



EMPOWER YOUR DAY

Workbook

With Jennifer Miller

Exceed320/EYDCourse



**REMINDER, YOU ARE
LOVED, WORTHY,
VALUABLE,
BEAUTIFUL, AND
MORE THAN ENOUGH
JUST AS YOU ARE.**

**IT IS YOUR TIME TO
THRIVE!**



Hi Friend, Welcome!

I am so excited that you are here and ready to empower your day. I am confident that these keys will help you go from surviving to thriving.

This course is created to help you take back your life, stop waiting for a better tomorrow, and to create a life you love today.

See below for a few instructions to get the most out of the course.



Print the Workbook

Download & Print the Workbook in full color or lower color.



Take the Assessment

Take the Thrive Assessment in page 2 of the workbook.



Watch the Course

Watch the course at **www.Exceed320/EYDCourse**.



Do the Exercises

Take a few minutes this week to do the exercises.



Share with Friends

Feel free to share this course with your family and friends.



Connect with Us

We would love to hear from you and how the course impacted you. Email us at **info@exceed320.com**.

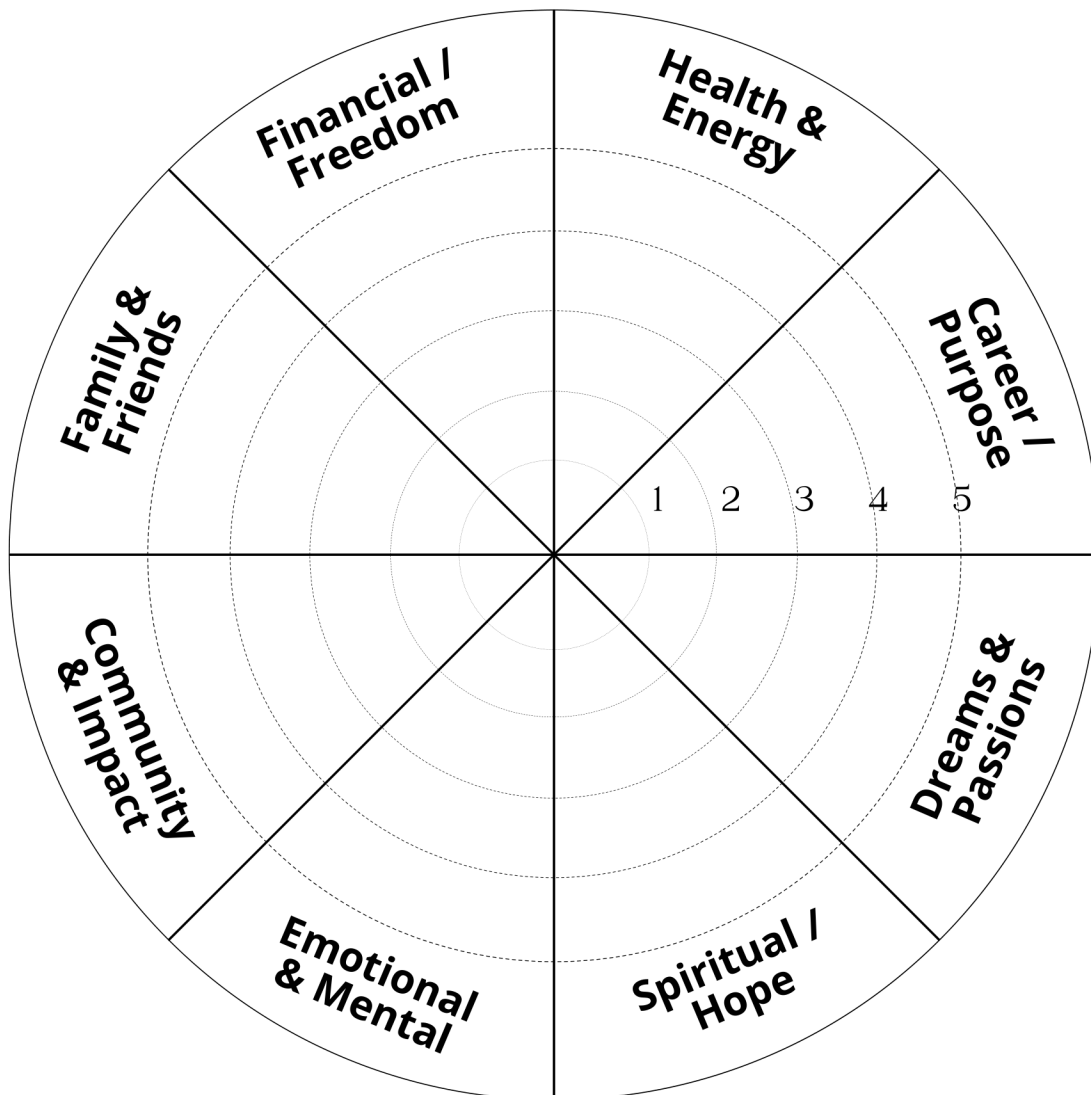


Thrive Wheel Assessment



How would you rate each area of your life? Rate them from 1-5, 5 being highest and mark them on the thrive wheel.

Reminder you won't be 5 in all areas and that is ok. This exercise is to show what areas you can improve and to celebrate the areas that are already thriving. The goal is creating more balance in your life.





Course Highlights

Empower Your Day is about learning to Thrive from the inside out. This daily journey starts with awakening who you truly are, setting your mind to believe, and then taking small steps to create a life you love.



Awaken Your Potential

You are amazingly unique and created with unlimited potential. Leverage your strengths, embrace your weakness, and unlock your superpower for success.



Believe You're Possible

You are brave, bold, beautiful, and capable. Start believing in yourself and that all things are possible with God. Find hope in your bright future.



Create Your Purpose

You have an amazing purpose. Build your future one thought, one step, and one action at a time. Don't let resistance and fear stop you from creating a life you love.



Set Your Daily Focus

What you focus on you empower. Stop letting the chaos of life prevent you from thriving. Set your daily focus, celebrate progress not perfection, and empower your life today.



Set Your Focus

What you focus on you empower.



Visualize Your Day,

- What word would you give your day?
- Who do you want to be today?
- What do you hope to accomplish?
- Who do you want to impact or bless?



Awaken Your Potential

Awaken Your Authentic and Amazing Self.



Visualize Your Best Self

- If you could be your best self today, how would you be?
- What characteristics would you have or how would you act?
- Now ask God, how He sees you now? I bet, He already sees you this way. :)



Affirm Your Identity -Write Out I am Statements

- I am bold, brave, loved, worthy, valuable, beautiful, and more than enough just as you are.
- I am...
- I am...
- I am...
- I am...
- I am...



Believe Your Possible

Believing builds a bridge to your future.



Visualize Your Bright Future

- If you knew you wouldn't fail, what is one thing you would do, change, or believe for? Use your Thrive Wheel Assessment for guidance.
- What would it look like if you succeeded or it all worked out?



Acknowledge Your Blocks

- What is stopping you from taking action or believing now?



Take Brave Action

- What small steps can you take daily towards this goal?



Create Your Purpose

Create a life you love one day at a time.



Create Your Daily Roadmap - *Make It Happen*

- What are your daily to do's that will help you Thrive?



Create Your Bright Future Exercise - *See next page*

- Write down three goals and the action steps needed to achieve these goals.
- Then break down one of the actions into mini steps that can be achieved this week.
- Write out a vision of what it looks like if you succeed. Write it as if it already happened.



Reminders:

- *Believe you're possible!*
- *Progress not Perfection*
- *Celebrate Small Wins*



Write down three goals and the action steps needed to achieve these goals. Then break down one of the actions into mini steps that can be achieved this week. Lastly, write out a vision of what it looks like if you succeed. Write it as if it already happened. Reminder - believe you're possible!

WHAT IF I SUCCEED...



30-DAY GRATITUDE CHALLENGE

Write down 3 things you are grateful for daily for the next 30 days.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30

EMPOWER YOUR DAY

Date:

Focus:

Awaken Your Potential:

Make It Happen:

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Believe You're Possible:

Create Your Purpose:

Express Your Gratitude:

Daily Reminder, you are loved,
worthy, valuable, beautiful, and
more than enough just as you are.





EMPOWER YOUR LIFE

Master Class



About our Course



- ✓ 4 Week E-Course
- ✓ Downloadable Workbook
- ✓ Empower Your Life Exercises
- ✓ 4 Weekly Motivational Emails

Your Instructure: Jennifer Miller

Course Highlights

Awaken Your Potential

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Believe You're Possible

You are brave, bold, beautiful, and capable. Start believing in yourself and that all things are possible. Find hope in your bright future.

Create Your Purpose

You have an amazing purpose. Build your future one step and one action at a time. Don't let resistance and fear stop you from creating a life you love.

Dream Your Passion

Your dreams and passions are important and given to you for a reason. Define your dream, build a strategic roadmap, and take small action to achieve them.

Sign Up Now

www.Exceed320/EYL



THANK YOU

Connect with us

GREATER TOGETHER

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