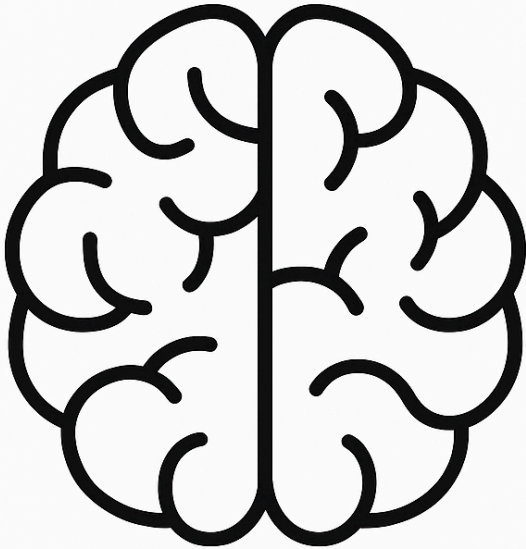
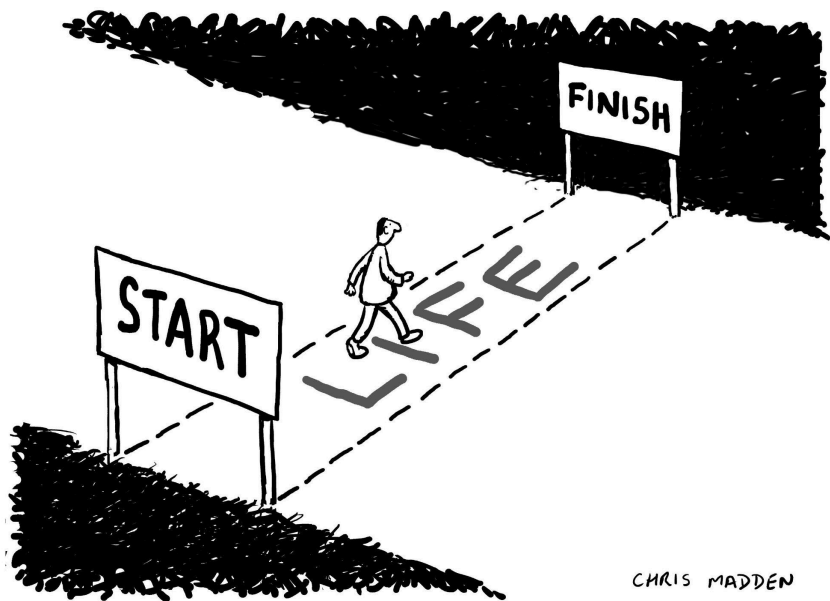


THE 21-DAY CHALLENGE



*Practices for Higher Energy,
Productivity and Peace*

LARA PATRIQUIN, MD



CHRIS MADDEN

CartoonStock.com

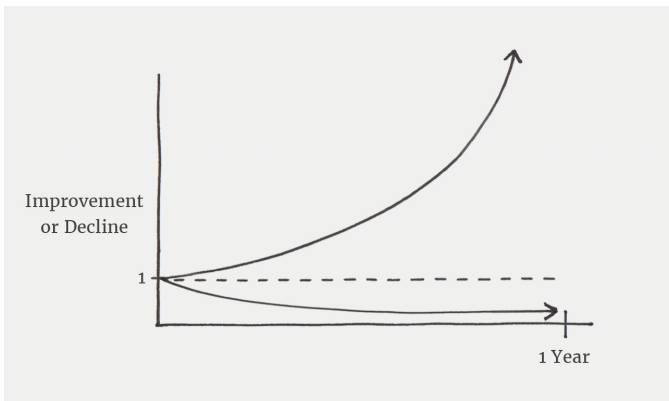
Knowing life is short, enjoy it day after day, moment after moment.

The 21-Day Challenge

In a fast-paced and demanding world, losing touch with our innate happiness and enthusiasm is easy. As high-achieving people, we often find ourselves entangled in the complexities of careers, leaving little room for genuine joy.

However, deep within us lies the key to unlocking boundless happiness and unleashing our creative potential.

Our minds serve as the operating systems of our lives, much like a computer. Just as computers require regular maintenance and upgrades, we, too, can benefit from intentional care for our internal systems.



$$1\% \text{ better every day } 1.01^{365} = 37.78$$

$$1\% \text{ worse every day } 0.99^{365} = 0.03$$

The 21-day challenge demonstrates that dedicating a few moments each day to preparing our minds can yield significant rewards. Like compound interest accumulating in financial investment, nurturing our mental well-being generates exponential benefits over time.

Each practice of the challenge boosts our neurochemistry, causing a hit of beneficial hormones that shift our mindset from self-absorption to generosity, scarcity to abundance, and fear to love. Over time, they hardwire positive neural pathways, creating a healthier brain.

Unlike the unpredictable nature of the stock market, the advantages of tending to our mental health are reliable and quickly noticeable. Even a small daily effort to nurture our minds adds up rapidly, bringing us closer to a wiser, happier, and more meaningful life.

No matter our age, we can always invest in well-being — just as Warren Buffett continues to invest at 91.

I would love to stay connected through your journey. Reach out for a complimentary session at any time.



Lara Patriquin, MD

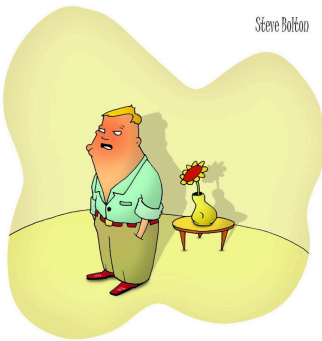
Please use this barcode to access the 21-Day
Challenge Instructions. Reach out any time!

larapatriquin@gmail.com or (505) 269-4097

Don't get too comfortable.

To progress to the next level, you need to learn to embrace discomfort. – Tony Robbins.

You have achieved more than most people. You are well-equipped to deal with the challenges of business travel, tough negotiations, and high-stakes sales pitches.



I'M JUST GOING TO GO & SLIP
INTO SOMETHING MORE
COMFORTABLE, LIKE DENIAL.

CartoonStock.com

For many people, reaching the next level means more than focusing on business growth; it means seeking fulfillment and happiness.

At a particular stage of life, we might realize that despite our achievements, we're not as happy as expected. This could manifest as chronic stress leading to physical ailments.

Key relationships might feel

strained, and we might notice decreased enjoyment. We want to experience more laughter and a greater sense of ease.

Just as climbing the corporate ladder requires maintaining composure during uncomfortable times, personal growth involves confronting personal discomfort: stepping into new situations that feel vulnerable and intimidating. This discomfort can be unfamiliar to successful businesspeople with a Type A personality. It

might be challenging to have genuine and open conversations, show authenticity, and express kindness and compassion when we're used to being assertive and dominant. Even practices like early morning exercise, breathing exercises, journaling, expressing gratitude, and sitting quietly without distractions might feel unusual.

As we enhance our ability to handle emotional distress, new possibilities emerge. Our minds are no longer confined by the fear of becoming 'uncomfortable,' allowing us to be who we truly want to be. We become more adept at sharing our vision, love, and energy. Our leadership is fueled by deep inspiration rather than being governed by our most profound fears.

Embracing the discomfort of personal development guides us toward our genuine selves. So, just as you might push yourself to run an extra mile or do extra repetitions in the gym, approach these exercises with dedication. Your reward will be happiness, connection, and creativity.

Practice: Wim Hof Breathing + Cold Exposure

Wim Hof breathing—a method of deep, rhythmic breaths followed by breath retention—helps calm the mind, sharpen focus, and reduce stress. It activates the parasympathetic nervous system, bringing a sense of relaxation while increasing oxygen flow to boost creativity and clarity.

Pairing this with cold exposure—like a quick cold shower—further strengthens mental resilience, lifts mood, and improves circulation. Together, these practices reconnect you to your inner strength and calm, helping you meet life’s demands with clarity and compassion.



Scan for a YouTube guided breathing session.

Practice: Box Breathing (4-4-4-4)

Box breathing—inhaling, holding, exhaling, and holding again for four counts each—offers entrepreneurs a quick and effective way to regulate stress and regain clarity. This simple technique calms the nervous system, sharpens focus, and supports emotional balance in challenging moments.

By anchoring attention to the breath, box breathing interrupts reactive patterns and fosters intentional, composed responses. It's a powerful tool for staying grounded and mentally clear, especially in fast-paced or high-pressure situations.

When to Use It

- **Before entering your home**, leave work stress and reset for quality time with loved ones.
- **Before a meeting** – Regain calm, focus, and presence.
- **With a group**, sync energy and mindset are needed for more productive collaboration.

Practice: Wisdom Teachings

There are so many people on this planet with wisdom to give us. The mind has us thinking in such mechanical, repetitive ways, and to undo the tendency to follow it unthinkingly, we need help.

I read or listen to wisdom teachings every day—often two or three times. Why waste time on thought patterns that no longer serve me? Why not find a wiser way to live? Other people's teachings are invaluable, and they have not become less valuable to me as my journey and my understanding progress.

Life is so generous in this regard. Someone has always published something that is precisely what I need. Find one or two teachers who speak to you deeply and listen, read, and take in their words like a cherished vitamin or a powerful medicine—something that can dissolve the cancer of old, limiting beliefs. You can't love wisdom too much.

Here are some of the teachers and books I particularly recommend:

- Michael Singer – *The Untethered Soul* — a beautiful guide to releasing the inner chatter and living from your highest self.
- Rhonda Byrne – *The Greatest Secret* — a doorway to deeper awareness and joy.

- Thomas McConkie – *Navigating Grace and Mindfulness+* – an LDS contemplative teacher blending mindfulness, developmental psychology, and Christian mysticism into a grounded path of spiritual growth.
- Cynthia Bourgeault – *The Wisdom Way of Knowing* – for those who want to go deeper into the Christian contemplative tradition.
- Pema Chödrön – Anything she has written – her warmth and clarity make even life’s most challenging moments feel workable.
- Lester Levenson – *Happiness Is Free* – a life-changing approach to letting go
- Wayne Dyer – *Change Your Thoughts, Change Your Life* – a powerful commentary on the Tao Te Ching.
- Rupert Spira – Clear, compassionate explorations of the nature of awareness.
- Mooji – Heart-centered teachings that invite you to rest in your true self.
- Laura Lucille – My own beloved teacher, offering weekly online gatherings



Practice: Humor

Research has shown that laughter has measurable mental health benefits. A 2006 study in *The International Journal of Psychiatry in Medicine* found that it lowers stress hormones like cortisol and boosts endorphins, improving mood. Stanford researchers also found that even anticipating laughter raises dopamine, enhancing motivation and emotional resilience.

Laughter is more than entertainment—it's a simple, accessible way to care for one's mental and emotional well-being.

How I Practice It

I kick off every morning with a quick stand-up clip—instant mood lift!

When I scroll, I go straight for the funny stuff (unless I'm geeking out on something practical or spiritual). I've even started telling my own jokes—proof that even a groaner can spark a smile. **Scan the QR code for my favorite laugh-out-loud moments on YouTube.**



I love browsing CartoonStock.com for cartoons, turning them into postcards for friends, and using them in presentations or online. It's a simple way to stay connected and spread joy.

Morning Parties: A Daily Practice of Neural Tuning

Each morning, I host a “morning party”—a brief ritual to harmonize mind and body before the day begins. The goal is to enter the brain’s *alpha-wave* state, linked to creativity, calm focus, and emotional balance.

It is also time to think broadly about my life and what brings me meaning. It is so easy to get into “to-do” list mode and miss out on the beauty of life.

I start with music, hydration, and coffee, bringing my phone with the strict understanding that it’s for my practices only—music, guided meditation, or texting three things I’m grateful for.

I journal using the reflection questions at the end of this book to clarify what will bring out the best in me.

I then follow a guided meditation—sometimes my own, sometimes by Rupert Spira, Michael Singer, or Mooji.

A short comedy clip seals in lightness before I review my calendar and to-do list to align intention with action.

This is best done outdoors to get the mood-boosting morning sunshine.

This ritual resets the nervous system and establishes clarity, gratitude, and flow.

Practice: Meditation

Meditation is like a mental workout that helps us pay better attention and understand our thoughts and feelings. Imagine your mind is on a busy road with thoughts and distractions zooming by. Meditation teaches us to stop and watch this traffic without getting caught up.

Firstly, meditation improves our attention skills. Think of your attention like a flashlight. In our everyday lives, this flashlight often jumps around, focusing on one thing for a second and then another thing the next moment. But in meditation, we practice aiming this flashlight steadily on one thing, like our breath or a calming word. This helps us strengthen our attention muscles to stay focused on what's important in school, work, or anything we do.

Secondly, meditation helps us develop a witness consciousness. Imagine you're watching a movie of your thoughts and emotions. Instead of being in the film and feeling all the ups and downs, you're observing in the theater. This is like having a superpower – it lets you see your thoughts without being carried away. This awareness helps us make better choices and respond calmly to situations, like a superhero facing challenges with a clear mind.

Meditation isn't about stopping thoughts but creating a space between you and them. You're practicing this space while watching your breath or body sensations during meditation. With time, you'll notice you're not as bothered by small things and can easily handle big things.

In conclusion, meditation is like a gym for our minds. It helps us become champs at paying attention and gives us a secret power to watch our thoughts without getting lost. Just like practicing soccer makes you a better player, practicing meditation makes you a better thinker and a calmer, more focused you.



Scan here for the 21-Day Challenge Meditation Playlist.

Practice: Random Acts of Kindness

Random acts of kindness profoundly impact the giver and recipient, fostering clarity, happiness, and creativity.

Engaging in kind deeds, like helping a stranger or volunteering, triggers a surge of positive emotions—joy, gratitude, and compassion—enhancing overall well-being and cultivating a positive outlook.

These acts release feel-good brain chemicals like dopamine and endorphins, reducing stress, boosting mood, and deepening social connection. Regular kindness practice decreases anxiety and depression, leading to a clearer, tranquil mindset.

Moreover, kindness stimulates creativity by pushing us beyond familiar thinking patterns and encouraging innovative problem-solving. Embracing kindness as a habit nurtures an open-minded approach vital for personal growth and creativity.

However, the act should push one's comfort zone for maximum impact, prompting a meaningful shift. Routine gestures like opening doors, while kind, lack the same potency. The greater the challenge, the stronger the emotional reward. Smile, hug, and compliment sincerely, as the experience is transformative. Ultimately, kind acts infuse life with purpose and positive energy.

The Work of Byron Katie

The Work of Byron Katie is a powerful method of self-inquiry that brings awareness and peace to the mind. It begins by identifying a stressful thought—such as “They don’t respect me” or “This shouldn’t be happening”—and examining it through four questions: *Is it true? Can you absolutely know it’s true? How do you react when you believe that thought? Who would you be without it?* Then, through simple “turnarounds,” the mind opens to new, often liberating perspectives.

If meditation is medicine, inquiry is surgery—it goes straight to the root of mental suffering. While meditation soothes the nervous system, inquiry dissolves the false beliefs that create tension in the first place. This process invites a radical shift from resistance to acceptance, revealing the peace that has always been here beneath our thoughts.

Over time, The Work becomes not just a practice but a way of living with openness and clarity.

Learn more at thework.com.

The Sedona Method

The Sedona Method is a practical and deeply liberating process for releasing unwanted emotions and thoughts. Developed by Lester Levenson in the 1950s, it emerged after he experienced a profound awakening following years of illness and inner turmoil. He discovered that happiness and peace are our natural state, obscured only by layers of resistance, attachment, and suppressed emotion. His insight became the foundation for a simple yet transformative practice of letting go.

In essence, the method teaches that every feeling carries an impulse to either grasp, resist, or ignore. By welcoming what arises and allowing it to be fully felt, the energy of emotion naturally dissolves. No fixing, analyzing, or controlling is required—just awareness and release.

The model of the mind presented in the 21-Day Challenge is drawn directly from Lester Levenson's teachings. It helps participants recognize how emotions drive thoughts and behavior, and how freedom comes from releasing rather than repressing.

At its core, the Sedona Method is a training in emotional freedom—a direct path back to peace, clarity, and natural joy.

Ideas for RAK

Lasagna Love!

Yielding in traffic

Unexpected tips

Letters/postcards to friends

Anonymous gifts

Notes of appreciation

Paying for people's food

Texting someone out of the blue

Volunteer at a food bank

Pick up trash wherever you go

Help young people enter the job market

More ideas at: <https://www.randomactsofkindness.org/>

Note of Appreciation Template

Dear _____

I appreciate three things you have done for me:

1) _____, 2) _____, 3) _____

Three qualities I value in you:

1) _____, 2) _____, 3) _____

Sincerely,

Practice: Gratitude

The brain is like Teflon for positive experiences and Velcro for bad.

Dr. Rick Hanson



Gratitude is a potent force shaping happiness, creativity, and leadership. Practicing it cultivates a positive mindset, emphasizing life's abundance over what's lacking. This shift heightens

contentment and joy in small pleasures, enhancing resilience and overall well-being.

Gratitude fuels creativity by deepening connections and fostering innovative thinking. Acknowledging life's blessings strengthens ties to surroundings and individuals, unlocking creative solutions. Grateful minds embrace novel ideas, possess cognitive flexibility, and see opportunities where others find barriers.

In leadership, gratitude distinguishes exceptional leaders. Expressing thanks to team members fosters positivity, elevates morale, and strengthens cohesion. Grateful leaders inspire loyalty, empathy, and humility, nurturing collaboration and innovation. The 2003 Emmons and McCullough study demonstrated that daily gratitude journaling led to higher well-being, optimism, and physical health.

Embracing gratitude enriches personal and professional spheres, amplifying fulfillment, ingenuity, and influence. This positive outlook ripples through our interactions, fostering a more resilient, compassionate, and innovative world.



For inspiring videos on gratitude, please use this QR code.

Practice: Numbing out/Media matters

In the era of smartphones and constant connectivity, an alarming paradox unfolds. While our phones promise to keep us connected and entertained, they also significantly erode our capacity for genuine happiness. The insidious impact of excessive phone use on our emotional well-being raises critical concerns about the delicate balance between technology and our pursuit of happiness.

Excessive phone use hampers our happiness by fostering a culture of comparison and unrealistic expectations. Social media platforms showcase carefully curated glimpses into the lives of others, creating an environment where we're constantly measuring our own lives against a filtered and often embellished version of reality. This comparison fuels feelings of inadequacy and envy, undermining our ability to appreciate and find contentment in our journey.

Moreover, the constant influx of information and notifications keeps us perpetually distracted. We're often pulled away from the present moment, whether it's a family dinner, a walk in nature, or even moments of solitude. This persistent distraction prevents us from fully immersing ourselves in the richness of life's experiences, ultimately depriving us of happiness in the here and now.

The addictive nature of phone use also diminishes our capacity for happiness. The quick dopamine hits we get from checking notifications or receiving likes on social

media create a cycle of instant gratification that leaves us craving more. This addiction consumes precious time and prevents us from engaging in activities that genuinely bring us joy and fulfillment.

To reclaim our capacity for happiness in the digital age, it's essential to adopt a mindful and intentional approach to phone use:

Digital Detox: Regularly disconnect from your phone by using designated phone-free periods.

Mindful Consumption: Practice conscious consumption of digital content. Be aware of the specific information or social media interactions' emotional impact on your mood, and curate your online experiences accordingly.

Prioritize Real-Life Connections: Invest time in nurturing face-to-face relationships.

Engage in Joyful Activities: Identify activities that bring you genuine joy and fulfillment. Whether reading, painting, hiking, or spending time with pets, prioritize these activities over mindless scrolling.

Change Notifications: What is the best and worst thing that could happen if I eliminate notifications from my phone or smartwatch?

Who and what stresses me out?

PROBLEM
TRIGGERS

Traffic Jams

Kids disrespectful

PROBLEM
REACTIONS

Feeling Stressed

Losing temper

Dealing with Stress

When stressed, we often reach for things to numb us from difficult thoughts and feelings.

How do you numb yourself?

What would be a smarter way to reset and learn?

Here are my answers, please see the next page for yours

NUMB OUT

Surf the net

Sit and worry

Eat junk food

*Talk to negative people
procrastinate*

Gossip

Shop

lie down/sit too much

indulge my thoughts

read the news to

confirm my negativity

RESET

Go to gym

Listen to music

*Write a letter of
appreciation*

Take a walk

Drink water

*Make a lasagna for
charity*

Go for a run

Play the piano

Call a friend

Dealing with Stress

When stressed, we often reach for things to numb us
from difficult thoughts and feelings.

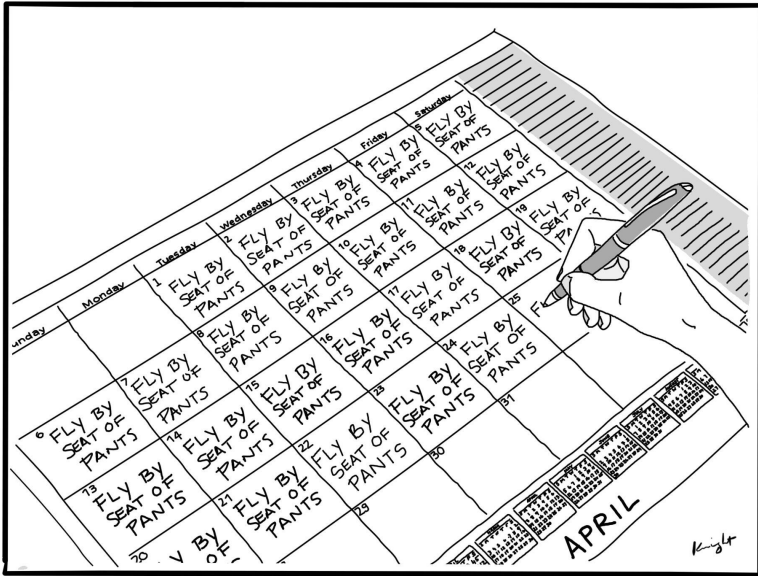
How do you numb yourself?

What would be a smarter way to reset and learn?

NUMB OUT

RESET

Practice: Journaling



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Self-reflection fosters growth, goal achievement, and well-being.

Journaling is a powerful tool that can foster a healthy mind by promoting gratitude, assisting in achieving goals, and identifying limiting beliefs. Incorporating regular journaling into our daily routine opens a gateway to self-discovery and personal growth.

Firstly, journaling cultivates gratitude by prompting us to reflect on the positive aspects of our lives. When we write about what we are grateful for, we shift our focus away from negative thoughts and emotions and embrace a

more positive outlook. This gratitude practice strengthens our mental resilience and helps us cope with challenges more effectively.

Secondly, journaling becomes a roadmap for achieving goals. By setting clear intentions and recording progress, we stay accountable to ourselves. Writing down our aspirations and outlining our goals reinforces our commitment to success.

Additionally, journaling enables us to celebrate our achievements, boosting our motivation and sense of accomplishment.

Furthermore, journaling mirrors our subconscious, helping us identify limiting beliefs that may hold us back. As we write about our fears, doubts, and insecurities, we gain insight into the thought patterns that hinder our growth. Once we recognize these limiting beliefs, we can challenge and replace them with empowering and affirming thoughts, facilitating personal transformation.

The 3-2-1 Rule – A Simple Evening Ritual for Better Sleep

Quality sleep is essential for healing, energy, and mental clarity. The **3-2-1 Rule** offers a simple framework to help your body and mind ease into rest.

3 Hours Before Bed: No More Food or Alcohol

Finish eating and drinking alcohol three hours before sleep. This gives your body time to digest, reducing disruptions like reflux or nighttime wakeups.

2 Hours Before Bed: Stop Working

Wrap up work and mentally demanding tasks. Shifting out of productivity mode helps calm the nervous system and prepares the brain for rest.

1 Hour Before Bed: No Screens

Turn off screens to avoid blue light, which interferes with melatonin production. Use this hour for calming activities like reading, journaling, or a warm bath.

This rhythm helps align your evening with your body's natural sleep cycle. Small shifts like these can naturally lead to deeper, more restorative sleep.

Stabilize Blood Sugar by Reducing Refined Carbohydrates and Increasing Fiber & Protein at Meals

Why this matters:

- **Blood sugar spikes and crashes** from processed carbs (like white bread, pastries, sugary snacks, or soda) can lead to a rollercoaster of energy—brief highs followed by fatigue, brain fog, and cravings.
- **Stable blood sugar** supports steady energy, better mood, and clearer thinking. It reduces inflammation and promotes mitochondrial health (key for people with fatigue, long COVID, ME/CFS, and autoimmune conditions).
- **Adding fiber and protein** (like leafy greens, legumes, nuts, seeds, eggs, or clean meats) slows glucose absorption and keeps you fuller longer.



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NOTES

Cultivating New Habits: A Contract

Step 1: Set your challenge goals.

In 21 days, I want:

☐ A better connection with:

☐ Better Health (body, mind, spirit):

☐ Professional goals:

Step 2: Commit to a few practices:

I'm ready to commit to simple, powerful morning and evening routines. I believe consistent practices can bring clarity, calm, energy, and purpose into my life and support my health, joy, productivity, and success over time.

- What time-bound boundaries (e.g., screen-free evenings, early rising) would support my goals?
- What results will come from showing up daily for myself?

- ☐ Morning and evening journaling
 - ☐ Media and numbing out habits
 - ☐ Breathing (Wim Hof, five long exhales)
 - ☐ Random acts of kindness
 - ☐ Meditation
 - ☐ Other practices, such as jogging or yoga:
-
- ☐ Diet/Lifestyle, such as limiting alcohol or sugar
-

**Step 3: Share three grateful items/day with your partner
(agree on a modality: text, email, or IM)**

Texting your partner three things you're grateful for daily is a simple way to build connection and appreciation. Even if you miss days—or weeks—you can always start again. A gratitude text is always more meaningful than you think, and often arrives at the right moment.

DAY 0

We fail because we don't think we are worthy. We don't believe we are worthy because we fail. It is a no-win situation.

Get off the treadmill of worthiness and follow your passion as if you lived in a world where the word worthy didn't exist!

- Lara Patriquin, MD

THREE THINGS THAT I AM GRATEFUL FOR

HOW DO I WANT TO FEEL AND WHAT AM I WILLING TO DO TO FEEL THAT WAY
HOW AND WHEN WILL I MEDITATE, EXERCISE, AND EAT

WHAT ACTION WOULD CREATE A SENSE OF MOMENTUM FOR ME TODAY

WHERE CAN I BE GENEROUS WITH ENCOURAGEMENT OR PRAISE TODAY

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EVENING REFLECTIONS

THREE WAYS IN WHICH I MADE PROGRESS TODAY

WHEN DID I FEEL MOST LIKE MY TRUE SELF — AND WHEN DID I FEEL OFF-CENTER?

DID I HIT MY TARGETS?

- ☐ Food ☐ Numbing Out ☐ Exercise ☐ Sleep ☐ Meditation
☐ Intoxicants ☐ Scrolling/Media ☐ Gambling/Spending ☐ Other ()

IF MY THRIVE MIND HAD BEEN RUNNING THE SHOW ALL DAY, WHAT WOULD I HAVE DONE DIFFERENTLY

Whatever you hold in your mind consistently is exactly what you will experience in your life.

— *Tony Robbins*

What is left to be done? Braindump here:

DAY 1

The first step toward getting somewhere is to decide you won't stay where you are.

— J.P. Morgan

THREE THINGS THAT I AM GRATEFUL FOR

HOW DO I WANT TO FEEL AND WHAT WILL I DO TO FEEL THAT WAY? HOW AND WHEN WILL I MEDITATE, EXERCISE, AND EAT

WHAT IS ONE SMALL STEP I CAN TAKE TOWARD MY GREATEST GOAL

HOW WILL I INVITE LAUGHTER INTO MY DAY TODAY

(For example: Watch 5 minutes of stand-up comedy on YouTube)

EVENING REFLECTIONS

THREE WAYS IN WHICH I MADE PROGRESS TODAY

WHAT ENCOURAGEMENT, SUPPORT, OR RESOURCE SHOWED UP FOR ME TODAY?

WHEN DID I FEEL MOST ENERGIZED OR DRAINED TODAY — AND WHY?

DID I HIT MY TARGETS?

- ☐ Food ☐ Numbing Out ☐ Exercise ☐ Sleep ☐ Meditation
☐ Intoxicants ☐ Scrolling/Media ☐ Gambling/Spending ☐ Other ()

Decide what you want. Believe you can have it. Believe you deserve it.

And believe it's possible for you.

— Rhonda Byrne

What is left to be done? Braindump here:

This image shows a full page of dot grid paper. The dots are arranged in a precise, repeating grid pattern across the entire surface. Each dot is a small, solid black circle, and they are spaced evenly both horizontally and vertically, creating a guide for writing or drawing without the prominence of solid lines.

DAY 2

"You don't have to analyze your past or worry about your future. The only real freedom is the freedom to let go in the present moment."

— Michael A. Singer

THREE THINGS THAT I AM GRATEFUL FOR

HOW DO I WANT TO FEEL AND WHAT AM I WILLING TO DO TO FEEL THAT WAY
HOW AND WHEN WILL I MEDITATE, EXERCISE, AND EAT

WHAT WOULD FEEL GREAT TO GET OFF MY TO-DO LIST TODAY

WHERE CAN I BE IN NATURE TODAY

EVENING REFLECTIONS

THREE WAYS IN WHICH I MADE PROGRESS TODAY

WHAT NEW PERSPECTIVE OR INSIGHT DID I RECEIVE TODAY?

DID I HIT MY TARGETS?

- ☐ Food ☐ Numbing Out ☐ Exercise ☐ Sleep ☐ Meditation
☐ Intoxicants ☐ Scrolling/Media ☐ Gambling/Spending ☐ Other ()

WHAT WOULD IT FEEL LIKE IF MY GREATEST BUSINESS GOAL HAD ALREADY COME TRUE?

Act as if what you intend to manifest is already a reality. That is the secret.
— Wayne Dyer

What is left to be done? Braindump here:

DAY 3

You do not rise to the level of your goals. You fall to the level of your systems.

— James Clear

THREE THINGS THAT I AM GRATEFUL FOR

HOW DO I WANT TO FEEL AND WHAT AM I WILLING TO DO TO FEEL THAT WAY
HOW AND WHEN WILL I MEDITATE, EXERCISE, AND EAT

WHO CAN I REACH OUT TO THAT COULD SUPPORT MY PROGRESS TODAY

HOW CAN I BRING PRESENCE INTO A KEY RELATIONSHIP TODAY

EVENING REFLECTIONS

THREE WAYS IN WHICH I MADE PROGRESS TODAY

WHAT HELP OR KINDNESS DID I RECEIVE FROM ANOTHER PERSON?

WHEN DID I FEEL MOST GROUNDED — AND WHEN DID I FEEL UNSTABLE OR REACTIVE?

DID I HIT MY TARGETS?

- ☐ Food ☐ Numbing Out ☐ Exercise ☐ Sleep ☐ Meditation ☐ Intoxicants
☐ Scrolling/Media ☐ Gambling/Spending ☐ Other ()

The only limit to your impact is your imagination and commitment.

— *Tony Robbins*

What is left to be done? Braindump here:

DAY 4

Small disciplines repeated with consistency every day lead to great achievements gained slowly over time.

— John C. Maxwell

THREE THINGS THAT I AM GRATEFUL FOR

HOW DO I WANT TO FEEL AND WHAT AM I WILLING TO DO TO FEEL THAT WAY
HOW AND WHEN WILL I MEDITATE, EXERCISE, AND EAT

WHAT HAVE I BEEN AVOIDING THAT I KNOW WOULD MOVE ME FORWARD

WHO IS ONE PERSON I CAN THANK TODAY WITH A SWEET TEXT, EMAIL, OR
POSTCARD?

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EVENING REFLECTIONS

THREE WAYS IN WHICH I MADE PROGRESS TODAY

WHAT HABIT OR PATTERN SUPPORTED ME TODAY — AND WHAT PULLED ME OFF TRACK?

DID I HIT MY TARGETS?

- ☐ Food ☐ Numbing Out ☐ Exercise ☐ Sleep ☐ Meditation ☐ Intoxicants
☐ Scrolling/Media ☐ Gambling/Spending ☐ Other ()

IF I TRULY BELIEVED I WAS ALREADY THE LEADER I ASPIRE TO BE, HOW WOULD I HAVE SHOWN UP TODAY

Do not wait; the time will never be 'just right.' Start where you stand, and work with whatever tools you may have.

— *Napoleon Hill*

What is left to be done? Braindump here:

This image shows a full page of dot grid paper. The dots are arranged in a precise, repeating pattern across the entire surface, forming a grid that is useful for writing, drawing, or organizing information. The dots are small and dark, set against a light background.

DAY 5

Your outer world is a direct reflection of your inner world.
— T. Harv Eker

THREE THINGS THAT I AM GRATEFUL FOR

HOW DO I WANT TO FEEL AND WHAT AM I WILLING TO DO TO FEEL THAT WAY
HOW AND WHEN WILL I MEDITATE, EXERCISE, AND EAT

WHAT IS ONE SMALL TASK I'VE BEEN PUTTING OFF THAT I WILL COMPLETE TODAY

WHO DO I MISS FROM MY PAST AND HOW CAN I REACH OUT TO THEM?

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EVENING REFLECTIONS

THREE WAYS IN WHICH I MADE PROGRESS TODAY

WHAT FEEDBACK OR MIRRORING DID I RECEIVE THAT HELPED ME GROW?

DID I HIT MY TARGETS?

- ☐ Food ☐ Numbing Out ☐ Exercise ☐ Sleep ☐ Meditation ☐ Intoxicants
☐ Scrolling/Media ☐ Gambling/Spending ☐ Other ()

IF I TRULY BELIEVED MY NEXT BIG BUSINESS MILESTONE WAS A DONE DEAL, HOW WOULD I FEEL RIGHT NOW

Live out of your imagination, not your history.
— Stephen R. Covey

What is left to be done? Braindump here:

DAY 6

Attention is the rarest and purest form of generosity."

— Simone Weil

THREE THINGS THAT I AM GRATEFUL FOR

HOW DO I WANT TO FEEL AND WHAT AM I WILLING TO DO TO FEEL THAT WAY
HOW AND WHEN WILL I MEDITATE, EXERCISE, AND EAT

WHO ON MY TEAM OR IN MY FAMILY NEEDS A BIT MORE PRESENCE FROM ME

WHEN WAS THE LAST TIME I GOT LOST IN MUSIC OR ART? HOW DID THAT FEEL?

EVENING REFLECTIONS

THREE WAYS IN WHICH I MADE PROGRESS TODAY

WHAT ACTIVITY MADE ME FEEL MORE PRESENT — AND WHAT DISTRACTED ME FROM MYSELF?

DID I HIT MY TARGETS?

- ☐ Food ☐ Numbing Out ☐ Exercise ☐ Sleep ☐ Meditation ☐ Intoxicants
☐ Scrolling/Media ☐ Gambling/Spending ☐ Other ()

WHAT WOULD IT FEEL LIKE TO LEAD FROM A PLACE OF CALM CONFIDENCE EVERY DAY

The foolish man seeks happiness in the distance; the wise grows it under his feet.

— *James Oppenheim*

What is left to be done? Braindump here:

[illegible]

DAY 7

The greatest gift you can give another is your attention.

— *Thich Nhat Hanh*

THREE THINGS THAT I AM GRATEFUL FOR

HOW DO I WANT TO FEEL AND WHAT AM I WILLING TO DO TO FEEL THAT WAY
HOW AND WHEN WILL I MEDITATE, EXERCISE, AND EAT

WHAT ONE THING COULD I COMPLETE TODAY THAT WOULD CREATE MOMENTUM

WHICH NON PROFIT NEEDS MY HELP, CAN I MAKE A DONATION?

EVENING REFLECTIONS

THREE WAYS IN WHICH I MADE PROGRESS TODAY

WHEN DID I FEEL MOST CONNECTED TO OTHERS — AND WHEN DID I FEEL DISCONNECTED?

DID I HIT MY TARGETS?

☐ Food
 ☐ Numbing Out
 ☐ Exercise
 ☐ Sleep
 ☐ Meditation
 ☐ Intoxicants
☐ Scrolling/Media
☐ Gambling/Spending
☐ Other ()

HOW CAN I MAKE TOMORROW EVEN BETTER

IF MY GREATEST BUSINESS GOAL WERE FULFILLED, HOW WOULD I SPEAK, ACT, AND THINK TONIGHT

You don't manifest what you want. You manifest what you believe.

— Author Unknown

What is left to be done? Braindump here:

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DAY 8

Between stimulus and response, there is a space. In that space is our power to choose.

— Viktor E. Frankl

THREE THINGS THAT I AM GRATEFUL FOR

HOW DO I WANT TO FEEL AND WHAT AM I WILLING TO DO TO FEEL THAT WAY
HOW AND WHEN WILL I MEDITATE, EXERCISE, AND EAT

WHAT TASK AM I AVOIDING THAT WOULD CREATE RELIEF IF I FINISHED IT TODAY

WHO CAN I APPRECIATE OR RECOGNIZE FOR THEIR EFFORT TODAY

EVENING REFLECTIONS

THREE WAYS IN WHICH I MADE PROGRESS TODAY

WHAT SURPRISE, GIFT, OR BLESSING CAME THROUGH TODAY?

WHAT BROUGHT ME CLOSER TO MY THRIVE MIND — AND WHAT TOOK ME FURTHER AWAY?

DID I HIT MY TARGETS?

☐

Food ☐ Numbing Out ☐ Exercise ☐ Sleep ☐ Meditation ☐ Intoxicants ☐
☐ Scrolling/Media ☐ Gambling/Spending ☐ Other ()

Assume the feeling of the wish fulfilled and live in that assumption.
— Neville Goddard

What is left to be done? Braindump here:

DAY 9

The privilege of a lifetime is to become who you truly are.

— *Carl Jung*

THREE THINGS THAT I AM GRATEFUL FOR

HOW DO I WANT TO FEEL AND WHAT AM I WILLING TO DO TO FEEL THAT WAY
HOW AND WHEN WILL I MEDITATE, EXERCISE, AND EAT

WHAT WOULD BRING A FEELING OF COMPLETION OR PROGRESS IF I GOT IT DONE TODAY

HOW CAN I ADD A TOUCH OF BEAUTY (FLOWERS, CANDLES, COLORS, TEXTURES, OR SIMPLY TIDYING UP!) TO MY LIVING SPACE TODAY?

EVENING REFLECTIONS

THREE WAYS IN WHICH I MADE PROGRESS TODAY

WHERE DID I ACT WITH AWARENESS — AND WHERE DID I GO ON AUTOPILOT?

DID I HIT MY TARGETS?

☐

Food ☐ Numbing Out ☐ Exercise ☐ Sleep ☐ Meditation ☐ Intoxicants ☐
☐ Scrolling/Media ☐ Gambling/Spending ☐ Other ()

HOW CAN I MAKE TOMORROW EVEN BETTER

Energy flows where attention goes.

— *Michael Beckwith*

What is left to be done? Braindump here:

DAY 10

Teamwork begins by building trust. And the only way to do that is to overcome our need for invulnerability.

— *Patrick Lencioni*

THREE THINGS THAT I AM GRATEFUL FOR

HOW DO I WANT TO FEEL AND WHAT AM I WILLING TO DO TO FEEL THAT WAY
HOW AND WHEN WILL I MEDITATE, EXERCISE, AND EAT

WHAT IS ONE THING I'VE BEEN TOLERATING THAT I CAN CLEAR OR ADDRESS TODAY

HOW CAN I LEAD BY EXAMPLE IN ONE SMALL BUT MEANINGFUL WAY TODAY

EVENING REFLECTIONS

THREE WAYS IN WHICH I MADE PROGRESS TODAY

WHAT UNPLANNED CONVERSATION OR EXPERIENCE FELT MEANINGFUL TODAY?

WHAT INNER SIGNALS DID I NOTICE AND RESPOND TO WELL TODAY?

DID I HIT MY TARGETS?

☐

Food ☐ Numbing Out ☐ Exercise ☐ Sleep ☐ Meditation ☐ Intoxicants ☐
☐ Scrolling/Media ☐ Gambling/Spending ☐ Other ()

To imagine is the beginning of creation.
— George Bernard Shaw

What is left to be done? Braindump here:

[illegible]

DAY 11

Clarity comes from engagement, not thought.

— Marie Forleo

THREE THINGS THAT I AM GRATEFUL FOR

HOW DO I WANT TO FEEL AND WHAT AM I WILLING TO DO TO FEEL THAT WAY
HOW AND WHEN WILL I MEDITATE, EXERCISE, AND EAT

WHAT CONVERSATION OR COMMUNICATION AM I AVOIDING THAT I COULD MOVE FORWARD WITH TODAY?

WHO NEEDS A BIT MORE ENCOURAGEMENT OR TRUST FROM ME TODAY

EVENING REFLECTIONS

THREE WAYS IN WHICH I MADE PROGRESS TODAY

HOW CAN I MAKE TOMORROW EVEN BETTER

IF I FULLY EMBODIED THE NEXT-LEVEL VERSION OF MYSELF, WHAT WOULD I HAVE THOUGHT AND DONE DIFFERENTLY TODAY

DID I HIT MY TARGETS?

Food ☐ Numbing Out ☐ Exercise ☐ Sleep ☐ Meditation ☐ Intoxicants ☐
☐ Scrolling/Media ☐ Gambling/Spending ☐ Other ()

You must do the thing you think you cannot do.

— Eleanor Roosevelt

What is left to be done? Braindump here:

DAY 12

*Almost everything will work again if you unplug it for a few minutes...
including you.— Anne Lamott*

THREE THINGS THAT I AM GRATEFUL FOR

HOW DO I WANT TO FEEL AND WHAT AM I WILLING TO DO TO FEEL THAT WAY
HOW AND WHEN WILL I MEDITATE, EXERCISE, AND EAT

WHAT ACTION TODAY WOULD BRING ME THE MOST PEACE OR CLARITY

WHO COULD USE A WORD OF ENCOURAGEMENT OR A SIMPLE GESTURE OF CARE FROM ME TODAY

EVENING REFLECTIONS

THREE WAYS IN WHICH I MADE PROGRESS TODAY

WHAT OPPORTUNITY OR OPENING CAME MY WAY TODAY?

DID I HIT MY TARGETS?

- ☐ Food ☐ Numbing Out ☐ Exercise ☐ Sleep ☐ Meditation ☐ Intoxicants
☐ Scrolling/Media ☐ Gambling/Spending ☐ Other ()

WHAT WOULD MY DAY HAVE LOOKED LIKE IF I HAD FULLY TRUSTED MYSELF AND LIFE AS IT UNFOLDED

When you realize there is nothing lacking, the whole world belongs to you. — Lao Tzu

What is left to be done? Braindump here:

DAY 13

The quieter you become, the more you can hear. —

Ram Dass

THREE THINGS THAT I AM GRATEFUL FOR

HOW DO I WANT TO FEEL AND WHAT AM I WILLING TO DO TO FEEL THAT WAY
HOW AND WHEN WILL I MEDITATE, EXERCISE, AND EAT

WHAT WOULD FEEL INCREDIBLE TO CROSS OFF MY TO-DO LIST TODAY

WHERE CAN I OFFER A SMALL ACT OF SUPPORT OR KINDNESS WITHOUT EXPECTING ANYTHING IN RETURN

EVENING REFLECTIONS

THREE WAYS IN WHICH I MADE PROGRESS TODAY

WHAT OPPORTUNITY OR OPENING CAME MY WAY TODAY?

DID I HIT MY TARGETS?

- ☐ Food ☐ Numbing Out ☐ Exercise ☐ Sleep ☐ Meditation ☐ Intoxicants
☐ Scrolling/Media ☐ Gambling/Spending ☐ Other ()

WHAT WOULD FEEL DIFFERENT IN MY BUSINESS IF I OPERATED 100% FROM TRUST IN MYSELF AND THE PROCESS

Silence is sometimes the best answer.

— *Dalai Lama*

What is left to be done? Braindump here:

DAY 14

Every action you take is a vote for the type of person you wish to become.

— James Clear

THREE THINGS THAT I AM GRATEFUL FOR

HOW DO I WANT TO FEEL AND WHAT AM I WILLING TO DO TO FEEL THAT WAY
HOW AND WHEN WILL I MEDITATE, EXERCISE, AND EAT

WHAT PROJECT OR INITIATIVE WOULD MOVE FORWARD IF I JUST GAVE IT 20 MINUTES TODAY

WHERE CAN I SHOW UP MORE CONSISTENTLY AS A LEADER OR SUPPORTER TODAY

EVENING REFLECTIONS

THREE WAYS IN WHICH I MADE PROGRESS TODAY

WHAT MADE ME FEEL EXPANSIVE — AND WHAT MADE ME FEEL CONTRACTED OR SMALL?

DID I HIT MY TARGETS?

- ☐ Food ☐ Numbing Out ☐ Exercise ☐ Sleep ☐ Meditation ☐ Intoxicants
☐ Scrolling/Media ☐ Gambling/Spending ☐ Other ()

WHAT WOULD I SAY, DO, OR FEEL IF I FULLY TRUSTED MY GREATEST BUSINESS GOAL IS ON ITS WAY

The only journey is the one within. — Rainer Maria Rilke

What is left to be done? Braindump here:

DAY 15

Real growth happens quietly—in the small choices you repeat each day.

- *Lara Patriquin, MD*

THREE THINGS THAT I AM GRATEFUL FOR

HOW DO I WANT TO FEEL AND WHAT AM I WILLING TO DO TO FEEL THAT WAY
HOW AND WHEN WILL I MEDITATE, EXERCISE, AND EAT

WHAT DECISION AM I PUTTING OFF THAT WOULD FREE UP MENTAL ENERGY IF I MADE IT

WHO DO I NEED TO LISTEN TO MORE ATTENTIVELY OR WITHOUT FIXING TODAY

EVENING REFLECTIONS

THREE WAYS IN WHICH I MADE PROGRESS TODAY

WHAT MOMENT TODAY MADE ME FEEL CONNECTED OR ALIVE?

DID I HIT MY TARGETS?

- ☐ Food
 ☐ Numbing Out
 ☐ Exercise
 ☐ Sleep
 ☐ Meditation
 ☐ Intoxicants
☐ Scrolling/Media
 ☐ Gambling/Spending
 ☐ Other ()

HOW CAN I MAKE TOMORROW EVEN BETTER

My experience is what I agree to attend to. — William James

What is left to be done? Braindump here:

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DAY 16

You are never too old to set another goal or to dream a new dream.

— C.S. Lewis

THREE THINGS THAT I AM GRATEFUL FOR

HOW DO I WANT TO FEEL AND WHAT AM I WILLING TO DO TO FEEL THAT WAY
HOW AND WHEN WILL I MEDITATE, EXERCISE, AND EAT

WHAT WOULD FEEL GREAT TO DELEGATE OR SIMPLIFY TODAY

WHO HAS A QUALITY I REALLY VALUE BUT DOESN'T KNOW THAT I FEEL THAT WAY?

EVENING REFLECTIONS

THREE WAYS IN WHICH I MADE PROGRESS TODAY

WHERE DID I CHOOSE INTENTION OVER REACTION?

DID I HIT MY TARGETS?

- ☐ Food ☐ Numbing Out ☐ Exercise ☐ Sleep ☐ Meditation ☐ Intoxicants
☐ Scrolling/Media ☐ Gambling/Spending ☐ Other ()

WHAT INTERNAL STATE OR BELIEF MOST SUPPORTED MY BUSINESS SUCCESS TODAY

Your life rises to meet the expectations of your belief system.

— *Dr. Joe Dispenza*

What is left to be done? Braindump here:

DAY 17

Adopt the pace of nature: her secret is patience.

— *Ralph Waldo Emerson*

THREE THINGS THAT I AM GRATEFUL FOR

HOW DO I WANT TO FEEL AND WHAT AM I WILLING TO DO TO FEEL THAT WAY
HOW AND WHEN WILL I MEDITATE, EXERCISE, AND EAT

WHAT HAVE I BEEN PUTTING OFF THAT I COULD SIMPLY BEGIN TODAY

WHICH LIVE PERFORMANCE CAN I BUY TICKETS FOR?

EVENING REFLECTIONS

THREE WAYS IN WHICH I MADE PROGRESS TODAY

WHAT DID I RECEIVE BY SIMPLY SHOWING UP FULLY PRESENT?

DID I HIT MY TARGETS?

- ☐ Food ☐ Numbing Out ☐ Exercise ☐ Sleep ☐ Meditation ☐ Intoxicants
☐ Scrolling/Media ☐ Gambling/Spending ☐ Other ()

HOW CAN I MAKE TOMORROW EVEN BETTER

It is by tiny, invisible loves that the great things are done.

— *Mother Teresa*

What is left to be done? Braindump here:

DAY 18

Silence is not empty, it is full of answers.

— *Author Unknown*

THREE THINGS THAT I AM GRATEFUL FOR

HOW DO I WANT TO FEEL AND WHAT AM I WILLING TO DO TO FEEL THAT WAY
HOW AND WHEN WILL I MEDITATE, EXERCISE, AND EAT

WHAT ONE THING WOULD MAKE ME FEEL ORGANIZED, ON TRACK, OR RESOURCED
TODAY

HOW WILL I INVITE LAUGHTER INTO MY DAY TODAY

(For example: Recall and share a personal story that always makes people laugh)

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EVENING REFLECTIONS

THREE WAYS IN WHICH I MADE PROGRESS TODAY

WHAT SMALL GESTURE, MESSAGE, OR ENCOUNTER FELT MEANT FOR ME?

DID I HIT MY TARGETS?

- ☐ Food ☐ Numbing Out ☐ Exercise ☐ Sleep ☐ Meditation ☐ Intoxicants
☐ Scrolling/Media ☐ Gambling/Spending ☐ Other ()

WHAT DID I DO TODAY THAT ALIGNED WITH THE VERSION OF ME THAT ALREADY HAS
WHAT I DESIRE IN BUSINESS AND LIFE

Once you make a decision, the universe conspires to make it happen — Ralph Waldo Emerson

What is left to be done? Braindump here:

DAY 19

You alone are enough. You have nothing to prove to anybody.

— *Maya Angelou*

THREE THINGS THAT I AM GRATEFUL FOR

HOW DO I WANT TO FEEL AND WHAT AM I WILLING TO DO TO FEEL THAT WAY
HOW AND WHEN WILL I MEDITATE, EXERCISE, AND EAT

WHAT ACTION WOULD CREATE A SENSE OF MOMENTUM FOR ME TODAY

WHERE CAN I BE GENEROUS WITH ENCOURAGEMENT OR PRAISE TODAY

EVENING REFLECTIONS

THREE WAYS IN WHICH I MADE PROGRESS TODAY

HOW WAS I SUPPORTED TODAY IN BODY, MIND, OR SPIRIT?

DID I HIT MY TARGETS?

- ☐ Food ☐ Numbing Out ☐ Exercise ☐ Sleep ☐ Meditation ☐ Intoxicants
☐ Scrolling/Media ☐ Gambling/Spending ☐ Other ()

IF MY THRIVE MIND HAD BEEN RUNNING THE SHOW ALL DAY, WHAT WOULD I HAVE DONE DIFFERENTLY

Neurons that fire together wire together.

— *D.O. Hebb*

What is left to be done? Braindump here:

DAY 20

Imagination is more important than knowledge. For knowledge is limited, whereas imagination embraces the entire world.

— *Albert Einstein*

THREE THINGS THAT I AM GRATEFUL FOR

HOW DO I WANT TO FEEL AND WHAT AM I WILLING TO DO TO FEEL THAT WAY
HOW AND WHEN WILL I MEDITATE, EXERCISE, AND EAT

WHAT WOULD FEEL DEEPLY SATISFYING TO COMPLETE OR CLEAN UP TODAY

HOW WILL I INVITE FUN INTO MY DAY TODAY

EVENING REFLECTIONS

THREE WAYS IN WHICH I MADE PROGRESS TODAY

WHAT DID I RECEIVE FROM NATURE, SILENCE, OR STILLNESS TODAY?

WHAT CREATED LIGHTNESS OR PLAY — AND WHAT FELT HEAVY OR FORCED?

DID I HIT MY TARGETS?

- ☐ Food ☐ Numbing Out ☐ Exercise ☐ Sleep ☐ Meditation ☐ Intoxicants
☐ Scrolling/Media ☐ Gambling/Spending ☐ Other ()

You are not a drop in the ocean. You are the entire ocean in a drop.
— Rumi

What is left to be done? Braindump here:

DAY 21

Clarity isn't something you find – it's something you train. Every breath, every pause, every choice is a rep.

— *Lara Patriquin, MD*

THREE THINGS THAT I AM GRATEFUL FOR

HOW DO I WANT TO FEEL AND WHAT AM I WILLING TO DO TO FEEL THAT WAY
HOW AND WHEN WILL I MEDITATE, EXERCISE, AND EAT

WHAT CAN I DO TODAY THAT FEELS MOST ALIGNED WITH THE PERSON I'M BECOMING

HOW CAN I EXTEND GRATITUDE OR GENEROSITY TO SOMEONE WHO'S BEEN ON THIS JOURNEY WITH ME

EVENING REFLECTIONS

THREE WAYS IN WHICH I MADE PROGRESS TODAY

WHAT DID I LEARN OR RECEIVE THROUGH LETTING GO OF CONTROL?

DID I HIT MY TARGETS?

- ☐ Food ☐ Numbing Out ☐ Exercise ☐ Sleep ☐ Meditation ☐ Intoxicants
☐ Scrolling/Media ☐ Gambling/Spending ☐ Other ()

WHAT HABIT, MINDSET, OR PRACTICE FROM THESE 21 DAYS DO I WANT TO CARRY FORWARD FOR GOOD

Let go or be dragged.

– Zen Proverb

What is left to be done? Braindump here:

DAY 22

Stop trying to steer the river. When you trust the flow, life carries you where you're meant to be. — Anonymous

THREE THINGS THAT I AM GRATEFUL FOR

HOW DO I WANT TO FEEL AND WHAT AM I WILLING TO DO TO FEEL THAT WAY

HOW AND WHEN WILL I MEDITATE, EXERCISE, AND EAT

WHAT WOULD FEEL REFRESHING TO RELEASE FROM MY SCHEDULE OR MIND TODAY

WHO COULD I SUPPORT BY JUST LISTENING WITHOUT TRYING TO FIX?

EVENING REFLECTIONS

THREE WAYS IN WHICH I MADE PROGRESS TODAY

WHAT DID MY ENERGY FEEL LIKE IN THE MORNING VS. EVENING – WHY?

DID I HIT MY TARGETS?

- ☐ Food ☐ Numbing Out ☐ Exercise ☐ Sleep ☐ Meditation ☐ Intoxicants
☐ Scrolling/Media ☐ Gambling/Spending ☐ Other ()

WHAT WOULD HAVE SHIFTED IF I HAD BEEN DEEPLY GROUNDED ALL DAY

Surrender isn't giving up — it's opening up to more than you could plan.

– *Anonymous*

What is left to be done? Braindump here:

DAY 23

Your results are a lagging indicator of your rituals.

— James Clear

THREE THINGS THAT I AM GRATEFUL FOR

HOW DO I WANT TO FEEL AND WHAT AM I WILLING TO DO TO FEEL THAT WAY

HOW AND WHEN WILL I MEDITATE, EXERCISE, AND EAT

WHAT ROUTINE NEEDS A REBOOT OR UPGRADE STARTING TODAY?

WHERE AM I HOLDING BACK MY VOICE, AND WHAT WOULD HAPPEN IF I SPOKE UP?

A large rectangular area filled with a uniform grid of small black dots, intended for students to write their answers to the questions.

EVENING REFLECTIONS

THREE WAYS IN WHICH I MADE PROGRESS TODAY

WHAT SYSTEM OR HABIT SUPPORTED ME TODAY – AND WHICH DIDN'T?

WHAT ENERGY DID I BRING INTO A ROOM TODAY?

DID I HIT MY TARGETS?

- ☐ Food ☐ Numbing Out ☐ Exercise ☐ Sleep ☐ Meditation ☐ Intoxicants
☐ Scrolling/Media ☐ Gambling/Spending ☐ Other ()

Motivation is what gets you started. Habit is what keeps you going.

— *Jim Ryun*

What is left to be done? Braindump here:

DAY 24

Love is the most underrated business strategy.

— Marie Forleo

THREE THINGS THAT I AM GRATEFUL FOR

HOW DO I WANT TO FEEL AND WHAT AM I WILLING TO DO TO FEEL THAT WAY

HOW AND WHEN WILL I MEDITATE, EXERCISE, AND EAT

WHAT WOULD FEEL LOVING TO CREATE, SAY, OR DO TODAY?

WHERE CAN I SHIFT FROM PROVING TO CONNECTING?

EVENING REFLECTIONS

THREE WAYS IN WHICH I MADE PROGRESS TODAY

WHO DID I CONNECT WITH AUTHENTICALLY – AND HOW DID THAT FEEL?

DID I HIT MY TARGETS?

- ☐ Food ☐ Numbing Out ☐ Exercise ☐ Sleep ☐ Meditation ☐ Intoxicants
☐ Scrolling/Media ☐ Gambling/Spending ☐ Other ()

HOW CAN I BRING MORE HEART INTO MY STRATEGY TOMORROW

When you lead with love, results follow in ways data can't explain.

– *Anonymous.*

What is left to be done? Braindump here:

DAY 25

The cave you fear to enter holds the treasure you seek.

— Joseph Campbell

THREE THINGS THAT I AM GRATEFUL FOR

HOW DO I WANT TO FEEL AND WHAT AM I WILLING TO DO TO FEEL THAT WAY

HOW AND WHEN WILL I MEDITATE, EXERCISE, AND EAT

WHAT AM I READY TO STOP TOLERATING IN MY ENVIRONMENT OR ROUTINES?

WHICH ACTIVITY DO I MISS AND HOW CAN I BRING THAT BACK INTO MY LIFE?

EVENING REFLECTIONS

THREE WAYS IN WHICH I MADE PROGRESS TODAY

WHAT DID I DO DIFFERENTLY TODAY – AND WHAT IMPACT DID IT HAVE?

DID I HIT MY TARGETS?

- ☐ Food ☐ Numbing Out ☐ Exercise ☐ Sleep ☐ Meditation ☐ Intoxicants
☐ Scrolling/Media ☐ Gambling/Spending ☐ Other ()

HOW CAN I TAKE ONE STEP BEYOND MY COMFORT ZONE TOMORROW

Security is mostly a superstition. Life is either a daring adventure or nothing.

— *Helen Keller*

What is left to be done? Braindump here:

DAY 26

A good life is built on good days. Build one. Then repeat.

— Alex Hormozi

THREE THINGS THAT I AM GRATEFUL FOR

HOW DO I WANT TO FEEL AND WHAT AM I WILLING TO DO TO FEEL THAT WAY

HOW AND WHEN WILL I MEDITATE, EXERCISE, AND EAT

WHAT WOULD MAKE TODAY FEEL WELL-SPENT, NO MATTER WHAT GETS DONE?

WHO CAN I SHARE A GENUINE THANK YOU OR GOOD JOB WITH?

EVENING REFLECTIONS

THREE WAYS IN WHICH I MADE PROGRESS TODAY

WHAT MADE TODAY FEEL FULFILLING OR COMPLETE?

DID I HIT MY TARGETS?

- ☐ Food ☐ Numbing Out ☐ Exercise ☐ Sleep ☐ Meditation ☐ Intoxicants
☐ Scrolling/Media ☐ Gambling/Spending ☐ Other ()

WHAT PATTERN DO I WANT TO KEEP REPEATING TOMORROW

Days become decades. Protect the rhythm of your life.

– *Anonymous*

What is left to be done? Braindump here:

DAY 27

What you are is what you have always been.

— Nisargadatta Maharaj

THREE THINGS THAT I AM GRATEFUL FOR

HOW DO I WANT TO FEEL AND WHAT AM I WILLING TO DO TO FEEL THAT WAY

HOW AND WHEN WILL I MEDITATE, EXERCISE, AND EAT

WHERE CAN I RECLAIM SOMETHING THAT'S BEEN LOST OR IGNORED IN ME?

WHAT HABIT OR STORY NO LONGER FEELS TRUE — CAN I RELEASE IT?

This image shows a full page of dot grid paper. The dots are arranged in a precise, repeating pattern across the entire surface, forming a grid that can be used for writing, drawing, or planning. The dots are small and dark, set against a light background.

EVENING REFLECTIONS

THREE WAYS IN WHICH I MADE PROGRESS TODAY

WHAT DID I NOTICE ABOUT MY INNER DIALOGUE — WAS IT KIND, HELPFUL, OR CRITICAL?

DID I HIT MY TARGETS?

- ☐ Food ☐ Numbing Out ☐ Exercise ☐ Sleep ☐ Meditation ☐ Intoxicants
☐ Scrolling/Media ☐ Gambling/Spending ☐ Other ()

HOW CAN I HAVE MORE ENERGY TOMORROW

The parts you've hidden are often the ones the world most needs to see.

– *Anonymous*

What is left to be done? Braindump here:

DAY 28

Consistency beats intensity. Small daily wins are the seeds of greatness.

— Robin Sharma

THREE THINGS THAT I AM GRATEFUL FOR

HOW DO I WANT TO FEEL AND WHAT AM I WILLING TO DO TO FEEL THAT WAY

HOW AND WHEN WILL I MEDITATE, EXERCISE, AND EAT

WHO NEEDS A SIMPLE REMINDER THAT THEY MATTER?

WHAT FUN CAN I HAVE TODAY?

EVENING REFLECTIONS

THREE WAYS IN WHICH I MADE PROGRESS TODAY

WHAT DID I FINISH TODAY — EVEN IF IT WAS SMALL?

WHEN DID I STICK WITH SOMETHING INSTEAD OF GIVING UP?

DID I HIT MY TARGETS?

- ☐ Food ☐ Numbing Out ☐ Exercise ☐ Sleep ☐ Meditation ☐ Intoxicants
☐ Scrolling/Media ☐ Gambling/Spending ☐ Other ()

Keep the promise you made to yourself – even when no one's watching.

– *Anonymous*

What is left to be done? Braindump here:

DAY 29

Success doesn't add something to you. It reveals what was already there.

— *Eric Thomas*

THREE THINGS THAT I AM GRATEFUL FOR

HOW DO I WANT TO FEEL AND WHAT AM I WILLING TO DO TO FEEL THAT WAY

HOW AND WHEN WILL I MEDITATE, EXERCISE, AND EAT

WHAT VALUE OR TRAIT IN ME DESERVES MORE RECOGNITION OR USE TODAY?

HOW CAN I CELEBRATE PROGRESS WITHOUT NEEDING PERFECTION?

EVENING REFLECTIONS

THREE WAYS IN WHICH I MADE PROGRESS TODAY

WHAT IN MY ENVIRONMENT OR HABITS SUPPORTED MY FOCUS TODAY?

DID I HIT MY TARGETS?

- ☐ Food ☐ Numbing Out ☐ Exercise ☐ Sleep ☐ Meditation ☐ Intoxicants
☐ Scrolling/Media ☐ Gambling/Spending ☐ Other ()

IF I TRUSTED THAT WHO I AM IS ENOUGH, WHAT WOULD I DO DIFFERENTLY?

To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment."

— *Ralph Waldo Emerson*

What is left to be done? Braindump here:

DAY 30

The best strategy is an aligned you.

— *Tara Mohr*

THREE THINGS THAT I AM GRATEFUL FOR

HOW DO I WANT TO FEEL AND WHAT AM I WILLING TO DO TO FEEL THAT WAY

HOW AND WHEN WILL I MEDITATE, EXERCISE, AND EAT

WHO CAN I HELP TODAY?

WHAT DO I ALREADY KNOW DEEP DOWN THAT I NEED TO ACT ON TODAY?

This image shows a full page of dot grid paper. The dots are arranged in a precise, repeating pattern across the entire surface, forming a grid that can be used for writing, drawing, or planning. The dots are small and evenly spaced both horizontally and vertically.

EVENING REFLECTIONS

THREE WAYS IN WHICH I MADE PROGRESS TODAY

WHERE DID I FOLLOW INTUITION — AND WHERE DID I IGNORE IT?

HOW WAS MY ENERGY? WHAT CAN I DO TO IMPROVE IT?

DID I HIT MY TARGETS?

- ☐ Food
 ☐ Numbing Out
 ☐ Exercise
 ☐ Sleep
 ☐ Meditation
 ☐ Intoxicants
☐ Scrolling/Media
☐ Gambling/Spending
☐ Other ()

The way to get started is to quit talking and begin doing.

— Walt Disney

What is left to be done? Braindump here:

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DAY 31

Happiness is our very nature, and we share our being with everyone and everything.

— *Rupert Spira*

THREE THINGS THAT I AM GRATEFUL FOR

HOW DO I WANT TO FEEL AND WHAT AM I WILLING TO DO TO FEEL THAT WAY

HOW AND WHEN WILL I MEDITATE, EXERCISE, AND EAT

WHERE IS MY FEAR AFFECTING ME? WHO MAKES ME FEEL LIKE I CAN'T BE MYSELF?

HOW CAN I OPERATE FROM AUTHENTICITY OVER APPROVAL TODAY?

EVENING REFLECTIONS

THREE WAYS IN WHICH I MADE PROGRESS TODAY

WHEN DID I FEEL ALIGNED WITH MY DEEPEST VALUES?

DID I HIT MY TARGETS?

- ☐ Food ☐ Numbing Out ☐ Exercise ☐ Sleep ☐ Meditation ☐ Intoxicants
☐ Scrolling/Media ☐ Gambling/Spending ☐ Other ()

HOW CAN I LEAD WITH EVEN MORE TRUTH, TRUST, AND TRANSPARENCY TOMORROW

The present moment is filled with joy and happiness. If you are attentive, you will see it.

— *Thich Nhat Hanh*

What is left to be done? Braindump here:



THINKING 2.0
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AT WORK

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