



THE PURPOSE JOURNEY 7 DAY CHALLENGE

"YOU MATTER"

Do you know that breakthrough, change and new levels don't just happen.

How many times have we sat praying, hoping, believing that tomorrow will be different!

Question?

Why would it be different if you're going to live, think and do exactly the same as you did yesterday!

Think about it!

It's your daily habits that change your life. Today we are going to start small!!



DAY 1 - CHALLENGE!

Confront Rejection!!

Today, I want you to reach out to one or two people who you'd like to share a message of encouragement with, check in on someone, message a client and tell them you would love to work with them. Contact (call, text, message) someone today and leave an encouragement.

CHALLENGE : Don't expect or require a response, just do it!

DAY 2 - CHALLENGE

Control your Reactions!!

Today be less reactive.

Delay Your Reactions

When you see or hear something that immediately enrages you or upsets you (and this includes those negative thoughts that crop up in your mind) before reacting to it and giving your energy into it, question it, pause, breathe and ask yourself "Why am I reacting like this." What is the real trigger?

CHALLENGE : Change the way you respond, change the way you look at the situation. Master your reactions!

7 DAY CHALLENGE



DAY 4 - CHALLENGE

Take a closer look at your patterns!!

Today I want you to observe your patterns. Instead of being critical of yourself when you notice that you're procrastinating, or engaging in unhealthy behaviour, ask yourself why. Why am I procrastinating, why do I engage in things that don't serve me.

Observe yourself. Get to know what you react to and how this can help you make better choices. Listen and observe, Observe your patterns. You, own you! No-one else is responsible for what you repeatedly do! Check your patterns.

CHALLENGE - MIND THE DETAILS!!!
Observe, Don't just see your negative patterns and ignore them!
Don't shrug it off. Understand it!

DAY 3 - CHALLENGE

Take action - Silence the delay button!!

Have you heard of 'The 5 Second Rule', it is said a lot of what holds people back is those few seconds between when you have an amazing idea, and when your brain interferes.

Today you need to take action. Act on your ideas before you convince yourself not to.

The best time to take action is when you don't want to. Do something today. It's imperative to understand that just because you don't feel like doing something it doesn't mean you are incapable of doing it.

Take action today, do something with your idea, do it before the day closes.

CHALLENGE - Follow through on your ideas, dreams and thoughts, stop talking yourself out!!!

DAY 5 - CHALLENGE

Face your fear & be accountable!!

Today I want you to be accountable. I know you have so many dreams, ideas and visions, but what good are they in your head. You are required to take action on them. Share your ideas with someone who will keep you accountable. Having ideas is great, but they won't go anywhere if you sit on them. Take action. Be bold, Face your fear and run with your idea.

CHALLENGE - Make yourself accountable, share your dreams, TODAY!!!

7 DAY CHALLENGE

DAY 6 - CHALLENGE

Stop saying this NOW!

Today I want you to watch over your conversation both your inner dialogue and your verbal dialogue.

Negative thoughts and emotions have a way of creeping in often without us even noticing!

Stop saying things like :-

I will be happy once I have.....

I wish I were.....

I am a failure.....

I can't seem to do anything right....

Why do bad things always happen to me....

I don't think I can do this....

I don't have enough discipline...

CHALLENGE - Stop the negative talk, it does not serve you, it keeps you bound. Kick that negative talk to the curb and change your dialogue!

YOU'RE PHENOMENAL

Meredith Willson said:

"You pile up enough tomorrows, and you'll find you've collected a lot of empty yesterdays."

NOW IS THE TIME!

Sola Dawkins

The Purpose Journey

Spiritual Mentor, Coach, Entrepreneur,
Pastor

www.soladawkins.com

DAY 7 - CHALLENGE

Do it Now!

Maya Angelou started her day saying "What a wonderful day, I've never seen this day before"

This means I don't want you to walk through this day as you did yesterday. This is a new day, there are new things to observe, to learn, new things to gain, new dreams to be birthed. Today is supposed to be different to yesterday.

Expect something new to happen. Be awake spiritually. Listen to your soul. Watch yourself soar.

Create a Sense of Urgency around your dreams.

Stop procrastinating.

The time is NOW.

CHALLENGE - Do it NOW!

Do not wait until tomorrow.

Start today!

When would be a good time to implement a new idea, an idea that could change your life? NOW

