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# *8-Week Mindset Challenge*

## **The Big Move: Shift Your Mind, Uplift Your Future**



NOVAE  
COACHING



# WEEK 1:

## SELF-AWARENESS

During this week, focus on developing self-awareness by reflecting on your current mindset. Pay attention to your dominant thoughts and record them daily. Acknowledge the importance of this activity, as it will enable you to elevate your current state to a higher level in the future.

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**REFLECT ON YOUR CURRENT MINDSET:**

- IDENTIFY AND DOCUMENT YOUR DOMINANT THOUGHTS.

**STEPS TO TAKE :**

- **Record Your Thoughts :**

- Keep a journal to track your thoughts and any patterns that emerge.
- Note the context and circumstances surrounding these thoughts.

- **Observe Associated Emotions:**

- Pay attention to the emotions that accompany your thoughts.
- Record these emotions along with your thoughts in your journal.

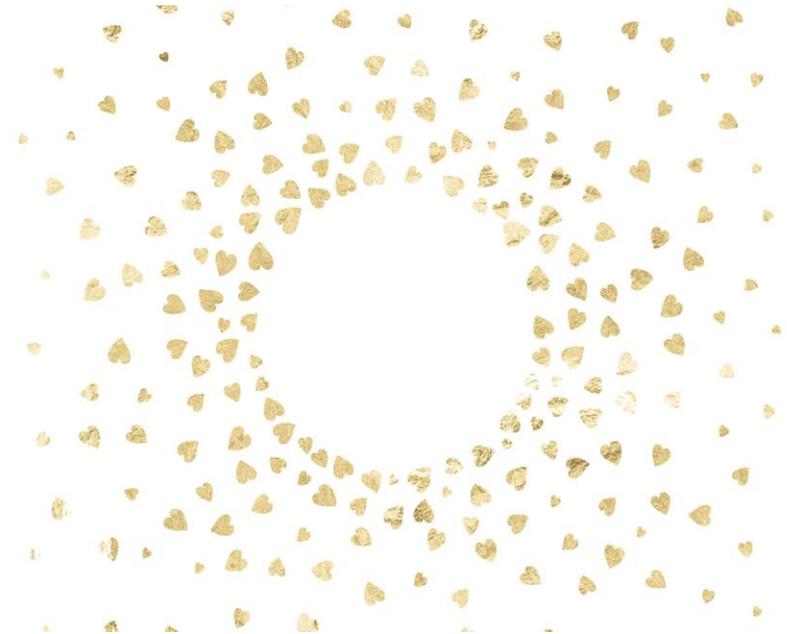
- **Monitor Emotional States:**

- Track how often you experience happiness versus lower emotional states.
- Note any triggers or patterns that lead to different emotional states.

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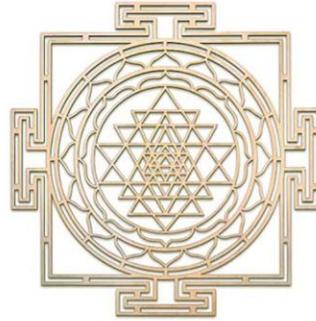
# TIPS:

- **Approach with Curiosity:**
  - Explore your thoughts and emotions without judgment.
  - Understand that everyone is at a different point in their journey.
- **Be Patient and Committed:**
  - Recognize that meaningful change takes time and effort.
  - Stay dedicated to the process of self-awareness and transformation.



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Love



Light

Allow love and light to guide you through your exploration.

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SEEK GUIDANCE AND SUPPORT IF NEEDED:

Reach out for support if needed and remember that you are not alone in this journey.

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