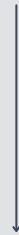


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A BUSY PERSON'S GUIDE TO THE

# DAILY WORK



A SIMPLIFIED MINDSET  
JOURNALING WORKSHEET  
FOR LIVING A CALM,  
PEACEFUL, TRANQUIL LIFE  
FILLED WITH JOY &  
ABUNDANCE

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*stephanie*  
O'DEA

live slowly. live purposefully.

# A LETTER FROM YOUR COACH



You are in the right place.

I am absolutely thrilled to share with you the everyday mindset journaling work I do to keep all of the THINGS in my life running smoothly so I can get to the stuff that really matters.

**The stuff I really WANT to do -- not just the stuff I HAVE to do.**

It stinks to put your hopes & dreams & wishes on the back burner because you are too busy running a family and a household.

**You are not meant to be cast aside.**

This is the exact journaling worksheet I did to clean up my mindset so I could build a successful online business in only two hours a day with absolutely no-money down while raising three children and being a full-time caregiver.

Sometimes people scoff at journaling. How could something SO SIMPLE make such a MASSIVE DIFFERENCE in your everyday life and bottom line?

Trust me, this works.

Give me 30 days. Scratch that. **Give me ONE WEEK.** Together, we will change the trajectory of your life.

Let's get started.



Over the years, I've tried MANY mindset exercises and journaling worksheets depending on where I was in my life and what ages and stages my family was in.

I liked different aspects of the guided journals and mindset exercises but never found one that completely met ALL OF MY NEEDS.

So after quite a few years of trial & error, **I came up with the simplest and easiest worksheet of them all.**

When you take the time (and not a lot of time; we are talking about **15 minutes a day**, here) to fill in these slots, your life will begin to drastically shift.

I began using this simplified mindset journaling worksheet with my one-on-one coaching clients and within weeks, THEY TOO started having massive positive results in their lives. Results like:

- Experiencing more fun and ease in their daily life
- Conquering health goals they never thought they'd be able to reach
- Having the best EVER relationship with their significant other
- Working less and enjoying their kids & family MORE
- Finally working on the "secret project" that was shoved aside for years & years

You will discover that you finally have the interest and the drive to get to the things you've been shoving aside -- the things you've been waiting to do "someday."

**Today starts your "someday."**

I want you right now to scroll down to this one-page, simplified mindset journaling worksheet, print out seven total (one for each day!), and commit to at least a week of this daily work. Then of course, report back to me so I can cheer you on!!

xoxo steph

# THE SLOW LIVING LIFESTYLE JOURNALING WORKSHEET

AKA: THE DAILY WORK

\_\_\_ / \_\_\_ / \_\_\_

HOW DO YOU WANT TO FEEL TODAY?

HOW WILL YOU CREATE THIS FEELING TODAY ?

WHAT DO YOU HAVE TO DO IN ORDER TO MAKE TODAY FEEL GOOD?

TIME MANAGEMENT

HEALTH

FINANCES

ORGANIZATION

RELATIONSHIPS

WHAT'S FOR DINNER?

WHAT BIG DREAM GOAL ARE YOU WORKING TOWARDS?

WHAT IS YOUR NEXT MILESTONE GOAL?

WHAT THREE ACTIONS CAN YOU TAKE TODAY TO HELP MOVE YOU TOWARDS YOUR MILESTONE GOAL?

☐

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WHAT DOUBTS BUBBLE UP WHEN YOU CONSIDER  
TAKING ACTION TOWARDS YOUR MILESTONE GOAL?

HOW CAN YOU SHIFT THESE THOUGHTS TOWARDS  
ONES THAT SERVE YOU?



WHAT ARE YOU GRATEFUL FOR TODAY?

TODAY'S PHRASES OF AFFIRMATION:

WHERE ARE YOU IN YOUR CYCLE, & HOW ARE YOU  
FEELING?

# example

## THE SLOW LIVING LIFESTYLE JOURNALING WORKSHEET

AKA: THE DAILY WORK

5 / 11 / 22

HOW DO YOU WANT TO FEEL TODAY?

at peace

HOW WILL YOU CREATE THIS FEELING TODAY ?

go for a walk and listen to an uplifting podcast

WHAT DO YOU HAVE TO DO IN ORDER TO MAKE TODAY FEEL GOOD?

### TIME MANAGEMENT

get to work early for staff meeting

### HEALTH

drink all my water

### FINANCES

bring lunch to work; transfer savings

### ORGANIZATION

clean out purse

### RELATIONSHIPS

send out mom's birthday card

### WHAT'S FOR DINNER?

veggie and chicken stir-fry

WHAT BIG DREAM GOAL ARE YOU WORKING TOWARDS?

lose fifty pounds before niece's wedding next summer

WHAT IS YOUR NEXT MILESTONE GOAL?

walk/run the Canyon Park 5k

WHAT THREE ACTIONS CAN YOU TAKE TODAY TO HELP MOVE YOU TOWARDS YOUR MILESTONE GOAL?

☐

go alcohol free for 10 days

☐

track all of my food in My Fitness Pal

☐

go to bed before 11 pm

WHAT DOUBTS BUBBLE UP WHEN YOU CONSIDER TAKING ACTION TOWARDS YOUR MILESTONE GOAL?

worried I'll miss out on having fun with my friends

it seems obsessive to track everything and it's not enjoyable

I like staying up late to watch tv

HOW CAN YOU SHIFT THESE THOUGHTS TOWARDS ONES THAT SERVE YOU?

my friends just want to hang out. they don't care if I drink or not.

tracking food isn't forever. but it's a useful tool until I meet my goal

I can catch up on my favorite shows this weekend

WHAT ARE YOU GRATEFUL FOR TODAY?

my family

my teaching job

upcoming camping trip

WHERE ARE YOU IN YOUR CYCLE, & HOW ARE YOU FEELING?

day 23: a little bit tired and cranky

TODAY'S PHRASES OF AFFIRMATION:

Every thing I do. I do well

Each step I take gets me one step closer

I am loveable exactly how I am right now

I can do hard things

I am proud of my forward progress

I am a role model for my children



LOOKING FOR MORE SPECIFIC LONG TERM GOAL SETTING AND LIFE COACHING?

Join me for a free Mindset Upgrade coaching call. During this 30-minute mindset and goal setting strategy session, we'll get specific about how your mindset is holding you back, PLUS how to conquer your daily HAVE-TOs so you can get to all of the things you really WANT TO DO.

These absolutely no-strings-attached calls go quick and I only do a limited number of them each week, so click the link below and book yours today!

**Learn more at:**

[stephanieodea.com/mindset](https://stephanieodea.com/mindset)

Or email me at:

[steph@stephanieodea.com](mailto:steph@stephanieodea.com)