



**INSPIRED
TO BE**



30 DAYS

**BROUGHT TO YOU BY YOUR
CREATIVE MIND**

**INSIGHTS
INNOVATIONS
IMAGINATIONS
IDEAS
FUN**

**EXCUSES
FRUSTRATIONS
GRIPES
WHINES
CURSES
DISCOURAGEMENTS**

SPONSORED BY YOUR INNER CRITIC

1

2

3

4

5

6

7

8

9

10

5

4

3

2

1

01

6

8

7

9

11

12

13

14

15

16

17

18

19

20

15

14

13

12

11

20

19

18

17

16

21

22

23

24

25

26

27

28

29

30

25

24

23

22

21

30

29

28

27

26

WHAT EXCUSES, GRIPES,
DISCOURAGEMENTS, CURSES,
FRUSTRATIONS, WHINES
HAVE YOU WRITTEN AGAIN
& AGAIN???

WHAT INSIGHTS, IDEAS,
INNOVATIONS,
IMAGINATIONS HAVE YOU
WRITTEN AGAIN & AGAIN???

WHAT HAVE YOU LEARNED
ABOUT YOURSELF?

...THE GOOD STUFF

...THE NOT SO GOOD STUFF

...THE OMG, IS THAT WHERE
MY ENERGY IS GOING STUFF

WHAT HAVE YOU LEARNED
ABOUT YOURSELF?

...THE GOOD STUFF

...THE NOT SO GOOD STUFF

...THE OMG, IS THAT WHERE
MY ENERGY IS GOING STUFF