



"It's never too late to
reinvent yourself or
your goals."

2017 Reinvention workbook by Mogul Behaviour

Hello Gorgeous!

Like you we too have times where we get tired and begin to slack off. There is nothing wrong with that as long as you are continuously getting back on the horse. Don't let the little delays set you back. There is no limit on how many times you can reinvent yourself!

The Top 5 areas to focus on to start you on your reinvention journey.

1. *Show Gratitude*

Reflect on the the things that you're grateful for. Showing Gratitude not only helps you keep your life in perspective, it will also help the people around you feel more appreciated.

List 10 things about your life that you're grateful for.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

2. *Ditch the negative*

Make a list of **haters** people who are emotionally draining you or supporting you. Now cut them loose! They might be family, friends you've known your whole life and no one can hurt you more than people you care about. If You're unable to completely cut them, then be sure to distance your interactions. DO NOT discuss your dreams with people. I repeat DO NOT disclose your aspirations with dampeners. Instead Start looking for new relationships that can inspire you, add value and positivity into your life. Surround yourself with these awesome people.

List 5 people who you need to cut out or distance yourself from.

1.

2.

3.

4.

5.

3. *Take care of your Mind*

How you begin and end your days makes a HUGE impact on how you not only live your life, it also affects how you feel. Create a regimen, that helps you learn, stay motivated and keeps you happy. Reflect on your goals 3 times a day.

Example 1: Wake-up and write my intentions for the day in my journal daily.

Example 2: Listen to podcast and my goals list before going to sleep each night.

What are some things that make you happy and what can you add to your AM/PM routine? Download the daily routine printable to help you stay on task!

4. *Take care of your body*

Yes. I know working out is NO FUN if you've not been in the gym for awhile. But remember, taking care of your body means more than just hitting the gym. Get a mani/pedi, massage, or have a spa day. Keep your body active, be it gym-ing it or just going for a walk. Indulge in better food, sure you can have some cheat days but no more late night IN-N-OUT Runs or tubs of Ice Cream. Instead try subbing your cravings for healthier options. Want something sweet? Make an Acai Bowl, cold like ice cream but healthy.

What is one thing you need to cut out of your diet?

5. *Have you reinvented yourself before?*

If so, what was the result and what do you want to do better? If not, what do you want to change now? Why is it important to you?

What is one thing about your business that you want to revamp? What was the last thing you've updated about it?

What do you think you'll gain from the update?

Don't have a business?

What is one thing about your life that you want to revamp?

What do you think you'll gain from the update?

*“ She's got that,
I have a Goal kinda Glow about her.”*

-Brittney Wilson-Murray

#1 Tip for Writing Goals

WRITE YOUR GOALS AS IF YOU'VE ALREADY ACHIEVED THEM

Why? Because the present tense it tricks your subconscious mind into seeking them.

Example: instead of saying "I will earn extra money each month" write "I earn an extra \$1000 each month."

Note: Begin ALL Goals with the word "I"

Make A Plan

We touched on this in the "Summertime Fly workbook" but if you weren't in the Mogul Behaviour family at the time you might have missed it so here's the rundown.

Think of the **ONE** Goal that will significantly change your life if you can master it. This will be your primary goal.

What is your primary Goal?

Now, what date do you want it completed by?

What difficulties you will have to overcome?

What info/skills will you need to learn?

Who can help me?

NOW TAKE ACTION IMMEDIATELY!

Start chipping away at the tasks you need to accomplish it and set deadlines for each task in your planners or calendars.

Commit to yourself:

I _____ achieved my primary goal of

on date/time _____ and no longer use the excuse

My purpose in life is to and _____ I am so grateful 2017 was so amazing.

Date:

Signature:

“There’s nothing wrong with falling as long as you get up, shake it off, and keep on pushing!”

-Brittney Wilson-Murray

Xoxo,

Mogul Behaviour

