



You are  
**ENOUGH.**

### WEEKLY MINDSET

Day One: Three Good Things Journal  
Day Two: I LOVE YOU exercise  
Day Three: Gratitude Journal  
Day Four: Continue Gratitude & Three Good Things Journal  
Day Five: Check - In Day  
Day Six: Re-wiring Old Beliefs  
Day Seven: Finale: Implementing our complete lessons.

### DAILY ACTIVITY

Note what style of thought enters your mind often throughout the day. Are they negative or positive?

### COMMUNITY

We have the [FB group](#) open for discussion on our current challenge, please feel free to inspire others by sharing your progress.

You may contact me direct as well:  
[hello@brittneyhilleryoga.com](mailto:hello@brittneyhilleryoga.com)

# AWARE

7 Day Awareness Challenge  
with Brittney Hiller

### WHAT DID I THINK ABOUT MOSTLY TODAY?

### WHAT THREE GOOD THINGS HAPPENED TODAY

- 1.
- 2.
- 3.

### WHY DID THEY OCCUR?

- 1.
- 2.
- 3.