



## 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

### SAY "I LOVE YOU" IN THE MIRROR 3 TIMES

This exercise may seem difficult at first, but is POWERFUL. When we look  
ourselves in the eye and say "I love you" we are beginning to open up our  
mind to accept love on a deeper level. We begin to create an impactful  
attitude toward ourselves and no longer stand for the negative feedback we  
may find ourselves receiving (from ourselves). This resonates in our daily  
lives as we begin to no longer accept other's words of disempowerment.

### WHAT THREE REACTIONS/THOUGHTS DID I HAVE

- 1.
- 2.
- 3.

### WHY DO I FEEL I HAD THEM?

- 1.
- 2.
- 3.