



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

AWARE

7 Day Awareness Challenge with Brittney Hiller

I AM GRATEFUL FOR..

In your journal (*have you gotten one yet?*) or a piece of paper will do. Simply write the statement above. "I am so grateful and thankful that.." and then end the sentence with all that you are grateful and thankful for.

Notice what your gratitudes are surrounded with. Are YOU included?

THREE GOOD THINGS THAT HAPPENED TODAY

- 1.
- 2.
- 3.

WHY DID THEY HAPPEN?

- 1.
- 2.
- 3.