Term Success!**

You have built trust, momentum, and lasting success habits. Next, in Week 10, we'll focus on mastering energy, mindset, and alignment for sustainable success.

**Week 10: Mastering Energy, Mindset & Alignment for**

**Sustainable Success** At this stage, you have clarity, momentum, and trust in yourself. Now, it's time to refine your energy, mindset, and alignment so that success feels natural, sustainable, and fulfilling. This week is about maintaining your energy, setting boundaries, and staying aligned with your vision.

**Day 64: Protecting My Energy**

**Wonder Thought:** My energy is my most valuable resource. I protect it fiercely.

**Today's DO:** Identify one thing that drains your energy - a habit, person, or thought.

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Decide how you will minimize or remove it.

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**Celebrate the Win:** You just took control of your energy.

**A Thought to Carry Forward:** My energy is sacred, and I guard it wisely.

### **NOTES/DOODLES/DRAWINGS**





**Celebrate the Win:** You just chose expansion over hesitation.

**A Thought to Carry Forward:** I boldly say YES to what helps me grow.

### **NOTES/DOODLES/DRAWINGS**





**Celebrate the Win:** You just upgraded your mindset.

**A Thought to Carry Forward:** I master my thoughts, and they shape my success.

## **NOTES/DOODLES/DRAWINGS**





**Celebrate the Win:** You just took ownership of your time and energy.

**A Thought to Carry Forward:** My boundaries support my highest self.

### **NOTES/DOODLES/DRAWINGS**





**Celebrate the Win:** You just realigned with your truth.

**A Thought to Carry Forward:** Alignment creates flow. I trust what feels right.

## **NOTES/DOODLES/DRAWINGS**





**Celebrate the Win:** You just allowed ease into your journey.

**A Thought to Carry Forward:** I allow my success to unfold with ease.

## **NOTES/DOODLES/DRAWINGS**



**Mini Challenge:** Seal it and set a reminder to open it in 6 months.

**Journal Prompts:** What am I most excited for in the next phase of my journey?

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How can I trust the unfolding of my success?

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**Celebrate the Win:** You just planted a seed of trust for your future self.

**A Thought to Carry Forward:** I trust the next chapter because I am writing it.

## **NOTES/DOODLES/DRAWINGS**

**End of Week 10: You Are Aligned, Empowered & Unstoppable!** You are now a master of your energy, mindset, and alignment. Next, in Week 11, we'll focus on legacy, long-term vision, and stepping into full ownership of your impact.



**Mini Challenge:** Make a small contribution today towards your legacy whether it's sharing your message, helping someone, or taking an action that feels meaningful.

**Journal Prompts:** What do I want my legacy to be?

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What small steps can I take today to build it?

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**Celebrate the Win:** You just took a step towards lasting impact.

**A Thought to Carry Forward:** I am building something that will outlive me.

## **NOTES/DOODLES/DRAWINGS**

**Day 72: My Work Is Needed in the World**

**Wonder Thought:** Someone, somewhere, is waiting for what I have to offer.

**Today's DO:** Write down one reason why the world needs your dream.

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Who will it help?

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Why is it important?

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**Celebrate the Win:** You just reinforced the purpose behind your dream.

**A Thought to Carry Forward:** My work is needed, and I am ready to share it.

### **NOTES/DOODLES/DRAWINGS**





**Celebrate the Win:** You just expanded your idea of what's possible.

**A Thought to Carry Forward:** I allow my impact to grow beyond my imagination.

## **NOTES/DOODLES/DRAWINGS**





**Celebrate the Win:** You just claimed your space as a leader.

**A Thought to Carry Forward:** I am confident in my knowledge and my voice.

### **NOTES/DOODLES/DRAWINGS**





**Celebrate the Win:** You just recognized the ripple effect of your success.

**A Thought to Carry Forward:** My success expands beyond me—it uplifts others too.

### **NOTES/DOODLES/DRAWINGS**



**Mini Challenge:** Do something today without worrying about how it's perceived.

**Journal Prompts:** What happens when I trust my work more?

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How can I detach from needing external approval?

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**Celebrate the Win:** You just stepped into quiet confidence.

**A Thought to Carry Forward:** I trust my work to make an impact.

### **NOTES/DOODLES/DRAWINGS**



**Mini Challenge:** Take one intentional action today that feels aligned with your purpose.

**Journal Prompts:** What impact do I want to leave on the world?

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How can I live my purpose more fully today?

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**Celebrate the Win:** You just took a step towards your long-term impact.

**A Thought to Carry Forward:** I am making a difference every single day.

### **NOTES/DOODLES/DRAWINGS**

**End of Week 11: You Are Living Your Legacy!** This week, you claimed your impact, leadership, and long-term vision. Next, in Week 12, we'll focus on celebrating the journey, reflecting on growth, and stepping into the future with confidence.

## **Week 12: Celebrating the Journey & Stepping Boldly Into the Future**

You've done the deep work; you've built momentum, trust, confidence, and alignment. Now, as you enter the final stretch, it's time to reflect on your growth, celebrate your journey, and step boldly into your next chapter.

This week is about acknowledging how far you've come, fully owning your transformation, and preparing for what's next with clarity and excitement.

### **Day 78: Recognizing My Growth**

**Wonder Thought:** I am not the same person I was when I started this journey.

**Today's DO:** Write down 10 ways you have grown in the last 3 months.

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How have your thoughts, habits, or actions changed?

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**Celebrate the Win:** You just honoured your transformation.

**A Thought to Carry Forward:** I am evolving beautifully every day.

### **NOTES/DOODLES/DRAWINGS**





**Celebrate the Win:** You just gave yourself the credit you deserve.

**A Thought to Carry Forward:** I celebrate every step of my journey.

## **NOTES/DOODLES/DRAWINGS**





**Celebrate the Win:** You just cleared space for your next level.

**A Thought to Carry Forward:** I release with gratitude, and I welcome new beginnings.

### **NOTES/DOODLES/DRAWINGS**





**Celebrate the Win:** You just set the tone for your next chapter.

**A Thought to Carry Forward:** I step into my future with clarity and confidence.

## **NOTES/DOODLES/DRAWINGS**





**Celebrate the Win:** You just stepped fully into your worth.

**A Thought to Carry Forward:** I own my success with confidence and grace.

**NOTES/DOODLES/DRAWINGS**



**Mini Challenge:** Take a quiet moment to feel deep gratitude for everything you've learned and experienced.

**Journal Prompts:** What am I most grateful for from this journey?

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How can I carry gratitude forward every day?

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**Celebrate the Win:** You just infused your journey with gratitude.

**A Thought to Carry Forward:** I am deeply grateful for every step of this path.

### **NOTES/DOODLES/DRAWINGS**





**Celebrate the Win:** You just took a fearless step towards your future.

**A Thought to Carry Forward:** I step into my future with certainty and excitement.

### **NOTES/DOODLES/DRAWINGS**





**Celebrate the Win:** You just acknowledged your incredible growth.

**A Thought to Carry Forward:** I am forever evolving into my highest self.

### **NOTES/DOODLES/DRAWINGS**





**Celebrate the Win:** You just locked in your growth for the future.

**A Thought to Carry Forward:** The lessons I've learned will serve me for life.

## **NOTES/DOODLES/DRAWINGS**





**Celebrate the Win:** You just set up future-you for success.

**A Thought to Carry Forward:** Every action I take today shapes my future.

### **NOTES/DOODLES/DRAWINGS**





**Celebrate the Win:** You just declared your long-term commitment to yourself.

**A Thought to Carry Forward:** I am devoted to my continuous evolution.

### **NOTES/DOODLES/DRAWINGS**



**Mini Challenge:** Make one aligned decision today based on your new definition.

**Journal Prompts:** What does success feel like for me?

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How can I stay true to my version of success?

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**Celebrate the Win:** You just claimed your personal vision of success.

**A Thought to Carry Forward:** I live by my own definition of success.

## **NOTES/DOODLES/DRAWINGS**



**Mini Challenge:** Do something today that feels like a reward for all your growth.

**Journal Prompts:** How do I feel after completing 90 days of transformation?

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What will be my next exciting step?

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**Celebrate the Win:** You just completed this journey with strength and success!

**A Thought to Carry Forward:** This is just the beginning. My best days are ahead.

## **NOTES/DOODLES/DRAWINGS**

**End of Week 13:** You Are Ready for Everything Ahead!  
**Congratulations! You've Completed 3 Months of Wonder!** You've built momentum, transformed your mindset, taken bold action, and expanded into your highest potential.

## **Bonus Section: Carrying This Journey Forward**

**Congratulations, Dream Builder!** You did it!

- ♥ 90 days.
- ♥ Countless small steps.
- ♥ One unstoppable transformation.

Along this journey, you've gained clarity, built momentum, and proven to yourself that change isn't just possible, it's inevitable when you show up for yourself. Take a moment to acknowledge your growth. The doubts that once whispered in your mind, you moved through them. The challenges that made you hesitate, you faced them. The dream that once felt distant, you're now living it, one step at a time.

**But this is not the end, it's the beginning.**

Your journey of wonder, courage, and creation continues from here. The mindset, habits, and self-belief you've built will carry you forward, as long as you keep choosing action over hesitation, progress over perfection, and belief over fear.

**So, ask yourself: What's next?** How will you keep this momentum alive? What dream are you stepping into now? Revisit your favourite exercises whenever you need

inspiration and keep taking daily action towards your dream. And most important of all - trust yourself, always.

Now it's time to integrate everything you've learned into your daily life. This bonus section includes an opportunity for you to:

- ♥ write the story of your transformation
- ♥ an action plan
- ♥ tools to keep your momentum strong

### **The Story of My Transformation**

Take a moment to capture your journey in your own words and use these prompts to help you:

How would you describe your transformation?

What was your biggest breakthrough?

Which days of this journey had the most impact on you?

What mindset shifts will you carry forward?

What habits have you built that you want to continue?

If you could give advice to someone just starting this journey, what would you say?

### **Action Plan: How to Keep the Momentum Going**

Here's how you can keep building your dream with confidence:

### **Create Your Next 90-Day Focus**

What is the next big goal or project you want to focus on?

What is one small step you can take today to start?

How will you keep your mindset strong every day?

What small daily habits will keep you moving forward?

### **Set an Energy Check-In Reminder**

#### **Once a week, pause and ask yourself:**

Am I still aligned with my vision? Do I need to adjust anything?

#### **Optional Challenge:**

Write a Letter of Celebration to yourself. Reread it whenever you need motivation.

### **Revisit This Journey Anytime**

Whenever you feel stuck, unmotivated, or uncertain, return to these 90 days. You can download and print a PDF of the journal at:

**[howtomendyourmentalhealth.com/3monthsofwonder](http://howtomendyourmentalhealth.com/3monthsofwonder)**

### **Ways to Reuse This Journal:**

- ♥ Pick a random day and repeat the exercises.
- ♥ Revisit your favourite journal prompts and reflect on how your answers have evolved.
- ♥ Use this journal and the prompts within it as a foundation to guide you through future challenges.

Remember: Your dream is not a one-time journey; it's a lifelong unfolding.

## **Your Final Affirmation: Owning Your Future**

### **Read this out loud:**

"I have done the work. I am ready for everything ahead. I trust myself, my vision, and my journey. This is the beginning of a life filled with purpose, joy, and success.

I am limitless. I have spent 90 days transforming myself, my habits, and my mindset. I am now equipped with everything I need to succeed. I trust myself. I trust my vision. I trust the timing of my journey. The next 90 days will be even more powerful, and I step forward with certainty and excitement."

Your possibilities are limitless. Your future is yours to shape. Go forth, dream boldly, and never forget: YOU are the magic behind the wonder. You've built something amazing - **NOW GO LIVE IT.**