



TREASURED BY THE STORM

HEAL. GROW. ELEVATE.



# LEVEL UP YOUR MIND

## BEFORE LIFE LEVELS YOU STOP TOXIC THINKING

NEW BLOG DROP @6AM

NAME: \_\_\_\_\_ DATE: \_\_\_/\_\_\_/\_\_\_

### MIND CHECK



What thoughts have been holding me back?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What thoughts do I need to replace them with?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### LET IT GO



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

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### TODAY'S FOCUS

I CHOOSE TO:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

DATE: \_\_\_/\_\_\_/\_\_\_

### LEVEL UP ACTION PLAN



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

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

### TODAY I WILL CHOOSE:

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



### 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?

\_\_\_\_\_

\_\_\_\_\_

### TODAY'S AFFIRMATION

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



I AM BECOMING EVERYTHING LIFE TRIED TO BREAK.



HEAL.



GROW.



ELEVATE.



WE ARE ONE.



ONE HUMANITY. ONE PURPOSE.

HEALING MINDS. CHANGING LIVES. IMPACTING THE WORLD.



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