

Conquest Level Up Worksheet

CONQUEST

LOOKS DIFFERENT WHEN YOU'VE
SURVIVED YOURSELF.

VIBING TO "CONQUEST" - PRINCE SAJ ✂

YOU ALMOST GAVE UP... BUT YOU DIDN'T.
THAT'S CONQUEST. 👑



1. MIND CHECK

What thoughts have been holding me back?

- _____
- _____
- _____

What thoughts do I need to replace them with?

- _____
- _____
- _____

5. TODAY I WILL CHOOSE:

- Peace over drama
- Growth over comfort
- Faith over fear
- Discipline over distraction
- Purpose over popularity
- Self-respect over approval



2. LET IT GO

What toxic thoughts, habits, or people am I ready to release?

- _____
- _____
- _____
- _____
- _____

3. TODAY'S FOCUS

I choose to:

- _____
- _____
- _____
- _____

DATE: ___/___/___

4. LEVEL UP ACTION PLAN

3 actions I will take to level up my mind and my life:

- 1 _____
- 2 _____
- 3 _____

6. REFLECTION TIME

How will leveling up my mind impact my life and the people around me?

- _____
- _____


What legacy do I want to leave in the world?


- _____


7. TODAY'S AFFIRMATION


**"I PROTECT MY MIND,
I CHOOSE PEACE,
I WALK IN PURPOSE,
AND I IMPACT THE WORLD."** 👑





 PROTECT YOUR PEACE.

 GUARD YOUR SPIRIT.

 PRAY HARDER.

 LAUGH A LITTLE.

 BREATHE DEEPER.

 KEEP CONQUERING.

**JAMAICAN.
STRONG.
UNBREAKABLE.**

You almost gave up... but you didn't.
THAT'S CONQUEST. 👑

Notes to Myself:

