



## WEEKLY MINDSET

Day One: Three Good Things Journal

Day Two: I LOVE YOU exercise

Day Three: Gratitude Journal

Day Four: Continue Gratitude &

Three Good Things Journal

Day Five: Check - In Day

Day Six: Re-wiring Old Beliefs

Day Seven: Finale: Implementing our complete lessons.

## DAILY ACTIVITY

Note what style of thought enters your mind often throughout the day. Are they negative or positive?

## COMMUNITY

We have the [FB group](#) open for discussion on our current challenge, please feel free to inspire others by sharing your progress.

You may contact me direct as well:  
[hello@brittneyhilleryoga.com](mailto:hello@brittneyhilleryoga.com)

# AWARE

## 7 Day Awareness Challenge with Brittney Hiller

### I AM WHAT I BELIEVE I AM

Ever noticed how other people's opinions pop up in your mind? My favorite is "money doesn't grow on trees"! This one has been an old belief that was given to me in my younger years, yet I have learned to re-wire this old belief to say "money comes easily and freely to me".

Notice what thoughts and beliefs pop up that are YOURS and those that were created by OTHERS.

### THREE BELIEFS THAT ARE TRUE FOR ME

- 1.
- 2.
- 3.

### THREE BELIEFS THAT BELONG TO SOMEONE ELSE

- 1.
- 2.
- 3.