

LESSON 4: CREATE AN INSPIRING MIND ENRICHMENT PLAN

The human brain naturally seeks out the negative. Create Daily Inspiring Power Shots to redirect negativity into creativity, problem solving, completing tasks, and creating the life and business you envision.

The 4 Daily Inspiring Power Shots: Each day create your 4 Daily Inspiring Power Shots:

INSPIRED QUESTION (ex: *What is there to learn from COVID?, How is this pandemic working for me?, What do I need today?, How can I use this time to move forward, What is going well?, What do I want to do differently?*)

POWERFUL THOUGHT (ex: *I create my future by the action I take, I am grateful for what I have, I am becoming a person who takes care of her/himself, This is a great time to [fill in blank] pivot biz, slow down, connect*)

DAILY COMMITMENT (ex: *Go for a walk alone or with dogs, Spend 15 minutes reading something inspiring, Sit in nature for 30 minutes, Complete 1 task on a project*)

GRATITUDE - What is ONE thing that made today different from any other day?

Put your Inspired Power Shots into action!

I challenge you to practice your Inspired Power Shots for 30 days.

- Post your Inspired Power Shots where you see them easily
- Celebrate when you keep your daily commitment
- Share your Inspired Power Shots in the Facebook group