

A practical guide to manifesting a peaceful life,  
and the new beginnings that come with it.

**but  
first,**



**inner  
peace**

Case Kenny



# About the Author

It's time for your life's best chapter.

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# About the Author

Case Kenny is an entrepreneur, mindfulness expert, host, and founder of the top 25 Apple/Spotify podcast *New Mindset, Who Dis*.

Beloved by some of today's biggest celebrities, including Hailey Bieber, Sophia Bush, and Lucy Hale, and featured on *Good Morning America*, you might recognize him from his viral coffee cup and post-it quotes on Instagram, which have been shared by millions and featured by *Complex*, *Women's Health*, *Cosmopolitan*, *Fortune* and many more.

Created in 2018, Kenny's podcast, *New Mindset, Who Dis* features his short, no-B.S. take on all things mindfulness in a relatable way, empowering people to be happier and live more fulfilling lives by changing their mindsets in all areas of life. The podcast has received over 5,000 5-star reviews and has held a position as a top 25 podcast on both the Apple Podcasts and Spotify charts, for the past 3 years.

Case is the creator of the best-selling mindfulness journals: *The New Mindset Journal*, *Unbothered*, and *Single Is Your Superpower*, as well as digital journals including *Closure* and *Clarity*.

He is also the creator of the popular dance music x mindfulness show, *Zen Disco*.

**60 days to manifest the  
next chapter of your life.**

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# Your magic is coming

There is so much power in believing in the magic of the unknown in your life.

The basis for this 60-day manifestation experience is a firm and non-negotiable belief that your magic is coming.

Say it with me right now:

“My magic is coming.”

Life changes for the better when you embrace the potential of finding magic in the unknown of your life.

When you believe there are possibilities in your future that can amaze you, change you, and fulfill you... that is when life starts to become beautiful in the present.

To believe in the magic of your life is to believe that life still has a lot more in store for you.

You don't always need to know what's coming next in your life... but can you believe that there's magic in your future?

How great is it to simply believe that?

How great is it to let that be your beacon of hope amidst all the uncertainty in your life?

It's the most powerful thing in life to believe in the unknowns in your life - the things you can't see, the things you haven't seen or felt or experienced yet.

Do you believe in them? Do you believe your magic is coming?

Do you believe the things that have eluded you or you've only dreamed about... that they are still coming? That they await you in your future?

There's a quote from author Roald Dahl that says, "Those who don't believe in magic will never find it."

To find your life's magic, you have to believe it exists first.

We're going to affirm this throughout the next 60 days, but before we get started... ask yourself:

Do you believe your magic exists?

Do you believe that a life-changing perspective exists?

Do you believe future love, passion and purpose exist?

Do you believe there are amazing, compassionate, and hopeful moments in your future?

That is YOUR magic.

That's you waking up to someone you love. That's you having a reason to get out of bed every morning. That's you finding a reason to smile.

That's you discovering your ability to impact others. That's you living your life on purpose and with purpose.

I hope you find the strength to believe your life's magic is coming - even if you can't see it, even if you have no idea what it looks like, and even if you feel like everyone else has found theirs, but you haven't.

To find your life's magic you have to believe in it first. Do you believe it exists?

Do you believe in unexpected love? Do you believe in the power of random moments? In coincidence? In new sights, smells, and feelings? Do you believe in the power of music? Travel? Random hellos?

That is magic, and I say magic because it has the power to transform you... quickly and out of nowhere. There is magic in your future. And the first step to finding it and having it change your life for the better is to simply believe it exists and is waiting for you.

Say, "My magic is coming."

There's no need to pressure yourself to find all the answers in your life... just believe in that magic.

Believe that as long as your intentions are pure, as long as you keep your eyes open, and as long as you act on what you want and deserve in life... your magic is on its way.

You have a warm, worthy, and life-changing perspective in your future.

That's perspective and experience that will provide you with the answers you're looking for.

To believe in magic is to be rooted in knowing that your best days are ahead of you.

It's one thing to want things in life - rewarding relationships, passion, a reason to get out of bed, etc. But it's another to firmly believe they exist FOR you - specifically aligned for you... and that nothing is going to stop you from finding and living them.

Life is all about timing, and everyone's timing is different, but no matter your timeline and no matter the randomness of that timing... you deserve the magic you've been seeking.

The most powerful thing you can do for yourself right now at the beginning of our 60 days together is to affirm that you are worthy of it, no matter what.

Your magic is coming.



There is magic in your future.

And the first step to finding it  
and having it change your life  
for the better is to simply believe  
it exists and is waiting for you.



# But first, inner peace.

Hi, I'm Case Kenny.

I'm a writer and podcaster, and for years I've been sharing my passion for mindfulness. That's a mindfulness that is beyond anything else - SIMPLE. It's a mindfulness you can live 24/7, with no pressure, no trips to the Himalayas to become enlightened, no silent retreats, no crystals, and no need to align your chakras (but that's all helpful).

My brand of mindfulness - the kind of mindfulness that has radically changed my life and the lives of tens of millions of people who have listened to my podcast or read my books - is one that simply relies on your ability to be radically honest with yourself. It's a mindfulness that requires you to do one thing and one thing only: ask yourself WHY.

When you live a life where you're constantly asking yourself "why?" and you're pushing yourself to answer it... you are practicing mindfulness. You are living a radically honest life.

Radical honesty. THAT is the secret code to the things you want in life. You bought this book because you want to manifest something, right?

Radical honesty is going to unlock that thing for you, and you're going to realize how simple it is to align your heart with your head, and the rest will follow.

I'm so excited for you to join me for the next 60 days.

Maybe you know me from my podcast, *New Mindset*, *Who Dis*, Instagram, or my other books. Or maybe you randomly picked up this book because you just want to try something new.

Whatever the case, I'm so incredibly excited to have you practice mindfulness as a means to open the door to the things you want in your life. I'm so excited to have you tap into your radical honesty to manifest the things you want and deserve.

Most of all, I'm excited for you to see how powerful you are and how capable you are of being at peace with yourself.

At peace with yourself...

What does it mean to be at peace?

That's unique to each and every person. Every person has a burning fire inside of them that is only satisfied based on their unique perspective, drive, and understanding of what makes them tick.

Without knowing your own definition, I promise you that if you complete the next 60 days, you will feel a sense of peace.

You will feel at peace with yourself because you are going to update your definition of "peace" to include something that has totally changed my life and has given me a powerful sense of calm. To be at peace in your life is to be proud of yourself.

Sounds pretty simple, right?

Over the next 60 days, you are going to update your definition of inner peace to include being resolutely, 24/7 proud of yourself.

Being proud of yourself is what will give you a sense of calm and ultimately the fulfillment you're looking for.

Isn't that what matters in life?

What matters in your life is that no matter what happens or doesn't happen... you can look at yourself in the mirror and say... "I'm proud of myself. I'm proud of my intentions. I'm proud of my effort. I'm proud of my journey."

THAT is what matters in life. Making THAT your goal will have so many positive effects in your life - in your career, in your personal growth, in your dating life.

You'll find yourself being more compassionate and more confident. You'll go after what you want, you'll say YES more often, and you'll say NO more often.

Being proud of yourself will help you deal with the ups and downs of your life. It will help you deal with loss and frustration.

You'll be proud of yourself on your journey, with where you are, the intentions you carry, the compassion you give, the kindness you offer and the actions you take.

You won't always win, but you'll always be getting closer to what you want and who you want to be. It'll be inevitable.

You'll start thinking and saying things like:

"I have to make myself proud! I have to do what I said I'm going to do! I have to go after my dreams! I have to say the things I want to say! I have to breathe life into the ideas I have!"

"I have to! Because that is how I become proud of myself!"

Being proud of yourself creates a powerful sense of calm and inner peace in your life.

... and inner peace is the foundation for manifestation.

When you live with that as your intention, you move yourself closer to who you want to be.

- Every time you speak your mind and say, "It was great getting to know you, but I don't think we're going to be a match..." you'll be proud of yourself.

- Every time you get your a\*\* off the couch and work out, even though you're tired and would rather just chill... you'll be proud of yourself.

- Every time you get an idea that seems out of reach or unattainable, but you take that first step, you send that first email, you pick up the phone, you ask for an introduction... you'll be proud of yourself.

- Every time you are vulnerable, even though everything in you says, "Don't say how you really feel"... you'll be proud of yourself.

For the next 60 days, you're going to push yourself to find inner peace by being proud of yourself. Make that your goal. Make that the foundation for what you believe.

"I want to be proud of myself."

See what happens. See how your relationships change. See how your dating life changes. See how your passion projects change. See how your career changes.

See how many awkward situations it puts you in. See how many honest conversations it empowers you to have. See how many more additional workouts you get in. See how many more emails you send or how many more calls you make. See how many more actions it inspires you to take.

And most of all... see how it affects your relationship with YOU.

I'm confident that the more you make this your goal, the more you'll find yourself being less harsh towards yourself.

When you act on this intention of being proud of yourself, you won't beat yourself up so much. You won't carry so much doubt with you.

You'll be proud of your effort.

- You'll be proud of your intentions and your heart.
- You'll be proud of not settling.
- You'll be proud of the love you give.

- You'll be proud of the times you went for it, the DMs you sent, and the questions you asked.

- You'll be proud of asking for what you want.

Most of all, you'll be proud that you lived YOUR life, and you did it with intention and without hesitation.

You didn't just survive trying to get through your life but rather you pointed yourself in the direction you wanted, you lived with integrity, and you can always look at yourself in the mirror and be proud of that effort.

It's time to find your inner peace.

From there... whatever it is you want to manifest... it'll be close behind.

Let's go.

# What is inner peace?

Inner peace is being proud of yourself.

Inner peace is focusing on the things you CAN control.

Inner peace is forgiving yourself.

Inner peace is putting yourself first for once - because you can't pour from an empty cup.

Inner peace is staying true to YOU and what YOU actually want.

Inner peace is assuming positive intention and seeing the best in others.

Inner peace is being kind but having strong boundaries.

Inner peace is wanting more but being grateful for what you have.

Inner peace is letting go of your need for perfection.

Inner peace is patience.

Inner peace is closure and self-forgiveness.

Inner peace is knowing what YOU want and WHY you deserve it.

1. Give yourself inner peace
2. Manifest what you deserve

# What to expect...

The following pages are part book and part journal.

I call this book a journey. It's a journey to inner peace and it's a journey to what you want in your life.

This journey is designed to be completed over 60 days, and each day should take approximately 20 minutes.

Our 60 days together are separated into 60 chapters, and you'll find each chapter provides you with two simple things:

- Perspective
- Prompts

Each chapter's perspective is short and sweet. It's designed to give you context for the WHY behind each prompt. It's designed to give you perspective to consider before solidifying your resolve by writing your prompt answers.

The perspective found in each prompt is mine and is based on the past 10 years of my life and my experience in learning and teaching mindfulness habits to millions.

Consider the perspective through the lens of curiosity.

Consider it through the lens of, "How can I apply this to my own life?"

Then proceed to the prompts.

Each chapter's prompts are designed to get you to affirm something specific. Over 60 days, you are going to affirm many new understandings of yourself and how you see life, but no matter the affirmation, it is personal.

It is YOUR truth. It is YOUR resolve, and it is YOUR truth.

When you write your answers, be intentional. Be calm. Be radically honest. Writing your answers is your way of claiming what is yours or what will be yours.

That should be a celebration! It should be a celebration of self-awareness no matter how painful or awkward it is. It should be a celebration of your hope and healing.

Approach the following 60 days with eagerness and curiosity. Approach them with a powerful sense of calm knowing that you are incredibly capable of creating the inner peace you desire.

When you create that inner peace, you are providing yourself with the fuel to propel yourself to new heights and levels where the things that have eluded you in the past no longer elude you.

This 60-day journey is built on the premise that to manifest the things you want, you first have to be firmly grounded in inner peace. That's an inner peace that provides you with an unshakable foundation from which you operate.

That's a foundation where you know what you want, you know WHY you want it, and you're proud of yourself for fighting for it.

Before we proceed to day one, we're going to take some time to set our intentions for the next 60 days.

You're going to specifically and intentionally write down what you want to manifest.

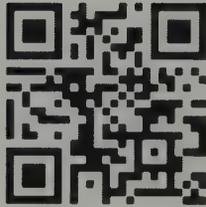
And the following 60 days are going to bring that intention to life in new ways.

Let's get started.

Want to make the most of our 60 days together?

Listen to my podcast *New Mindset, Who Dis?* I release new episodes every Monday and Thursday and they're short - 20 minutes of no BS mindfulness and mental health perspective.

Scan below and tune in :)



# What do you want?

Yes, this is a “manifestation” journal.

Yes, this is about “attracting” what you want in life.

Yes, this is about making your thoughts and mantras a reality.

But this isn't about proclaiming positive affirmations and then waiting for them to come true. This isn't about visualizing what you want and then waking up one day to find it parked in your driveway or knocking on your door.

This is about you proclaiming how you want to feel and then working toward that feeling by practicing radical honesty.

I suppose that doesn't sound as sexy as writing down affirmations and then watching them magically come true.

I hate to burst your bubble, but that doesn't work :)

But what does work (I promise) is manifesting a feeling.

You CAN attract how you want to feel.

You can attract how you deserve to feel: happy, creative, fulfilled, confident, loved, etc.

How?

By showing yourself WHY you deserve to feel that way.

THAT is manifesting. Manifesting is proclaiming what is possible in your life and proving to yourself WHY you are worthy of it. Manifesting is proclaiming to yourself what is possible and practicing radical honesty to prove it.

Manifesting is proclaiming what is yours... because you know WHY it is yours.

One more time...

Manifesting is proclaiming what is yours... because you know WHY it is yours.

Manifesting is proclaiming why it's your turn to feel the way you've always wanted to feel.

Manifesting is proclaiming why it's your turn to experience what you've always wanted to experience.

The key to knowing why? ... Inner peace. YOUR inner peace.

Your inner peace will prove to you why. It will show you why it's your turn.

It's your turn...

It's your turn to be loved the way you've always loved others.

It's your turn to have the spotlight you've always given others.

It's your turn to be out of *their* league.

It's your turn to see your hard work finally pay off.

It's your turn to have "you deserve better" finally come true.

It's your turn to find "we're in this together" type of love.

It's your turn to have a new beginning become something magical.

It's your turn... because you know WHY it's your turn. It's your turn because you are rooted in your definition of inner peace.

That is manifesting and law of attraction all in one, and that is what we're going to do over the next 60 days.

You are going to attract exactly how you want to feel and you're going to see it come true... because you know WHY you are worthy of it.

The basis of this 60-day manifestation journey is to create a foundation of inner peace from which you are going to achieve what you're setting out to achieve.

Inner peace is the fuel for everything in your life. It's the foundation for your happiness, your fulfillment, your creative ability, and everything else.

Inner peace + WHY = manifestation.

It's time to set your intention for 60 days of manifesting.

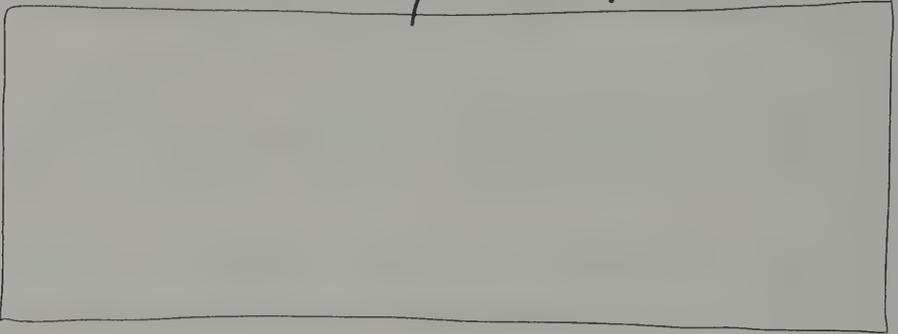
What do you want?

Right now, you're going to write down ONE thing, and over 60 days you'll watch as that affirmation turns to WHY, and WHY turns into reality. You might even find through this experience that you change what you WANT because you've discovered something more personal and more important to you.

For now, let's start with one simple statement. This is what you're going to manifest over the coming days and weeks while you read and journal. Make it count :)

Complete the below:

It's my turn to:

A large, empty rectangular box with a thin black border, intended for the user to write their affirmation statement.

It's your turn to be loved the way you've always loved others.

It's your turn to have the spotlight you've always given others.

It's your turn to be out of *their* league.

It's your turn to see your hard work finally pay off.

It's your turn to have "you deserve better" finally come true.

It's your turn to find "we're in this together" type of love.

It's your turn to have a new beginning become something magical.



You've come too  
far to let anyone  
talk you out  
of what you deserve.

Day 1

# What it means to manifest

I used to think “manifesting” was an absurd concept. I’d see every IG influencer and how their morning routine involved “manifesting” and I couldn’t help but be a bit cynical. It seemed so hokey and cliché.

But I completely missed the point of what manifesting actually is. Obviously, it’s not just picturing what you want and calling it a day. We all know that. Attracting tangible things into your life through attraction and belief is VERY real. But it’s not what I thought...

Manifesting is all about the stories you tell yourself.

Manifesting is not just listing out what you want and visualizing it. It’s about the story you tell yourself. The stories you tell yourself...

- Are you lost OR are you just exploring?

- Is everyone a f\*\*\*boy/crazy OR have you just had a bad luck streak?

- Are you lazy and talentless OR have you just been distracted lately?

- Are you unlovable/a failure OR have you just had relationships with people who didn’t recognize what you bring to the table?

What is the story you’ve been telling yourself? Have you been telling yourself that everyone is dishonest, and no one is serious about relationships?

Have you been telling yourself that you don't have what it takes to be successful or fulfilled?

If so, how do you expect to then go out and find the exact opposite of what you've been reinforcing every day in your head? How do you expect to tell yourself one thing, but then go out and live a reality that's the complete opposite?

How do you expect to affirm one truth about reality and then go out and expect to live a different one?

When those two things are disconnected - what you want and what you're telling yourself - you're not manifesting.

But you can...

Manifesting is simply bringing the two closer together.

Manifesting is bringing together what you want and what you tell yourself. Manifesting is not just picturing what you want. It's affirming WHY those things are possible for you. THAT is manifesting.

John Lennon has a quote I absolutely love.

“There are two basic motivating forces: fear and love. When we are afraid, we pull back from life. When we are in love, we open to all that life has to offer with passion, excitement, and acceptance.”

Fear and love.

When it comes to the stories you tell yourself... are they derived from fear OR love?

A story told from fear is “everyone sucks, and no one is honest or seriously looking. Every time I try, I just end up being disappointed. I’m not confident or talented enough.”

A story told from fear functions to pull you back from life.

Contrast that with a story told from love.

A story told from love is, “There are plenty of amazing, compassionate, honest, and kind people out there, and they can’t wait to meet me. I have something valuable to share with the world. My hard work will pay off.”

A story told from love opens you up. And most importantly... it describes the reality you WANT to live.

THAT is manifesting.

Tell yourself a new story - a story that describes the reality you WANT to live.

Think about it... if you’re constantly describing your reality as what you DON’T want it to be... how do you expect life to become what you want?

You can’t spend your time describing a reality that can’t offer you what you want.

If you want something, but you've trained your heart to literally expect a world where that's not possible... how can you expect to then go out and find a world filled with possibilities?

The stories we tell ourselves absolutely matter! They are the basis for manifesting.

We play a significant role in determining what's possible in our lives.

Let's create more stories from love - stories that open ourselves up to the reality we WANT to live.

- That's a reality where there ARE good and honest people waiting for us.
- That's a reality where our hard work and talent WILL BE rewarded.
- That's a reality where our financial dreams ARE obtainable.
- That's a reality where we TRUST in the power of belief.

THAT is manifesting.

You are entering a  
new chapter where  
"maybe" becomes  
"definitely."

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How “at peace” are you feeling today?

1      2      3      4      5      6      7      8      9      10

**Affirm what you are manifesting...**

It's my turn to

**What is one story told from fear that you've let influence you in the past?**

**Now change that to a story told from love.**

Day 2

# The power of “MAYBE”

Let's talk about the power of words.

“Maybe.”

It's a word that should make you feel hopeful and optimistic.

It's a word that should make you smile.

“Maybe” means possibility, and in this moment, you have far more possibility in your life than you might think.

Because maybe right now your journey isn't about someone else, maybe it isn't about that house, that car, your boss or whatever BS is on your mind. Maybe right now your journey is just about you.

This word is about smiling because... maybe there's more for you to discover about yourself and the world around you than you thought was-ever possible.

Maybe all those times you've failed, those times where you didn't get what you wanted, or you were overlooked for what you deserved... are leading you to a future where you finally get those things.

Maybe all those times you felt self-conscious, less, or like you were falling behind... are leading you to a future where it all clicks and you find a calm, powerful sense of self.

Maybe those failed relationships, ups and downs... are leading you to a future where you finally realize why it had to happen that way.

Maybe all those times you felt lost, uninspired or like you're capable of so much more... are leading you to a future where you finally find that thing and it lights your soul on fire and gives you purpose.

That is the power of maybe.

Maybe life isn't as complicated as we make it.

Maybe life is simply about embracing the fact that there's more in store for you than you ever thought -more kindness, more opportunities, more people, and more places in your future than you ever could have imagined.

If you believe in the power of maybe, you believe in the power of possibility.

You believe that life doesn't have to be how you once thought it had to be.

You believe that just because your life's path isn't a straight line... it doesn't mean it can't be the most exciting, fulfilling, and rewarding path ever.

That should fill you with hopeful and hungry energy!

You get to decide to hang onto hope for all the amazing moments that are in store for you and your life.

So, in this moment, know that...

It's okay to never stop believing in your ability to rise up and become the person you're capable of becoming and achieve the things you've always dreamed of.

It's okay to never stop demanding what you deserve in relationships.

Your life's maybes have pushed you to this point, and there's a reason for that.

Maybe those downs, failures, and moments where you didn't get what you wanted are pushing you to this point where they finally become great, fulfilling moments for you.

Maybe it's time that rejection turns to celebration, no turns to yes, sadness turns to happiness and feeling lost turns to finally being found.

That is the power of maybe. So, maybe it's time you wear your past with pride. Maybe it's time you smile instead of frown. Maybe it's time you welcome new emotions and discoveries into your life.

Because maybe life has led you to this point.

Maybe life has led you here to realize that things never needed to be perfect, that your past is your past, but it's served its purpose by leading you to this point.

Even though you've been lost, you're allowed to be found.

Even though you've been hurt, you're allowed to heal.

Even though you've seen darkness, you're allowed to dance in the light.

Know that you are completely, wholly, and emphatically worthy of the maybes in your life. There is a "moreness" to your life and you are so completely worthy of it.

It's a moreness that is not defined by a straight path. It's a moreness that is defined by your ability to simply see it and know that you deserve it.

Know that your cup is not empty. You have so much more to discover. And in this moment, you are so worthy of discovering it. Embrace the power of possibility.

"Maybe" means more. It means possibility. It means that there is more in store for you.

More than your morning commute, more than meaningless conversations, drunk weekends, broken relationships, or disappointing moments.

There is more. Know that your past can't touch you, you aren't stuck, and you aren't done.

You're not done discovering and exploring. No matter what, there is more in store for you.

Maybe your life has led you to this point for a reason. Maybe life has something incredible in store for you - today, tomorrow or the next day.

Maybe you haven't wasted the time you think you've wasted.

Maybe you really aren't lost.

Maybe you haven't missed your shot.

Maybe you're not falling behind.

Because... maybe you're right where you're supposed to be.

Maybe your life has led you to this point for a reason.

Maybe life has something incredible in store for you - today, tomorrow or the next day.

Maybe you haven't wasted the time you think you've wasted.

Maybe you really aren't lost.

Maybe you haven't missed your shot.

Maybe you're not falling behind.

Maybe you're right where you're supposed to be.



# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

## Affirm what you are manifesting...

It's my turn to

## What's one feeling you're looking forward to?

I can't wait to know what it feels like to

## Describe 3 NEW things you're attracting in your life:

1. I welcome \_\_\_\_\_ into my life.

2. I welcome \_\_\_\_\_ into my life.

3. I welcome \_\_\_\_\_ into my life.

Day 3

**Your best  
days are not  
behind you**

Let's start to look forward...

Are you feeling like your best, most exciting and rewarding days are behind you? Are you feeling like you've already peaked?

You're certainly not alone and it'd be great to just convince yourself of that truth. It'd be great if we could just flip a switch and say "my best days are ahead of me." But you can't force yourself to believe that your best days are coming, that you have so much more in the tank, and that your life is filled with potential.

You can't force that in life. Just as you can't force yourself to do anything in life -- you can't force yourself to love someone, enjoy your job, etc. Eventually it falls in on itself.

BUT... what you can do to get to a point where you genuinely believe in the power of your future... is break it down logically. Because your soul loves logic. Your soul, your heart, and your head love intuitive conclusions because there's no forcing them.

So, here's how I prove to myself that my best days are NOT behind me. FIRST, realize that you can appreciate what you had without needing to go back to it.

Recognize that past experiences are not what make you complete. They were great. They were amazing. They grew you... but you don't need to go back to them to continue being happy.

It's the same way I think about exes.

It's healthy to be able to look back at your ex and no matter how it ended, pick certain moments that made you smile and appreciate those moments. It's healthy to be able to think about your ex and smile because of some of the specific memories you had together... BUT not feel the need to go back to them.

It's the same with you and your past. You can appreciate what you had without feeling the need to go back to it!

SECOND, recognize that different... does not mean worse. Different... does not mean worse.

Different friends, different habits, different energy levels, different ideas of fun, different drive, different goals... does not mean worse! This is such a game changer.

I used to think that the only way to live a "fun" rewarding life here in Chicago was day drinking during the summer, hanging out on boats in the playpen, hitting the clubs on Fridays and Saturdays, dating apps, spontaneous trips, etc.

That was a fun time in my life, and when that no longer became my definition of fun... I was tempted to think my best days were behind me.

BUT now that I've transitioned into another phase - a phase that is defined by a new understanding of what's fun and rewarding to me - I recognize that it's not worse! Different doesn't mean worse.

I don't have to lament that I've moved on from my old definitions of fun to new ones. I don't have to feel guilty or that I need to go back to being that fun and fulfilled guy again.

I am here today. My growth is here today, and it's different... but it's by no means worse.

I've transitioned into a hybrid of who I used to be. I would still love to drop it low at the club, but I also love a slow walk on the river, pumpkin patches, farmers markets, a crisp kombucha, and filing my taxes on time (LOL). Different is not worse.

THIRD, realize that your potential in life isn't some finite thing.

It doesn't run out. It's not like you only have so much potential in life, and once you've exhausted your 20s or 30s, most of it runs out.

Potential is limitless because it basically resets every time you embrace different - different goals, different expectations, different standards, different friends, etc.

That is it! By that logic, it's impossible that your best days are behind you. Your potential DOES NOT live in the past.

It exists squarely in the present and future - where you are embracing different.

And different can be the most rewarding thing in the world.

Some of your best days  
haven't even happened yet.

You have not seen it all.

You have not felt it all.

There are more people and  
dogs for you to meet,  
places to see and 'firsts'  
to experience.



# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

## Affirm what you are manifesting...

It's my turn to

## What is different about your life today vs. 5 years ago... BUT what is redeeming about it?

What's different?

What's redeeming about it?

--	--

## What is something you want to experience again... BUT this time what will be different or better about it?

Re-experience?

What will make it different?

--	--

Day 4

**You can  
have it all**

You CAN have it all.

I used to assume that life goes a little something like this:

You work hard for what you want, you grind it out, you work on yourself, you grow yourself, you grow the list of things you've accomplished, you grow your list of friends, and you grow your bank account. Once you've been doing that for a while, you finally hit a moment where it all clicks.

You hit a moment where:

- You have money because you've been working so hard.
- You're confident and you love yourself to the max because you've been doing the internal work.
- You're with someone you love, and that person loves you because you've been living with high standards and dating intentionally.

You hit this moment where it all clicks and you're happy because you finally have it all! I used to assume that years of putting in work would eventually give you everything you want at once. I used to assume that there will be this big moment where it all comes together and you're happy.

But here's what I've realized, and Oprah's words brought it to life:

“You can have it all. Just not at once.”

I've realized that there's not one big moment in life where it all clicks, and you have everything you want all at once. Rather, you get bits and pieces of all those things throughout your life.

You 100% can have everything you want, BUT life really changes when you realize that you can have all those things, just not all at once.

You can have that dream job.

You can have that dream body.

You can have that passion project.

You can have that relationship.

You can have that confidence.

You can have that sense of fulfillment and purpose.

But life isn't simple, and it rarely offers you the ability to have those things all at once.

When you recognize that, you realize that you don't need to wait anymore to be happy.

You don't need to wait to be happy until that big moment where everything clicks.

Rather, you can be happy for each moment as it comes your way.

THAT is a real power move. That is manifesting what you want... one thing at a time. Realize that you can have everything you want, just not all at once.

When you realize that, you realize that you can be happy **RIGHT NOW**.

You don't need to feel guilty that you don't have those other things at the same time. You don't need to feel guilty that you haven't had that "aha moment" or that moment where it all clicks. No! You can be happy in the middle of your journey or even at the beginning.

You can be happy whenever you get one thing you want, but while you still lack others. You don't need all those things to be happy.

You can be happy when you get that dream job, **BUT** you're still struggling with student debt and not happy with your body.

You can be happy when you discover a passion for making music in your living room **BUT** you're struggling with dating, and you can't seem to find someone who's right for you.

You can be happy after you work your a\*\* off and you're in the best shape of your life **BUT** you feel lost in your career and hate your 9-5.

You can have it all! You can have your dream job, passion, your best body, confidence, fulfillment, friends, money, etc. **BUT** life isn't a straight line leading to a big pile of all those things at once.

You pick them up along the way, and you don't need to have everything you want at once to be happy.

It's like eating a fancy 5-course dinner with your friends.

You get the appetizer, then the salad, then the main course, and then the dessert.

You wouldn't enjoy each, but wait until you're finally done and pay the bill to say, "Yum that was really good."

No! You would take each as they come and enjoy them.

It's the same with life.

We don't need to wait until we have everything we want to be happy.

We should celebrate each good thing and each success as they come along.

We should give ourselves permission to do that.

Celebrate every moment, every success, every big move, every relationship, and every paycheck as they come your way.

You can have everything you want, but the timing of those things is different. They are all coming at different times.

That's OK because that shouldn't delay your happiness in life. You can be happy with each as you live them.

The absence of something doesn't negate the presence of something else.

Oh. Read that again.

The absence of something doesn't negate the presence of something else.

That's a game-changing mindset.

Deciding to be happy in the middle of your life's journey doesn't mean you're taking your foot off the gas. It doesn't mean you're giving up on having everything you want.

It simply means you're appreciating and being happy with each good thing as it comes your way.

I'm grateful I didn't end up with what I thought I wanted because now I know I deserve better.

## How “at peace” are you feeling today?

1      2      3      4      5      6      7      8      9      10

## Affirm what you are manifesting...

It's my turn to

## What are three things you're proud of from your past that you haven't taken time to celebrate or appreciate?

1.)

2.)

3.)

Day 5

**It's a  
sure thing**

“It’s a sure thing.”

This is the mantra I turn to any time I feel doubt, insecurity or imposter syndrome.

How does it work? Consider this...

What does it mean to say you “deserve” something in life?

What does it mean to say you deserve a loving partner, success, happiness, etc.?

Well, in my mind those are “sure things,” as long as you practice what you preach.

- If you’re willing to love, you deserve to be loved.  
That’s a sure thing.

- If you’re willing to sacrifice, you deserve success.  
That’s a sure thing.

- If you’re willing to be honest, you deserve honesty back.  
That’s a sure thing.

- If you’re willing to be loyal, you deserve loyalty back.  
That’s a sure thing.

If you’re willing to do and exhibit the things you want in life, then YES... it’s a sure thing.

It’s a sure thing in that you deserve that outcome (at some point) because of the effort you put in.

I know that sounds cheesy and overly optimistic, but this mantra functions to counter the doubt we have in our minds... and THAT is 100% necessary to get what you want in life.

If you let doubt win... you won't. Imposter syndrome, doubt, and overthinking put us in a headspace that is anything but real. Those things are removed from reality and convince us that we aren't good enough and we aren't worthy of certain things.

This mantra snaps us back to the world we ACTUALLY live in.

And in this world... you're doing the things you said you would do and you're practicing the things you want to receive in return. We're quick to forget that.

- In relationships... you're being intentional. You're being honest. You're being vulnerable. You're shooting your shot.

- In your career... you care, you're eager, you're driven, and you have the motivation to get it right.

You can look at any area of your life and you can squash doubt with this mantra because it reminds you that you're putting in the work. Imposter syndrome tries to coerce us into focusing on what we lack.

Imposter syndrome makes us think about that promotion we DON'T have, that six figure paycheck we HAVEN'T earned, that partner who DOESN'T love us, the confidence that is so up and down in our lives, the insecurities that follow us, etc.

When that's the case, we quickly forget what we DO have.

But this mantra of "it's a sure thing" forces us to remember those things.

When you remember this mantra, you'll realize you're doing more than you give yourself credit for.

- For all the moments your doubt wants to say you're not confident enough... you have moments where you are, where you stand up for yourself, where you shoot your shot.

- For all the moments your doubt wants to say you're falling behind and missing out... you have actions you can look back on that affirm that you're doing what feels right to YOU - not someone else.

- For all the moments your doubt wants to say you'll never find your partner... you can look back at your relationships and realize their ending was the best thing that ever happened for you.

- For all the moments your doubts say you'll never reach the level of success you aspire to reach... you can look back at how far you've come. Life is all about balance.

It's a balance between totally normal thoughts, like self-doubt and imposter syndrome... AND the larger truth that if you put in the work and you treat others the way you want to be treated, it's a sure thing.

It might not happen on your timeline or the exact way you wanted it to happen... but eventually it's a sure thing.

Do you believe it?

Life changes for the better when you decide that "you deserve better" is a true statement. ♡

# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

## Affirm what you are manifesting...

It's my turn to

## Describe 3 "sure things" you're working towards.

I'm willing to

and therefore I deserve

I'm willing to

and therefore I deserve

I'm willing to

and therefore I deserve

Day 6

**Say  
goodbye  
to limiting  
beliefs**

Limiting beliefs...

- "I'm not smart enough to work at that investment firm."
- "I'm not attractive enough to talk to that 10/10."
- "I'm not funny enough to have a podcast."
- "I'm incapable of settling down."
- "I am unlovable."
- "I'll never not overthink things."
- "No one understands me, etc."

Those beliefs hold us back from trying - from applying to that job, talking to that person, starting that passion project, getting off the couch and dating, etc.

It'd be really easy for me to say... "you just need to believe in yourself! Problem solved!" But that's literally not helpful.

So, what I've found is actually helpful is to realize that when we start making excuses by saying things like: "I don't have time to do this, I'm not smart enough, I don't have enough money, I'm not good looking enough..." what we're really doing is refusing to question the assumption.

Instead of an excuse... ask yourself: "what if I'm wrong?"

What if you've backed yourself into a corner for no reason?

Do you have any proof in your life that your assumption is true?

Do you have proof that you're indeed not smart enough, not talented enough, not worthy enough, etc.?

Probably not. Ask yourself:

“What if I'm wrong? What if my assumption is wrong?”

Just ask yourself this for a moment.

If you are wrong... wouldn't it change things?

It would mean you don't have any excuses to fall back on anymore, right?

Furthermore, it would lead you to ask yourself another powerful question.

“If I'm wrong, then why not me?”

Why not you?

In a world where someone is going to WIN - someone is going to be happy and incredibly fulfilled in their career, someone is going to travel the world and experience everything they dream of, someone is going to find their person and they're going to live an incredible life together, why not you?

Someone is going to ask for what they want and they're going to get it - why can't that person be you?

Why? Not? You?

Someone has. Someone is. Someone will.

Why can't that person be you?

When you combine THAT question with asking yourself: "what if I'm wrong..." things change!

It's a great thing to be wrong! And my friend... you probably are wrong :)

Frankly... I think the only reason I'm such an optimistic person is because I've proven myself to be wrong so many times.

I've proven soooo many of my own limiting beliefs to be WRONG.

- I'm not outgoing enough to build a following on the internet...  
WRONG

- I'm not extroverted enough to have had a career in sales...  
WRONG

- My opinions don't matter... why would anyone want to listen to me? WRONG

- I'm not charismatic enough, good looking enough, or funny enough to date anyone I want... WRONG

- People judge me and think it's weird to be a dude sharing his feelings online... WRONG

All it took was asking myself that question... and then acting on it.

It's a powerful question (because you're probably wrong).

Create a window of opportunity for yourself to prove your limiting beliefs WRONG.

Ask yourself that question, realize you likely don't have proof... and then act. Do something. Anything. Try. Go.

Then ride that first step to a second step, and a third, and a fourth...

What if you're wrong? Why not you?

I just wanna give everyone a heads up that I've decided to be the happiest, hottest and most at peace version of myself.

# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

## Affirm what you are manifesting...

It's my turn to

## What is one limiting belief you've held in your life?

I'm not

enough to

Describe how you'll feel when you've manifested what you want. Be as detailed as you can.

Day 7

# The real glow up

The real glow up is less about creating a new identity or starting over from scratch, and more about rewriting the rules you've been living by. Same person, new rules.

Glowing up means you give yourself space.

Glowing up means you stop looking in the SAME places for love, fulfillment, or happiness.

Glowing up means you stop assuming the SAME things and looking at the world through the SAME lens.

It's like a new season of your favorite show on Netflix. The old season came and went. But now it's time for a new season.

The recap of last season would sound something like this.

On the last season of your life...

- You assume that you're destined to a life of hating your 9-5 because you no longer enjoy going to work anymore.
- You assume you're going to die alone after going on 5 bad dates.
- You assume everyone else got their chance to prove themselves in life, but you'll never get yours.
- You assume you're the unluckiest person in the world.

That's last season.

BUT the glow up is deciding to move into a new season. New rules. New cast of characters. New truths. It sounds like this:

On this brand-new season of your life...

- You decide that feeling lost in your career actually means you're capable of finding your dream job, and so you start interviewing.
- You decide that you deserve the best possible partner and to never settle, so you're going to enjoy your single life and stop putting pressure on yourself.
- You decide that you have nothing to prove to anyone.
- You decide that how happy or succesful you're going to be has nothing to do with luck.

THAT is the glow up. You rewrite your rules.

You rewrite your assumptions about yourself.

Take an area of life where you feel you're not quite there yet, where you're stumbling or underachieving.

Your career? Your personal growth, confidence, and self-esteem? Your dating life?

Now look at that area and ask yourself... "what conclusions have I drawn about myself?"

If it's your personal growth... let's say you just feel lost. You feel directionless, not confident, like you're just floating in life.

Maybe you've concluded that it's because you're nothing special. You're average. Ordinary.

Or in your dating life... you feel like giving up. You've been hurt too many times, you've been more vulnerable than everyone else, no one gets you, you're too much to handle.

Maybe you've concluded that you're going to need to dumb yourself down to find your partner, hide your crazy, and settle for someone who doesn't truly get you.

Time to glow up. Time to move into your next season.

Season 2. On this season of YOU....

You decide that feeling lost in life simply means you have an opportunity to change, to go left instead of the usual right, and that you CAN mix things up.

You decide that just because you haven't met someone on your level yet doesn't mean that person doesn't exist. You dig your heels in even further for the person you deserve.

THAT is rewriting your rules. It's a total mindset shift.

It's all about creating space for new beliefs.

Let's reinforce what we affirmed a couple chapters ago.

The power of maybe. That is the source of your motivation for new beliefs.

Maybe...

Maybe all those times you've failed, the times where you didn't get what you wanted, or you were overlooked for what you deserved... are leading you to a future where you finally get those things.

Maybe all the times you felt self-conscious, less, or like you were falling behind... are leading you to a future where it all clicks and you find a calm, powerful sense of self.

Maybe those failed relationships and ups and downs... are leading you to a future where you finally realize why it had to happen this way.

Maybe all those times you felt lost, uninspired or like you're capable of so much more... are leading you to a future where you finally find "that thing" and it lights your soul on fire and gives you purpose.

Maybe your life has led you to this point for a reason. Maybe you haven't wasted the time you think you've wasted. Maybe you really aren't lost. Maybe you haven't missed your shot. Maybe you're not falling behind. Maybe it's time you give yourself the credit you deserve.

THAT is the real glow up. THAT is rewriting your rules.

One day soon,  
you'll get what  
you deserve, and  
it'll all make sense.

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# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

## Affirm what you are manifesting...

It's my turn to

## Describe the previous season of your life.

"On the last season of my life..."

## Now describe the new season of your life.

"On this new season of my life..."

Day 8

**What do  
you want?**

“What do I want?”

It's the most important question you can ask yourself...

Why? Because when you DON'T know what you want...

- you go on a date and just because they like you... you're in.

- you work a job and just because they pay you... you're in.

- you see life as other people tell you to see it: everything is f\*\*\*\*, all people are dishonest, only certain people get lucky, only certain people can succeed, etc.

So how do you answer this question and KNOW with certainty that it's YOUR answer?

How do you know what you want isn't actually someone else's desire or only something you want because you're under pressure to want it?

Rephrase the question...

Instead of asking yourself, “What do I want?” ask yourself, “What don't I want to regret in my life?”

Answering that question FIRST opens the door for you to be honest with yourself.

This isn't an exercise in letting fear guide your decisions. It's an exercise in getting you to finally be 100% honest with yourself.

This question empowers you to know YOUR truth - NOT what you might've borrowed from someone else, NOT what you might've borrowed from a list of things to do before you die, or some checklist of what you need in a partner, a job, a friend, etc.

When it comes to knowing "what you want" it's easy to delude yourself. Is it what YOU want or what someone else told you that you should want?

Regrets are real and personal. Only YOU can be honest and say whether you regret something or not. Only YOU can say whether you're afraid of looking back and regretting something. So, ask yourself that...

"What DON'T I want to regret in life? What's something I would look back and regret?"

Come up with a list. You might say something like:

"I don't want to regret not loving someone."

"I don't want to regret letting go of someone I love."

"I don't want to regret not being more creative."

"I don't want to regret not speaking up."

"I don't want to regret watering myself down."

That's a great list. Those are real regrets and you're honest about them.

Now take that list and apply the opposite of those regrets to figure out what you want.

“I don’t want to regret not loving someone. I don’t want to regret letting go of someone I love.”

The opposite... “I want to feel loved, I want to feel understood, I want commitment.” The more specific, the better. I want to feel understood - that’s a powerful thing to say you want!

“I don’t want to regret not speaking up. I don’t want to regret watering myself down.”

The opposite... “I want to be true to myself, I want to be real, I want to always be radically honest.”

Ask yourself this question and the inverse will present itself as a logical intention to follow next.

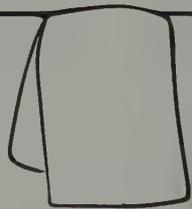
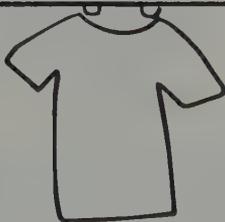
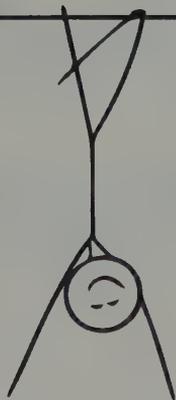
“What don’t I want to regret? What am I afraid of NOT doing, NOT accomplishing, or NOT trying to accomplish?”

Do this exercise for the different areas of your life - your career, your relationships, your friendships, and your personal self-development.

“What don’t I want to regret?” And then flip it.

Say: “THIS is what I want. No one else has a say in it. No one else can convince me otherwise. No one else can shame me or judge me. This is me. This is real. THIS is what I want.”

If you're reading  
this, you're a catch.



# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

## Affirm what you are manifesting...

It's my turn to

## Write three things that speak to what YOU truly want by completing the following prompt:

I refuse to regret

I refuse to regret

I refuse to regret

Day 9

**Being  
stubborn**

**=**

**being  
hopeful**

One of the most powerful mindsets I've adopted in life is one where I simply expect great things to happen to me.

Am I full of myself? Am I arrogant to think this? I don't think so.

I don't assume I deserve great things because I'm an amazing person or simply because I wake up in the morning. No. I expect rewarding things in my life because I'm willing to suffer for those things!

What about you?

What are you willing to suffer for in life? Who are you willing to suffer for?

This is a HUGE question, and answering it is a one-way ticket to becoming more hopeful.

Seriously. It's life changing.

If you stand for something, if you want it so badly, if it guides you completely... you're willing to suffer for it, and that means something!

It means something to say... "I want this, I deserve this, I must have it... AND I'm willing to suffer for it!"

Because that gives you a "WHY" in life that you can turn to when things are tough.

A WHY can help you deal with anything thrown your way.

- Why do you go on bad date after bad date? Why do you get rejected?

- Why do you get ghosted? Why are you frustrated with your dating life? It's not because you deserve it... it's because you're willing to suffer through those experiences to find the right person. You're willing to suffer to find that person.

- Why do you feel bogged down at work? Why do you feel unappreciated at your job? Uninspired? Plateaued? It's not because you deserve to feel that way... it's because you stand for what's on the other side of that BS - a job, a career, a creative outlet that truly fulfills you. You're willing to suffer to get there.

- Why do you feel insecure? Why do you feel a lack of confidence, direction, passion, etc.? Why do you feel forgotten and left behind? It's not because you deserve it... it's because it's part of the process of becoming secure, confident, etc. You're willing to suffer to become the best person you can be.

When you know WHAT and WHO you're willing to suffer for, you say: "I'm willing to be frustrated, rejected, have a bad day, a bad week, or a bad month. I'm willing to feel that weight on my shoulders, the pressure, and the temptation to feel lost."

When you can say that, suffering through those inevitable ups and downs makes you more hopeful. We both know that good things come to those who are willing to suffer. Great art comes from suffering. Dating the wrong person leads to the right person.

Getting fired from your job frees you up to find and evolve to the right one.

Practicing and putting in hours and hours and hours of work can make you a great athlete.

Putting in the hours at your corporate job gets you promoted.

We know there is a reward at the end of hard work and ups and downs. We don't always know when or how, but that is why we choose to do the things we do.

Within the context of choosing one or two or three BIG things in life that you're willing to suffer for... you can choose to have this same belief. That's an expectation that great things are coming your way.

WHAT is worth suffering for? WHO is worth suffering for?

That belief and a willingness to suffer mean something!

It's hope that reminds you that you are a worthy person... and worthy people are willing to suffer because they believe in that worth.

That is the power of stubbornness, but more so it's a belief in and expectation of positive outcomes in life. That is such a hopeful way to live... not just because it sounds good in theory... but because it truly does work.

You can call it the law of attraction, manifestation, etc.

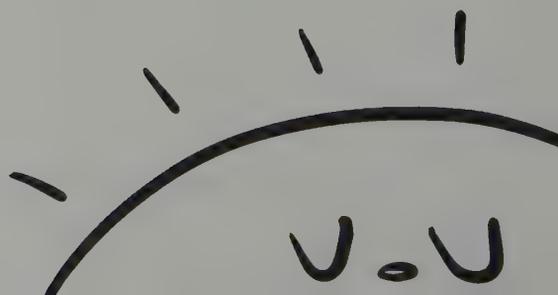
I simply call it “hopeful stubbornness” and it’s a powerful practice to choose something that you’re willing to suffer for.

WHAT and WHO.

Stand for them no matter what... because they’re that important to you, because you’re willing to put in the work to get there, and because you’re willing to suffer in the process.

That is hopeful stubbornness, and I think it’s one of the most powerful attributes you can have...

I'm in the mood to live unapologetically, love myself, and prioritize my inner peace.



How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

Affirm what you are manifesting...

It's my turn to

What three things are you willing to "suffer" for?

1.)

2.)

3.)

Day 10

**You're  
stronger  
than you  
think**

I'm proud of you because you're strong.

But you're strong for a reason you might not consider.

A lot of the time, we think being strong means to endure BS in life and retain our worth during it.

Yes! That definitely makes you strong.

- It takes a strong person to be rejected but still know their worth.

- It takes a strong person to fall into a bad habit, disappoint themselves, disappoint others, but then turn around and create an incredible comeback story.

- It takes a strong person to establish boundaries, standards, and worth... and never lose sight of them.

Yes! That is definitely a strength.

BUT that's not why I'm proud of you.

I'm proud of you because you recognize that there are both beautiful and ugly pieces to your stories and who you are... and yet you choose to define yourself by the beautiful pieces (even if the ugly ones far outweigh them).

Strength is refusing to be defined by your ugly traits and ugly experiences.

It's easy to do that.

“I’m an impatient person... That’s just the way I am.”

“I’m a jealous person... That’s just the way I am.”

“I’m a shy person... That’s just the way I am.”

“I’m an insecure person, I’m an unsure person, I’m an introvert, I’m a lost person, I’m a clingy person, I’m a demanding person, I’m not easy to work with, I have no self-control.”

“I’m a failure, nothing is working out, I’m lost, I’m hopeless, I’m falling behind.”

Real strength is being aware that yes, those might be issues you wrestle with... but you have beautiful things about you.

“I’m a good friend. I’m passionate. I’m reliable. I’m loyal. I’m curious. I’m disciplined. I’m compassionate. I’m empathetic.”

It’s not easy to be strong.

It’s not easy to endure the things that have made you that way.

It’s not easy to face the ugly things about you BUT to not let them define you.

It’s not easy to choose the one or two beautiful things about you... and let them define you.

That’s not easy! It takes a strong person to realize that not only is the world NOT out to get you... but you’re also NOT out to get yourself either.

That starts by choosing one or two beautiful things about who you are and your story and defining yourself by them instead of the ugly ones.

It takes a strong person to be at a time in their life where the bad outweighs the good, the rejection outweighs the success, where the BS relationships outweigh the good ones... and to define yourself by the good.

Even if it's only one thing! THAT is what makes you strong. I'd really encourage you to consider what that thing or those things might be.

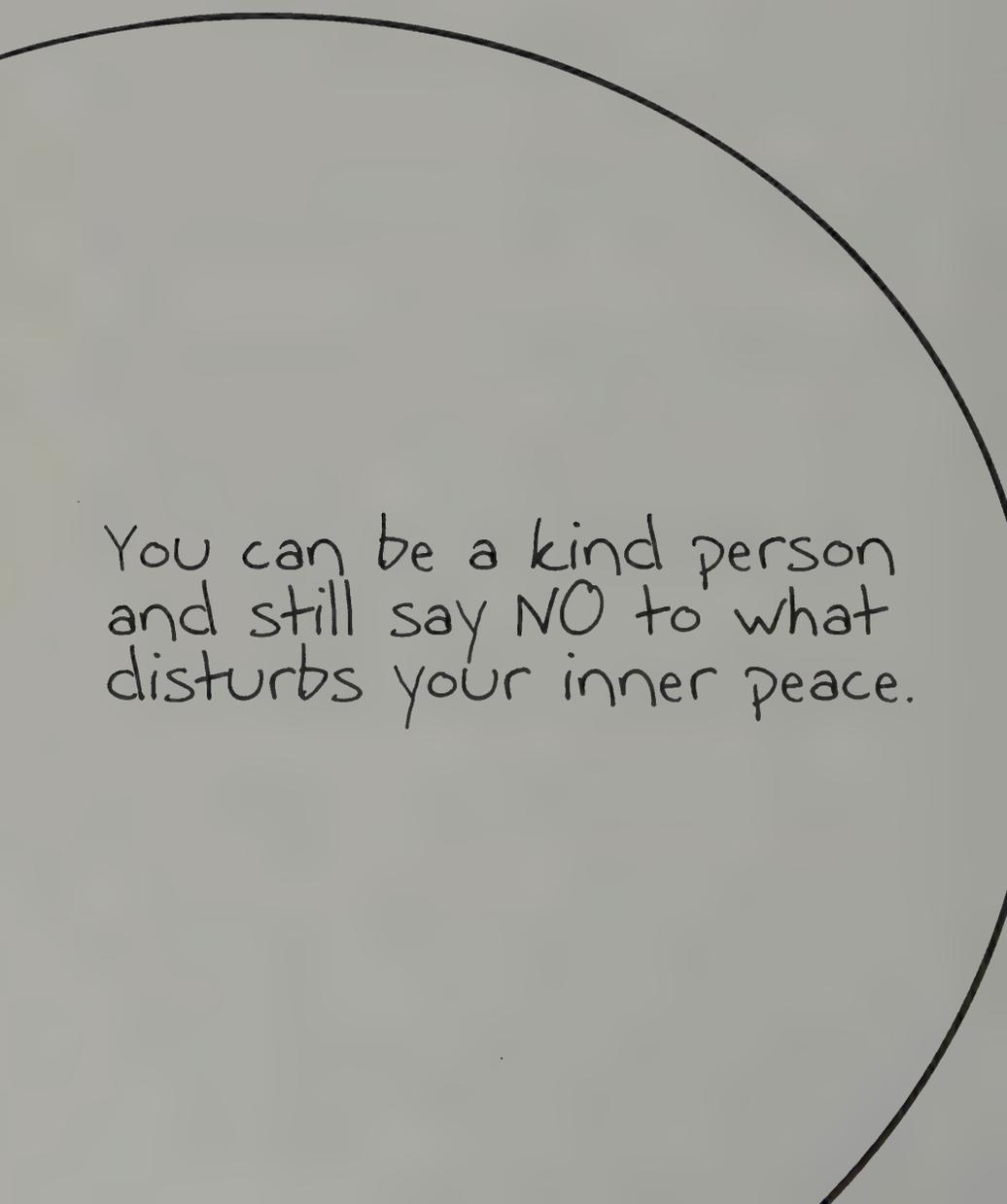
Let THAT define you right now. :)

"I am resilient. I am reliable. I am empathetic. I am passionate. I am a good friend."

Define yourself by those words.

Those are beautiful pieces amidst the ugly parts of your story.

That is strength.



You can be a kind person  
and still say NO to what  
disturbs your inner peace.

# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

## Affirm what you are manifesting...

It's my turn to

## What are 5 adjectives that describe the beautiful parts of who you are?

I am

I am

I am

I am

I am

Day 11

**Give  
yourself  
more  
credit**

I have a simple mindset for you that, if practiced... I guarantee will make you feel at ease, peaceful and more confident. At minimum, it will stop what so many of us do, and that's to allow ourselves to feel small. Here it is.

In life, there are things you know and there are things you don't know.

- You know that you hate liars.

- You know that you hate flakey people.

- You know that you are sensitive to certain things, and you know that certain other things don't bother you.

- You know what excites you, and you know what bores you.

And there are things you don't know. The meaning of life, why you never heal from some things, what your passion is, what exactly you need in a partner, etc. So, with that in mind, let me ask you a question...

In your head... what are you focused on?

Are you focused on what YOU KNOW?

OR are you focused on what YOU DON'T KNOW?

If you listen to my podcast, you know I'm all about asking yourself questions and then pursuing answers. That's the key to growth!

BUT do you let those questions handcuff you? Do you let unanswered stories consume you and make you feel small?

I used to live my life with an overwhelming sense of anxiousness because I let my life's questions and uncertainties consume me.

But I set myself free when I realized I had a choice.

I knew I should always be driven to find answers, but I realized that I didn't need to let that quest consume me.

I have a choice. I can focus on what I know instead of what I don't know. I can remind myself of all the things I've managed to figure out about life amidst all the questions I still have.

This shift has been EVERYTHING!

I no longer allow myself to feel small. I no longer allow myself to be consumed by the unknowns in my life.

I make myself feel BIG! I amp myself up. Instead of allowing myself to be consumed by what I don't know... I focus on what I do know.

Instead of feeling small by repeating all the unknowns in my life, I celebrate what I do know.

So, what does that look like? It's a shift.

Example 1:

FROM: "I can't connect with anyone."

TO: “Ya know what? I’ve learned that I’m not for everyone. I’m ok with that.”

Example 2:

FROM: “I hate my accounting job.”

TO: “I love it when I get to do something creative at work like a presentation.”

Example 3:

FROM: “I hate my body. I’m weak and out of shape.”

TO: “Look how far I’ve come... I couldn’t even bench 135 a year ago, now I’m repping 200. Heck yeah.”

Example 4:

FROM: “I’m going to die alone. I can’t get a relationship right. I dunno why.”

TO: “I learned a lot from my ex. I learned about my need to communicate better and that a big red flag for me is a lack of independence.”

It’s not a shift from losses to wins or from failure to success. It’s baby steps. It’s the little things you’ve realized and have learned.

It’s moving from an obsession with your life’s unknowns to your knowns.

This shift stops you from feeling small. It gives you a reminder of your progress, the discoveries you've made, the things you do know, the questions you have answered and the pieces of the puzzle you've put together.

That might not seem like much, but try it and you'll see what I'm talking about.

The path to being happy and fulfilled is one where you work hard to put yourself in a position to discover BUT while you do... you remind yourself of the things you've already learned. You remind yourself of the things you have figured out.

You owe it to yourself to remind yourself of what you know.

- You know that you're not for everyone.
- You know that you need more substance in your relationships.
- You know a red flag or two to look out for.
- You know what excites you and you know what bores you.
- You know that you don't care about fantasy football or watching The Bachelor.
- You know that you've grown to love working out no matter how far you are from your goal.
- You know that the ocean calms you and the city stresses you out.

You know things about yourself. You've learned things about yourself.

Remember those. Remind yourself about those.

For every question you still have about life, for every unknown that stresses you out, for every experience that doesn't make sense to you yet ... work hard to find answers.

BUT for every one of those, push yourself to remember what you **HAVE** learned, what you **HAVE** proven to be true and what **DOES** make sense to you.

That will move you from feeling small to feeling big.

# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

## Affirm what you're manifesting...

It's my turn to

because I'm willing to

## What's one thing you DON'T know about life?

## What are three things you DO know about life?

1.)

2.)

3.)

To honor your  
mental health,  
don't be afraid  
to show people  
how you deserve  
to be treated.



Day 12

**Grace**  
**>**  
**Grudges**

In life, there are some things you'd never tolerate from someone else, right?

You'd never tolerate being with someone who makes you feel like you're not good enough.

You'd never tolerate being with someone who makes you feel like you need to constantly prove your worth to them.

You wouldn't!

BUT when you don't practice self-forgiveness, that's exactly what you're tolerating... from yourself!

We need to learn to forgive ourselves.

You deserve to be free of fighting yourself. You deserve more than feeling like you're not good enough... for yourself - the one person in the world you undeniably are good enough for!

I know you're capable of this... of choosing self-grace over self-grudges. You've learned to do this for others in life.

You've forgiven exes who hurt you. You've forgiven friends who let you down. You've forgiven people who disappointed you.

You've probably realized that it's soooo much easier to forgive someone else than it is to forgive yourself.

But why is that?

Why do we reserve so much compassion for others, and yet we leave ourselves hanging out to dry?

Do you agree that you deserve to feel that your best is good enough? You do, right? No matter the outcome? You deserve to live without the need to prove your worth, right?

You would never tolerate someone who didn't allow you to live those truths, right? No! You'd leave! You'd cut 'em loose!

And well... since you can't dip on yourself, what's the solution to the things you hold against yourself?

It's grace. You can forgive yourself. That's the only answer.

Grace over grudges.

That means letting go of grudges - aka resentment towards yourself.

- That's a grudge that says your worth is less because of something that happened or didn't happen, mistakes you've made, for falling short when you shouldn't have, etc.

- That's a grudge that says you're not who you should be right now.

- That's a grudge that says you're out of time, that you've blown it, that you're alone in the world.

You wouldn't tolerate someone who held those kinds of imperfections over your head, would you?

So, why then do you tolerate them from yourself? It's not easy BUT forgiving yourself is the only way to move forward.

When you choose grace over grudges, you remember that you can't go back and change the past.

BUT you can move forward... and you're never starting from scratch. You're always starting from experience. Isn't that the saying?

You're not starting over because you're starting from experience.

All the self-blame in the world isn't going to change the past.

But grace can change the future. Grace means you move forward... starting from experience.

That's POWERFUL!

Ask yourself: "what can I forgive myself for?"

I'm sure there is something or many things.

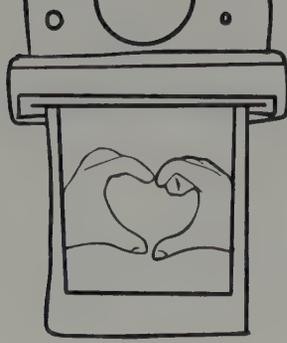
What is something you beat yourself up for? What is something you blame yourself for? What is something that makes you doubt your self-worth?

Replace that with grace.

Just try. Why not? You've been holding it for long enough.

Why not mix things up?

In the same way that there's really no downside to forgiving someone who's wronged you, there's no downside to choosing grace over the grudges you've been holding against yourself.



You deserve to forgive  
yourself for all the times  
you thought you weren't  
good enough, smart enough,  
or worthy enough.

# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

## Affirm what you're manifesting...

It's my turn to

because I'm willing to

## What can you forgive yourself for right now?

I forgive myself for

why?

I forgive myself for

why?

Day 13

**Turn off your  
“customer  
service” voice**

I hope you're using your existence to take up space! I hope you're using your voice, body, brain, and heart to take up space.

If you're an OG listener of my podcast, you know that I like to reference the movie *The Other Guys* (more than I probably should tbh). There's a scene in it where Mark Wahlberg's character is frustrated and screams, "I'm a peacock- you gotta let me fly!"

So it won't be a shock when I say:

You're a peacock, my friend. You've gotta let yourself fly!

You have to take up space!

How? By refusing to be small any longer.

You might not think you're an extraordinary human. You might think you're a simple person.

- You work your job.
- You like a good Netflix session.
- You vacation twice a year.
- You budget your expenses.
- You pay your taxes.
- You don't over-indulge in life.

You might think that relative to other louder people, you're small. You might think your voice and your actions don't really matter.

I don't care how talentless you think you are! I don't care if you can't count to 10, tie your shoes or if you can't tell left from right... you take up space!

Physically you take up space. When you're in an elevator, in line at the store, walking down the sidewalk, at the gym, or at a bar... you take up space.

You take up space with the energy you exude. When you smile, hug someone, shake someone's hand, wave at someone... you take up space.

When you speak up, you take up space. Your voice carries weight and energy and comes from the very depth of your being... you take up space. So why do you allow yourself to feel small? It's time to take up space! Speak up! Act!

Stop saying things like "I can't change that. It's just the way things are."

Start saying "I can change this. I will change this. I will not be small anymore."

You take up space, my friend!

Don't worry if you're too extra, too loud, too opinionated, or too weird.

Don't become smaller for others so they can feel comfortable around you.

It's really quite a crazy thing!

We literally shrink ourselves so that others can feel more comfortable around us.

How nuts is that?!

It's over-thinking that leads us to do this.

“Am I being too loud? Am I being too extra? Am I being too needy? Am I being too stubborn?”

That is how we end up feeling small.

We bite our tongues. We suppress our voices.

We don't declare our presence.

We don't take up the space we so rightfully should be taking up.

We dull our shine.

We say sorry when we don't mean it.

We stay quiet when we shouldn't!

We hide.

We become afraid to claim our space. We make ourselves small, so others feel comfortable.

Enough!

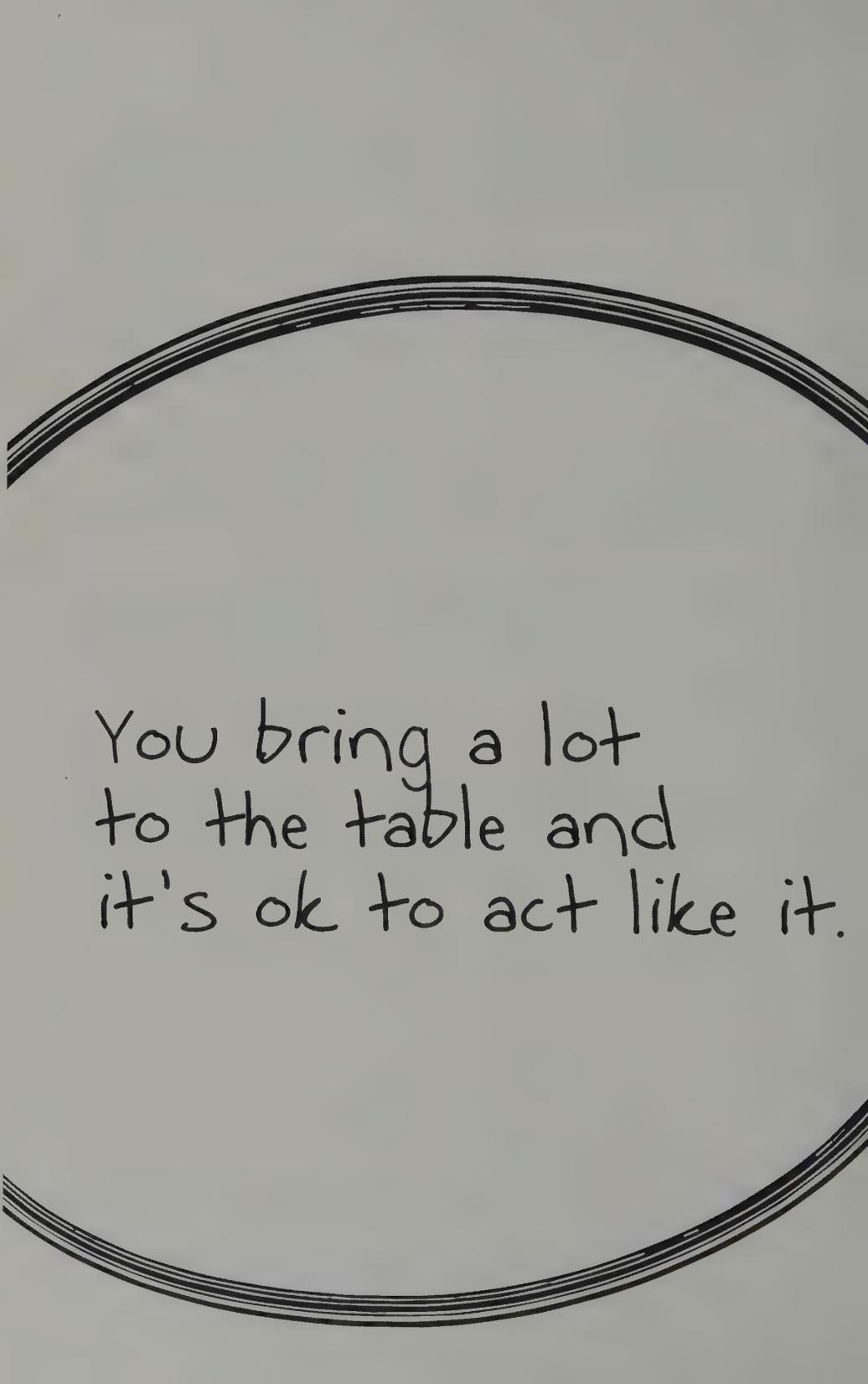
Now is the time to make others feel uncomfortable with the space you take up.

So, I say... stop biting your tongue and dulling your shine. Let your sense of rebellion out. Don't repress what you feel or what you know is right.

Now is the time to turn off that customer service voice of yours and take up some freakin' space! Turn off that customer service voice that says "I'm so sorry about that. It's ok!"

F\*\*\* that! You're a peacock!

You have the ability to take up space, so act like it. That is more powerful than you might ever imagine.



You bring a lot  
to the table and  
it's ok to act like it.

# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

## Affirm what you're manifesting...

It's my turn to

because I'm willing to

## What are three things you love about yourself?

1.)

2.)

3.)

Day 14

**This is the  
good part**

If you've spent any time on social media recently, you've probably seen a TikTok/IG reel with that song: "Can we skip to the good part?"

I'm all for the song and the feel-good vibes of it. Seriously. But lately, I've been feeling the pressure to finally get to the good part of my life. Can you relate?

We feel pressure to look at our past and present as the "in-between" in our lives. It's the time where we're building for the future good part - the time where we'll finally be happy and confident and successful and surrounded by people who love us and support us. We feel pressure to finally skip to the good part. But... today IS the good part.

There are definitely amazing days ahead of you BUT to discount TODAY as being the "in-between" time in your life... you are forgetting what the good part is. Today is the good part. And tomorrow will be another good part.

We need to hit pause on this idea that today - the work, the grind, the ups and downs, the sadness, breakups, starting over, etc. - is something worthy of skipping past... in order to get to the good part.

With some exceptions of course... I think there's not much in life that's worth skipping. When you get older, you're going to look back and you're going to say: "that WAS the good part. Why did I think that was worth skipping?"

Today is the good part.

- The good part of your life is a random Tuesday after you go to the gym, and you walk back slowly, and the sun is setting, and it's quiet, and you're just feeling yourself.
- The good part of your life is a random team-bonding work happy hour that turns into a fun night.
- The good part of your life is Friday when your friends cancel plans at the last minute, and you enjoy a bubble-bath-and-Netflix night to yourself.
- The good part of your life is when you can only afford rent and maybe a couple of nights out, but things are just simple. You live within your means and you enjoy it. You appreciate the experiences you can afford.
- The good part of your life is when you have goals and dreams and you're just getting started. Time shows you that THESE days are the good part! That's life for ya... it has to be lived moving forward but can only be understood backwards.

The best days of our lives ARE the in-between days. Between good and bad. Between happy and sad. Between entry-level and boss-level. Between barely paying rent and finally getting your dream home.

The good part IS the in-between part. The good part in your life comes and goes rather unnoticed, and you only realize it looking back.

But if you can remind yourself of that fact, you can move yourself to say "today is the good part. I'm not skipping this."

These are the days you'll look back on, and you'll feel a special kind of way towards them. Nostalgic. Peaceful. Appreciating the simplicity. The beginnings. The hard work.

They might go unnoticed when you're living them, but in retrospect and with honesty, you'll realize these days were the good part.

The good part of your life is the part YOU decide is the good part.

You can have a ton of work to do, things you want to accomplish, big goals, a long bucket list, things you want to prove, etc.... but it's up to you to decide what is the good part.

Personally, I've decided - after a long time of saying it's in the future - today is the good part. The slowness, the simplicity, the small laughs, the morning coffee, the to-do list, the new beginnings...

Sounds a lot like creating your own inner peace, doesn't it?

Sounds like an inner peace YOU create for yourself.

Amidst everything you want and still don't have... this is the good part, and I hope you join me in saying the same.

I'm at the age  
where I don't  
need to be perfect  
to be happy.



## How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

## Affirm what you're manifesting...

It's my turn to

because I'm willing to

## Celebrate the timing of your life's journey...

I used to be

I am

I will be

Day 15

**Some things  
are worth  
the wait**

Some things in life are so meaningful and fulfilling that they are worth the wait... and in many cases, they're only meaningful and fulfilling because of the wait.

The best things in life are great BECAUSE OF the wait. They're great and meaningful because of the value they accrue while you DON'T have them.

I look at two things in particular that we all want in life, and I know with no doubt that they are worth the wait.

That's finding your soulmate and being successful.

The amount of impatience we carry with us as it relates to those goals is something we all experience. No doubt about it.

"I need to find my person. I'm lonely. Life is meant to be shared with someone else. Once I find that person, everything else will make sense. I will be happy and fulfilled."

"I need my six-figure payday today. I need my seven-figure payday today. I will finally be happy when I have my dream job. Things will finally click when I'm happy in my career, when I can say that I'm successful."

But we can find peace by recognizing that some things in life are worth the wait... and they're worth the wait because once you have them, they're forever.

And something that is forever... that's worth the wait, right?

I sure think so.

Maybe it's the optimist in me, but when I look at something like finding a soulmate... I fundamentally believe that is forever. That type of love, that type of connection certainly isn't something to rush. It's not something to force. True love is forever. It doesn't end.

And so, I can look at something like that... and say it's worth the wait. Because when I find it, it's mine forever. And if I'm 20 or 30 or 40, that means I have a lot of life ahead of me with it.

It's the same with success.

My definition of success isn't tied to a dollar amount... it's tied to a feeling of freedom and purpose. And once I find that, it's mine forever and I'll never lose it. There will be ups and downs, no doubt, but fundamentally it's worth the wait because once I have it, it's mine forever.

Those things are worth the wait because they are forever. And more than that, I really believe that the longer those things elude me... the more their value increases.

So, I'm ok with not having them right now.

In my life, the one thing I'd say I have at this point is success. I have purpose, and I have the freedom to practice it. BUT that followed 15 years of not having it! And it's during the time where I wanted it, where I chased it, where I impatiently grasped for it... that I truly learned the value of it.

And THAT makes getting it so much more special and forever to me.

If right out of college I suddenly found my passion - my purpose - and I figured out how to make money from it... I really don't think I would say I am successful. It would've been too easy. It wouldn't have required any blood, sweat, or tears. No introspection. No rejection. No massive ups and downs.

I needed those ups and downs. I needed those four jobs. I needed to almost not be able to pay rent. I needed to start multiple businesses and fail. I needed to empty my bank account on ideas that never worked out. I needed to be frustrated.

Think about the things that are important to you right now, and then consider these two truths that recognize that they are worth the wait.

They are worth the wait because once you have them, they are forever.

Don't be tricked into something temporary as a means of hoping it's permanent. Don't settle into something because you're impatient. Don't settle for someone who promises you forever. Be patient. Open your eyes. Open your heart.

Recognize that maybe in the past, you thought you finally found your forever thing. But then that thing turned out to only be temporary.

That's ok. Because it's still worth the wait. Its value is only increasing.

As long as you remain confident in your worth and your ability to get those things, that should offer you peace.

It's going to happen. Have faith in that. Have patience and most of all, stay strong in your belief that you deserve it.

Point that impatience in a productive direction - use it to be curious, to take action, to discover. Use it to never settle.



Healing is trusting the universe will replace what you "lost" with something better.



## How “at peace” are you feeling today?

1      2      3      4      5      6      7      8      9      10

## Affirm what you're manifesting...

It's my turn to

because I'm willing to

## What is YOUR definition of love and success?

Love

Success

Day 16

**The  
life-changing  
power of  
starting over**

There's power in starting over.

There's power in starting over in your career, in your dating life, in your health and fitness life, and in your inner life...

Starting over = hitting reset and looking for what you deserve in another place, another person, another habit, or another circumstance.

We tend to think of starting over as a reflection of failure. We see it as a reflection of messing up so badly that you need to start over from zero. We need to reframe what it means to start over.

When you start over, you're NOT starting from zero... you're starting over from experience. Here's what that saying actually means.

I've always lived by the idea of accruing "points" in my life.

Anytime I do something awkward, challenging, embarrassing, out of my comfort zone, etc. I get an "awkward point" in my mind. I then cash those points in for confidence - because confidence is built on experiences that show you that no matter the outcome, it doesn't decrease your value.

It's the same in my life for disappointment points, rejection points, etc.

Those points are what give me my confidence, my standards, my boundaries, etc. Those experiences add up, and I cash them in for what I want.

When you decide to start over, you're taking all the points you accrue up to that point and you're bringing them with you.

You're NOT starting from zero. You're NOT leaving those points behind. You're bringing them with you. That's been the biggest "aha" moment for me in my life.

You're ALWAYS building on top of what you already created because you're always bringing those points with you.

You're always moving closer to cashing those points in for the things you want and deserve.

From a mindset perspective... you're the furthest thing from zero. Starting over is you saying:

"I can't cash these points in for happiness here with this person. I can't cash them in here for success and fulfillment with this job. I can't cash them in for confidence with these habits. I can't cash them in for happiness here in this place.

BUT I *can* move to another place, another person, another job or another habit and I can cash them in there. I'm bringing them with me."

You're never starting from scratch. You're never starting from zero. You're always starting from experience.

No bad ending can take that from you. No breakup can take that from you. No toxic work environment can take that from you.

Starting over isn't about what you're leaving behind, it's about what you're bringing with you.

What you take from life chapter 2, 6, or 10 carries into the next chapter. What you take from relationship one carries into relationship five. What you take from job three carries into job four.

Starting over is simply the next step.

All I'm interested  
in lately is my mental  
health, my inner peace  
and loving myself  
like I've always  
loved others.



How “at peace” are you feeling today?

1      2      3      4      5      6      7      8      9      10

**Affirm what you’re manifesting...**

It's my turn to

because I'm willing to

**Describe the last time you started over:**

**What 3 things did you bring with you from that experience/time in your life?**

1.)

2.)

3.)

Day 17

**Your opinion  
of you matters**

I refuse to let someone else's opinion of me become my opinion of me. It's taken me a long time to get here, and it's probably the hardest thing in the world to truly not give a f\*\*\* what other people think about you... but it's very possible.

Here's how you can do it.

Start by realizing that it's in no way helpful to say that **ONLY** your opinion of you matters.

Of course other peoples' opinions of you matter! Your boss's opinion of you matters. That person on Bumble... their opinion matters. Your friend's opinions of you matter.

**BUT** there is a difference between an opinion mattering and an opinion having value.

Someone else's opinion of you matters.

**BUT** does it have value? Does it have **MORE** value than your own view of yourself?

No! How could it?!

You know exactly who you are, what you represent and what you've been through... and no one else can say that.

So how could someone else's opinion of you possibly hold more weight than your own?

Do they know you like you know you? Do they know how you think, act and dream? Do they know your past? Do they know the ins and outs of what you've been through? The ups and downs of your life? No, they don't.

Someone else's opinion of you is ALWAYS lacking in some way.

Yes, their opinion of you matters, but it NEVER holds more value than your own. Their opinion of you is not your reality. And you live in reality, right? NOT caring what other people think about you doesn't make you vain, it doesn't make you narcissistic, and it doesn't make you egotistical.

It makes you a realist. It makes you someone who knows their reality and trusts it over someone else's one-dimensional assumption of who you are.

That's a HUGE realization!

Consider how someone develops an opinion of you. It forms from individual moments where you're living a certain emotion or mindset. Their opinion could be formed from a moment where you're sad, where you're frazzled, where you're unsure or insecure.

Their opinion of you is formed from their own experiences and their own reality.

BUT your opinion of yourself isn't formed from one or two moments. It's formed from a lifetime of moments.

And your opinion of yourself isn't made from THEIR reality... it's made from YOUR reality.

They simply do not know you like you know you. So how can you give their opinion more weight than your own?

When you think of opinions that way, it's really tough to justify doing that, isn't it? How could they possibly understand WHO you are? They can't!

Personally, I refuse to let someone else's opinion of me become my opinion of me.

- I refuse to let someone tell me it's impossible for me to do something.

They don't know me! They don't know how stubborn and driven I am. They don't know my motivation in life at all.

- I refuse to let someone tell me that I need to lower my standards or that I'm being too picky. They don't know me. They don't know what I deserve.

They don't know what I've learned and why I have the standards I have.

- I refuse to let someone tell me that I'm too serious, too goofy, etc. They simply don't know me.

It's the same for YOU. You know the full picture and they don't.

Hear their opinion. Appreciate it. BUT never value it more than your own opinion of you.

You're an amazing multi-dimensional human... and only you know all those dimensions. It's not your responsibility for the image some people have of you in their head.

Let them think what they want. Let them assume what they want. Let them tell you what's impossible or that your standards are too high, that you're too loud, too soft, etc.

You know what you've been through, what you've overcome, and what you're willing to do to live your best life and to be proud of yourself.

They don't, and that's all that matters.

---

Why are you telling yourself that everyone is doing better than you are?

Look at you!

You've got your own back.

You're upgrading your standards.

You're becoming the spiciest version of yourself.

Clap for yourself.

Your best days have arrived.

---

## How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

## Affirm what you're manifesting...

It's my turn to

because I'm willing to

## What do you refuse to let happen in your life?

I refuse to let someone

I refuse to be

I refuse to

Day 18

**You are  
self-made**

I want to tell you about my secret sauce to being ridiculously optimistic about the future.

It's my mindset of being SELF-MADE.

Self-made... but not in the financial, entrepreneurial, "Kylie Jenner" sense. I'm talking about a mindset of being self-made as a human!

I'm talking about what YOU do with the things that happen to you in life. Do those things and people create who you are OR do YOU decide? I'm talking about being shaped by your past OR being taught by it.

I advocate for a mindset that says: "My past didn't shape me, it taught me. I am self-made.

I decide what to do with my past. I decide what to do with those experiences. They don't shape me, they teach me."

When you live the self-made mindset, you'll start thinking and changing how you think:

- "That relationship broke me. I'll never love again. I'll never trust again." NO! "That broken relationship taught me what I deserve!"

- "That failure, embarrassment or rejection defined me. It broke me. It broke my passion and my dreams." NO! "That failure, embarrassment, or rejection made me realize how important my passion is to me. It taught me the value of patience!"

- “I spent a lot of time alone, therefore I am a lonely person. I don’t have many friends; therefore, I am a loner, a loser.” NO! “My alone time has taught me the value of independence.”

- “My poor relationship with my parents means I don’t know what it’s like to have family, support, or love.” No! “That lack of love taught me the value and importance of it and that I WILL find it.”

See the difference? It’s the difference between saying that your past shaped you and saying that your past taught you. When you can rise above and say your past taught you, that is when you become self-made. That is when you say: “I am self-made! I decide what to make of my past; I decide what to make of those moments.”

“Me! Not them! Not that person who rejected me. Not my parents. Not that devastating loss. Not my boss. Not that random person on the internet. ME! I get to decide.” “I am self-made because my past didn’t shape me, it taught me.”

I’d really encourage you to be honest with yourself and take a look at whatever it is in your past that you might be hanging onto.

- It could be a relationship - a relationship that went bad fast - or getting cheated on or blindsided. It could be a repeated pattern of bad, short, hurtful relationships, being ghosted, used, or disrespected.

- It could be pain from loss or pain from rejection.

- It could be self-consciousness from appearance, personality, or something someone said in junior high, something someone did to you a long time ago, that time you were massively rejected or turned down.

Think about that thing and ask yourself: "Have I let it shape me or have I let it teach me?" Be honest and open, and ask yourself that.

And then ask yourself... "do I want to be self-made? Do I want to decide who I am, who I become and how I see the world?"

Heck yes, you do, my friend. You sure freakin' do!

Then let's make a deal to reassess those events, those things and those people and reframe them... what did they teach you?

What did they teach you about yourself? About what you deserve? About what you want? About your worth? About what's important to you? About human nature?

Did it teach you that you'll never settle again? Great! It taught you that! Self-made! Not shaped and unlovable.

Did it teach you that you have an unwavering sense of independence, and you can rely on yourself? Great! It taught you that! Self-made! Not shaped and a lonely loser.

Did it teach you that you can move on from a massive, soul-shattering failure? Great! It taught you that! Self-made! Not shaped and a failure for life.

This mindset is HUGE!

Self-made!

- No more thinking you're unlovable because of a bad relationship.

- No more thinking you're unrealistic with your passion because you've been rejected time and time again.

- No more thinking you have nothing to offer because you've felt lonely.

- No more assuming you're a failure because you haven't found your place in your career yet.

It means you take those moments, and you say: "I am self-made. I am not defined by them. I am taught by them."

"I am self-made."

Due to personal reasons,  
I'm just gonna keep getting  
hotter, smarter, and more  
dedicated to my inner peace.

# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

## Affirm what you're manifesting...

It's my turn to

because I'm willing to

## Show yourself why you are self-made...

I was not shaped by

I learned that

I was not shaped by

I learned that

Day 19

**Rejection is  
better than  
not knowing**

FACT: We are not nearly direct enough in our lives.

We are not direct enough with our DMs, our words, our emails... you name it! But here's something we probably agree on...

In a dating setting... being direct is sexy. In a work or business setting... being direct is confident... it's no BS. It's intentional. It's no time wasted.

Being direct shows that you care. And caring is sexy!

So, why aren't we more direct?

Obvious answer: it's because we don't want to be rejected.

Rejection sucks. Duh. There's no worse feeling.

But I think there's something that sucks more than rejection, and that's being stuck in the gray in life.

Being stuck in the gray of life is when you sand down the edges of what you really mean or what you really want. It's living in a limbo where you never ask for what you want, and as a result, you never truly know what's possible. It's living in a murky area where your head and heart are filled with what ifs.

I think THAT is so much worse than being told NO!

So. Let's commit to being more direct.

Let's ask ourselves:

- "Am I capable of being more direct?"
- "Are my words mirroring my intentions?"
- "Is what I'm about to say what I really want?"

Being direct is also a practical measure.

Direct people make life easier... for everyone!

Have you ever noticed that you just feel at ease around direct people?

Personally, I feel uneasy when I'm unsure of someone's motives or what they want.

But when that person finally states what they want... I'm at ease. Because now I know and there's no more doubt. I know what they want, I can address it myself, and we can speak openly. There's no more hiding or dropping hints.

So, please know that when you're direct... you're doing everyone a favor.

Ground yourself in the upside that is being direct. It shows confidence, it shows intention, and it shows vulnerability.

If you are direct and you do get rejected, then what?

Well, as tough of a pill as it is to swallow, now you have an answer. You can deal with an answer, can't you?

The contrast to that is living in that murky gray area of not knowing. What ifs. Missed shots. Missed potential. Missed opportunities. Regret.

When I compare the two - a simple no vs. a whirlwind of what ifs - I know I can deal with an answer vs. no answer.

Rejection is so much better than not knowing.

You can deal with being told no. You can deal with failing. You can deal with a door being closed. But how do you deal with not knowing? How do you deal with ambiguity?

You're going to end up overthinking and doubting yourself, and you're going to end up looking back and regretting your inaction. Not knowing hurts, but you'll never regret being direct.

In life, you regret the things you don't do so much more than the things you do. You regret the things you never went for and the questions you never asked. Ask yourself... "Am I capable of being more direct?"

Most people aren't direct. Most people would rather drop hints, play games, circle back, pick your brain, and hope to see you around.

So, surprise yourself and surprise others!

Slide in the DM, send that email, make that call, walk up to that person. Say what you mean and mean what you say... and do it because you're not afraid of hearing no.

It's ok to NOT  
be subtle about  
what and who  
you want in life.



# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

## Affirm what you're manifesting...

It's my turn to

because I'm willing to

## Are you willing to embrace rejection?

I'm willing to be rejected trying to

I will always speak up when

Day 20

# Your alter ego

We all have an alter ego.

- You might be familiar with your drunk alter ego. That's the side of you that comes out when you're over-served. It's the person who's the life of the party, has no fear and will go to the front of the line and start a conversation with anyone.

- You might also have an alter ego that comes out when you're with your best friends. It's where you're so comfortable around certain people and you give yourself the freedom to be the goofiest, most carefree, and fun version of yourself possible.

- You might also have random moments of embracing your alter ego where you summon all your courage and confidence to do what you know is right for you - finally breaking off that situationship, standing up for yourself, etc.

Your alter ego = the truest version of you (but it's one you ignore most of the time).

It's the version of YOU that you picture in your head doing all the cool sh\*t you want to do. It's the impulse you feel to just dance spontaneously. It's the urge you feel to go up to that random person and introduce yourself. It's the inclination you feel to ask your boss for a raise, to apply to that dream job, to post that bangin' selfie, etc.

Alter ego. It's Latin. It literally means other self. Your "other self." It's the freest version of who you are. It's the most carefree, goofiest, hardest working, most outgoing, most ambitious, and most enthusiastic version of who you are.

BUT in pursuit of comfort in life, of not rocking the boat, of not ostracizing ourselves or seeming overly weird... we've taken all our "crazy" thoughts, all our weird quirks, all our "too ambitious" goals, and we've let them live within that alter ego.

They're still there...

It's that little voice that says you should do something uncomfortable. It's the little voice that says you should tell that joke, do that dance move, email that person, send that dm, book that ticket, etc.

I'm not talking about an alter ego that wants you to go on a crazy bender, max out your credit cards, change your name, and move to Mexico.

I'm simply talking about that courageous other self you know still exists within you... Ask yourself.

Who is my alter ego?

What would happen if you embraced it? What would happen if you...

- did all the things you used to think would push people away?

- lived your high standards instead of worrying they'll limit your options?

- leaned into your passion, art, music, etc. instead of worrying it'll make you seem weird?

- embraced your weird, goofy self instead of worrying you'll lose your friends?

When you step into that person with power and confidence, you're going to realize that anyone who does not see you or who doesn't choose you cannot possibly be for you. And that's OK.

- It means you YOU call your freakin' shot!

- It means you stop watering yourself down to make everyone else feel comfortable.

- It means you try new things because you're not afraid of being a beginner, no matter how old you are.

- It means you have a renewed sense of self-worth - it doesn't matter if you're single or not...

- It means you no longer have relationship problems with people you're not in a relationship with.

You do all those things because that's what your alter ego has been dying to do for so long.

It's what your other self would do on a first date. It's how your other self would stand up for itself at work. It's how your other self would be spontaneous and passionate and weird. It's how your other self would post that selfie, start that business, DM that person, etc. It's how that other self would stop talking to their ex, stop tolerating f\*\*\*boys and stop accepting less.

Embracing your alter ego simply means you finally realize you deserve to explore what “more” looks like in your life.

That is your alter ego and I hope you step into it.

Life changes for the better when you stop waiting around for people who are unsure about you.



# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

## Affirm what you're manifesting...

It's my turn to

because I'm willing to

## Describe your alter ego...

The truest version of myself...

Is

(adjective)

Is

(adjective)

Does

(verb)

Does

(verb)

Day 21

**There's no  
shame**

No matter what feeling or emotion you have... you should never feel ashamed for having it.

You should never feel bad for loving someone when you shouldn't have. You should never feel guilty for believing in potential, for wanting to believe in goodness and compassion, for being a bit different, for wanting different, for not liking the mainstream, or for being a bit weird.

Never let those emotions lead you to thoughts like:

"I'm such an idiot for being nervous."

"I'm such an idiot for not having seen that red flag in that person."

"I'm such an idiot for thinking I could pull that project off and get a good grade."

"I'm such an idiot for thinking I was ready for that promotion."

"I'm such an idiot for thinking I was funny."

"I'm such an idiot for introducing myself to that person."

You have nothing to be ashamed of! Ever!

I've learned that in life, we're destined to mess up all the time. But if your intentions are rooted in self-love and compassion... no feeling you have should be something you are ashamed of.

Seriously!

If you're nervous because you really want to do well... how can you shame yourself for wanting to do well?

If you're beating yourself up for dating a f\*\*boi because you really wanted to see potential in that guy... how can you shame yourself for believing in potential?

If you're disappointed that you bombed an interview... how can you shame yourself for wanting to push and elevate yourself?

If you're feeling embarrassed because your sense of humor or personality isn't meshing with new friends... how can you shame yourself for wanting to connect with others?

You have nothing to be ashamed of.

Your emotions make you, YOU, and if those emotions guide you to do things - well-intentioned, compassionate things that might make you stand out or ostracize you in some way - you have nothing to be ashamed of.

If you love being single and like sleeping around because you enjoy it, and you do it safely and you respect yourself and others ... you have nothing to be ashamed of.

If you love being in a relationship all the time and you find yourself getting attached too quickly and wanting to see potential in too many people... you have nothing to be ashamed of.

If you're a dude and you like knitting and going to the spa... you have nothing to be ashamed of.

If you're a woman and you enjoy motocross and crushing tall boys on football Saturdays... you have nothing to be ashamed of.

If you're content with working your comfortable 9-5 and don't want to grind it out for \$1MM... you have nothing to be ashamed of. If you're not content with a 9-5 and you want \$1MM income... you have nothing to be ashamed of.

If you're more emotional or more prone to being a bit crazier than the average person... you have nothing to be ashamed of.

If you're less emotional and don't get overly feely... you have nothing to be ashamed of.

Your emotions are nothing to be ashamed of.

You have nothing to be ashamed of when you listen to yourself.

You have nothing to be ashamed of when you want to see goodness in someone else and that, unfortunately, that comes back to bite you.

You have nothing to be ashamed of when you act on your curiosity, and you fail or fall or it's awkward or humiliating.

You have nothing to be ashamed of because you are acting on what makes you human.

Don't give up on those emotions. Don't give up on the energy that is true to you.

It is YOU. It is human. And how can you feel guilty or ashamed for being human?

Explore that emotion, explore that feeling, explore that curiosity.

Don't cast it aside because you assume that you're supposed to be ashamed of it.

Don't cast it aside because you're an emotional dude and you're supposed to be ashamed of that.

Don't cast it aside because you're not interested in settling down, and you'd rather ho it up and that's not politically correct.

Don't cast it aside because you're not interested in mainstream hobbies and you'd rather spend your weekend doing a paint by number or learning how to do handstands LOL.

Don't cast it aside because you want to see goodness in others. You want to see potential in others, and that makes you assume you should feel ashamed for being naive or gullible.

Those are well-intentioned emotions, and they make you human, and that's nothing to feel ashamed for.

I'm at the age where  
I choose authentic  
over "cool" or  
"flashy" every time. 😊

# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

It's my turn to

because I am

## Describe one thing you typically judge yourself for.

## Now embrace it...

I'm not ashamed to/of

I love that I

It doesn't matter if

Day 22

**What feeling  
lonely really  
means**

At one point or another, we've all felt lonely in life.

We all know what it feels like to be literally and physically alone, but we also know what it's like to be emotionally alone - that's where you struggle to find connection to anything - to people, a job, a purpose, things that used to excite you, hobbies, entertainment, etc.

Here's what I've realized about feeling lonely.

It's easy to fill your head, your heart, and your calendar with things you're "supposed" to like.

It's easy to go on a date. It's easy to go on a second date. It's easy to go to happy hour. It's easy to watch Netflix. It's easy to get a dog. It's easy to get a new outfit. It's easy to do those things and convince yourself you have all the connection you need in life - even if that's not actually true.

As humans, we're hardwired for self-preservation. We'll do anything to protect ourselves, physically and emotionally.

In the case of feeling lonely, it's amazing how easily we readjust our expectations for ourselves. It's amazing how quickly we lower the bar because we're tired, impatient... or lonely.

"I don't really connect with those people, but it's better than being alone... so I'll just be happy with it."

"I feel alone in this relationship, but he/she looks good on paper... so be it."

“I feel completely creatively drained at my job, but I keep getting promoted... so I’ll be happy.”

Loneliness is a response to your search for connection.

You feel lonely when you haven’t found the things, the people, the job or the hobbies that TRULY make you feel connected.

Loneliness is a response to honesty. Loneliness is a response to your standards. Loneliness is a response to the expectations you have for yourself.

And even though it hurts, I look at loneliness as the last remaining proof of your essence. It’s so easy to lose yourself in life. It’s so easy to adopt other peoples’ truths and checklists. When I feel lonely, I see it as a strength.

When you feel lonely, and your response is NOT to lower the bar... that means you’re not letting loneliness win.

It means you’re respecting your search for connection and you’re not willing to lower your standard to find it, just to get rid of that loneliness.

There’s a quote I love that really brought this home for me.

It’s from sociologist and author, Martha Beck, who says:

“Loneliness is proof that your innate search for connection is intact.”

Yes! That is it!

Feeling lonely is a sign you're still looking for connection. It's a sign you haven't lowered your expectations for yourself. It's a sign you're not happy with what you're supposed to find connection with.

Why do you feel lonely?

It's NOT because of the reasons we love to resort to, and then respond to by lowering the bar.

It's NOT because you can't connect with others. It's NOT because you're weird. It's NOT because you're awkward. It's NOT because of any inherent personal trait you deem is a flaw.

It's because you're still searching for the connection you deserve. End of story.

I hope you look at your search for connection as a sign of strength in your life.

You're better off changing  
your mind than hoping  
something will change.

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# How “at peace” are you feeling today?

- 1      2      3      4      5      6      7      8      9      10

It's my turn to

because I am

# What “connection” are you still looking for in life?

# Why is that “connection” important to you?

Day 23

**Are you an  
old soul?**

Do you ever feel like an “old soul?”

- You sometimes feel like an outsider.
- You crave meaningful connections and experiences, and when you don't get them... you feel frustrated.
- You're not afraid to think, act, dress or be different. You sometimes laugh at the ridiculousness of trends and what's “popular.”
- You prioritize your spiritual health, your inner world, and your sense of centeredness.
- You enjoy reflection, meditating, journaling, etc. You spend a lot of time just thinking and contemplating the “big picture” parts of your life.
- You have emotional inclinations you can't really explain. You sense peoples' energies, you are intuitive, you know yourself well, and you can sense when something is off.
- One of your favorite words is “why?”

An old soul...

That's someone who has the gift of intuition and who thinks big picture.

I really believe we're all born with these kinds of old soul inclinations. We're all born and live with those intuitive features until we learn it's easier to not act on them.

We learn it's easier to fit in and find "easy" compatibility if we ignore some of our more "vulnerable" inclinations.

That's why I say that honoring your old soul is a bit of a rebellious act! You're literally rebelling against what is easier, what is popular and what is diluted down. When you honor your old soul, your intuition, your appreciation of thought, feeling, peace, calm, and stillness... you're rebelling against the easier path.

So why do this? It can lead to frustration in your dating life, your career, with your friends, etc. It can make you question your timeline vs. others. It can make you doubt that you're lovable. It can make you think you're weird.

Two HUGE reasons...

FIRST... as an old soul, you're so much less inclined to settle.

You think BIG picture. You understand that if you settle today in any sense - life, partner, job, friends, etc. - you're setting yourself up to settle for life.

You tend to take a zoomed-out view of life. You think things like, what actually matters? What is the purpose of my life? Where am I heading? Does this serve my larger purpose? Does this person GET IT?

When you think like that... yes, you're still going to make mistakes... BUT you tend to spot them and move on quickly.

You don't waste time with people who don't understand you or who don't see the world in a similar way. You don't waste time forcing compatibility or forcing energy where it doesn't belong.

Being an old soul means you have a built-in defense against settling.

Honoring this means that your timeline might be a bit different from other people because you don't put up with surface level, sloppy or forced love, jobs, etc.

BUT it's worth it. I think all those folks who turned against their old souls really wish they had that back, don't you agree?

SECOND... as an old soul, you live a life of purpose.

An old soul thinks big. They think WHY a lot. Why am I doing this? Why am I alive? I used to think that was an annoying trait because it meant you couldn't be fun or carefree.

Boy was I wrong. You can be both! You can be more than one thing. You can be happy, fun, carefree, meet all kinds of people, date around, job hop, etc.... AND you can still honor your old soul by asking WHY. A life of purpose is a life where you can answer that question of why.

It's where you can say:

"I know WHY I'm dating this person."

"I know WHY I'm working this job."

“I know WHY I feel this way.”

“I know WHY I have this habit.”

“I know WHY I think this way.”

“I know WHY this person is my friend.”

That is purpose. That is honoring your old soul.

Most people can't say that. They're not bad people at all.

They've just adapted to “easier” and “quicker.”

But I'm team old soul. I'm team WHY. And I hope you are too. :)

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In case no one told you  
today... your weird is the  
weird the world needs.

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# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

It's my turn to

because I am

## What are two areas in your life where you refuse to settle? Why?

1.)

2.)

Day 24

**If you've  
got it,  
flaunt it**

I stumbled on a quote the other day that TRIGGERED me.

“The same energy given to me is the same energy I’m giving back. No more, no less.”

I hate that!

To me that quote says: “my energy, my compassion, my honesty... I only give when I’m given. I only offer what is reciprocated. I only turn it on when I have permission.”

WHAT??! That’s an a\*\* backwards way of living life.

That’s the way you decide if you’re going to be yourself??

That’s the way you decide if you’re going to be compassionate, kind, loving, energized, outgoing, and friendly?

- You’re going to be the person who takes 2 days to respond to a text because he/she did?

- You’re going to be the person who is rude to that waiter because he/she was rude to you?

- You’re going to be dishonest because that person was dishonest?

- You’re not going to lend a hand to your friend because he/she never offers to help you?

That is not how life is meant to be lived! The truth about life is you’re going to have so many opportunities to treat others the opposite of how you’ve been treated.

To only match what you're given... THAT's going to drain you. THAT's an extremely negative headspace where you handcuff yourself unnecessarily.

There's a better choice.

- Be the person who jokes FIRST, who smiles FIRST, who is high energy even if that other person is not.
- Be the person who responds to texts immediately because you want to.
- Be the person who doesn't follow some BS 3-day rule.
- Be the person who is an over-the-top goood morning person even if no one else is.

Be the person who sets the tone for the energy.

Be the person who cannonballs into the pool. Be the person who is first to try, first to help, first to call, first to show empathy.

And be the person who continues to be that way, even when it's not matched.

Say: "everything I need, I can reciprocate."

"The energy I need, I can reciprocate."

"The love I need, I can reciprocate."

“The kindness, the help, the enthusiasm, the laughter, the drive I need...I can reciprocate.”

And not just reciprocate... but INITIATE... and continue to give when it's not matched.

“The energy I need, the love I need, the kindness, the helpful hand, the enthusiasm, the laughter, the drive I need... I can initiate. Don't just do what others do!”

Question that! Be different.

Doing this doesn't mean you allow others to walk all over you or that you tolerate people who don't deserve you. No... it just means you flaunt what you have. You don't wait for permission. You don't wait to match.

If you've got it! Flaunt it!

Refuse to be someone who only matches what they're given.

Ask yourself: “what is it I want? How is it I want to be treated?”

Do that. Be that person. Lead with those things.

Do that regardless of whether someone gives it back.

Anything you want you can initiate.

That's true to you, and that's living a life without regret.



You have this one life...  
don't spend it trying to  
be everyone's cup of tea.

# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

It's my turn to

because I am

## What TWO things are you willing to do FIRST?

1.)

2.)

Day 25

**You have  
the right to  
remain sexy**

It's an important reminder that as much as you have the right and the ability to be confident, sexy, to know your worth, to trust yourself, to love yourself... there's nothing wrong with you when you fall short. You have the right to let your guard down.

You have the right to not know what you're doing. You have the right to feel lost. You have the right to not have everything planned and be perfect. You have the right to be disappointed.

And what's more... you have the right to not always be an amazing, centered, mindful, and compassionate person.

You have the right to be angry, to be frustrated, to be upset that someone wronged you or hurt you, to feel embarrassed, etc.

You are human, and you have the right to feel what you feel even if it's not the way you should, or even if you know you're capable of doing better.

You should never shame yourself for that.

- You have the right to be angry... even when you know you should just say wosahhh and go to your happy place.

- You have the right to be hurt... even though you know you shouldn't take something personally.

- You have the right to struggle to let go of something or someone from your past... even though you know you should create your own closure and find peace.

- You have the right to feel wronged... even though you know you should just embrace the randomness of life and the imperfections of others.

You don't need to be some perfect person who never gets down on themselves, who never feels defeated or who never gets upset. That is not the measure of being your best self.

You're human! I'm human!

In the moment... there's nothing to feel guilty or ashamed of. There's nothing wrong with you for feeling that way.

We need to remember this.

You don't always need to immediately put a positive spin on things like you usually pressure yourself to do.

We all try to force ourselves to be optimists.

- Got rejected? "Ok cool, well I'm not for everyone. It's all good."

- Cheated on? "Phew I'm glad I found out now instead of later. It's all good."

- Someone criticizes you? "It's ok! I don't care about random peoples' opinions. It's all good."

You shouldn't force yourself to just say those things if you don't believe them.

You don't have to put a spin on it immediately... you can do that tomorrow. If you need to feel... then feel.

- Got rejected? "Ok that sucks! I'm going to be frustrated for a minute. I'm frustrated because I tried my best and it wasn't good enough."

- Cheated on? "That hurts! I didn't deserve that. That person hurt me."

- Someone criticizes you? "That hurt my feelings. I'm allowed to be sensitive and take something personally for a hot minute."

It's ok to feel those things. You have the right to feel those things. And you should!

If you're constantly forcing yourself to put a positive spin on things, you're going to ignore a lot of feelings that you need to feel.

It's healthy to feel those emotions. You can't heal what you refuse to feel.

If you're a living breathing "live, laugh, love" sign, you're not experiencing what you need to feel.

Be human! Be a human who has the right to have good days and a human who has the right to have bad days.

And embrace both!

Don't ignore them. Don't shove them down and slap a smile on your face if you don't mean it right now.

You can't learn from something you ignore.

One more time.

You can't learn from something you ignore.

You have the right to be happy - to be compassionate and to turn the other cheek, to be hot, attractive, to have some swag, to forgive, to learn from your past mistakes, etc.

AND you also have the right to be human - to feel hurt, to feel insecure, to feel angry, lost, etc.

There's nothing to feel guilty about.

It's not forever. It's not forever because you also have the right to heal and overcome... and you will.



Healing is falling back in  
love with who you are and  
what you bring to the table.

# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

It's my turn to

because I am

## How do you REALLY feel right now? Let it all out.

Day 26

**Perfect moments  
>  
perfect life**

There's no such thing as a perfect life, only perfect moments.

This realization leads you to appreciate life as it comes at you... not constantly looking to the future, obsessing over some perfect day, some perfect relationship, some perfect job, etc.

Perfect moments are what make a life perfect... and the good news is we all have perfect moments. Yes, sometimes they are surrounded by BS and not so great moments, but we all have them. Perfect moments amidst imperfect moments....

Yes amidst no. Praise amidst rejection. Happiness amidst disappointment. Success amidst failure.

You've had perfect moments in your life.

- You had perfect moments with your ex even though that relationship ultimately didn't work out.
- You had perfect moments at your old job even though it ended up being not what you wanted or deserved.
- You had perfect moments with your friends even though now maybe you're all busy in your life, at different stages, drifting apart.
- You had perfect moments with yourself where you were feeling yourself even though you also felt insecure.

Those are perfect moments. Perfect moments amidst imperfect moments.

I think reframing our expectation to want those perfect moments instead of a consistently perfect life is exactly what we need to do. In fact, we should also appreciate the imperfect moments.

Why? Because perfect moments come from imperfect moments. What makes our life's perfect moments so great and rewarding is the fact that they've been delivered to us in imperfect ways.

Imperfect love is what you need to find perfect love.

Heartbreak? Yes, it sucks, but that experience is what makes you realize what matters, what compassion looks like, what reciprocity looks like. That imperfect experience made you fall apart and rebuild yourself. That experience is what's going to make future love perfect for you.

- An imperfect career. Thinking you finally found that dream job, that career... only to have it drain you and make you rethink everything and rebuild your career.

That imperfect experience sucked, but it's that experience and that perspective that's going to lead you to find a future perfect career.

- An imperfect relationship with yourself. If you always loved yourself and always had top tier confidence and charisma, what would that mean? Not a whole lot. You've been beat up. You know what it's like to guilt yourself, doubt yourself, maybe even hate yourself.

And because of that, you know what a gift it is to find yourself, to come back and to love who you are.

To have an imperfect moment - a breakup, a personal meltdown, a rejection, a moment of massive insecurity - but then to later find a perfect moment in the form of a moment of connection with someone else, a moment of insane compatibility, a moment of confidence, a moment of making power moves, a moment where you're proud of yourself - THAT is what makes life great.

Those are the moments that when added up make life perfect.

Perfect moments come from imperfect experiences.

- Love comes from heartbreak.
- Confidence comes from self-doubt.
- Clarity comes from insecurity.
- Success comes from frustration and failure.

There is no such thing as a perfect life, only perfect moments.

This chapter of my life is called: "I've overcome a lot, and that is not by accident."



# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

It's my turn to

because I am

## Describe ONE perfect MOMENT from your past.

## Describe ONE future perfect MOMENT you're excited to experience.

Day 27

# The subtle art of talking to yourself

The way you talk to yourself is the way you see yourself.

And the way you see yourself is ultimately what builds your confidence. It's what drives you to do or to not do. It's what gives you peace. It's a big deal, my friend!

At the end of the day, you can either practice negative self-talk or positive self-talk.

Negative self-talk tears you down. It's like talking constant sh\*t to yourself. I've heard negative self-talk referred to as "DIY bullying."

I want you to have positive self-talk! I want you to love yourself! I want you to be your own biggest fan!

So, I have one very specific idea that has helped me a lot.

Know that you are a freakin' force to be reckoned with, and when it comes to self-talk, act like it!

Not in a subtle way. Not in a gentle way. Own it in an "in-your-face kind of way." Hear me out...

We need to move past coddling ourselves with talk like... "oh baby, Case you are good enough. It's ok buddy- you're kind and compassionate. Who wouldn't want you? You're good enough, you're talented enough, and gosh darnit people like you!"

That's gentle. Too gentle! Too subtle!

If you are a force to be reckoned with in life - that is someone who wants more, who's in love with life, who believes in themselves, and wants to see it all, touch it all, taste it all, and live it all - I think you should act like it.

In your self-talk... replace the word 'enough' with the word 'more.'

Replace the word 'enough' with words that end in 'er' or 'est.'

Replace the word 'enough' with words like MORE, BETTER, BEST.

When you do that, you demand that you hold yourself to a higher standard.

It's not a standard that is better than anyone else or that places you above someone.

It's a higher standard of who you are capable of becoming, and it demands you step out, show up, and prove that you're a force to be reckoned with.

A higher standard never uses the word 'enough.'

When you hold yourself to a higher standard, you replace your 'enough' thinking with MORE.

You move past saying things like: "I'm good enough. I'm confident enough. I'm worthy enough. I'm talented enough. I'm motivated enough. I'm smart enough. I'm patient enough."

Enough for who?!

Nah, you don't say that anymore. You say: "I am the most confident. I am the worthiest. I am the most talented, the most motivated, the smartest, the most patient."

THAT is the higher standard you hold yourself to, and that kind of self-talk is so much more powerful than being gentle with yourself and convincing yourself that you are enough.

Enough!? Enough by whose standard? Forget that.

Your words matter. Replace 'enough' with 'more' or 'er' or 'est.' You're not saying you're more capable, smarter, more confident, more driven, more talented than someone else.

You're not calling someone else out and saying you're better than them.

Nah, this is between you and you. When you replace 'enough' with bigger words, you are saying that you are more capable, smarter, more confident, more driven, more talented THAN the old version of you.

You are more than the version of you who disappoints you, who chickens out at the last minute, who doesn't step out, and who doesn't feel motivated. You have a new standard, and that means you've grown past that old version of you! You're not comparing yourself to anyone else.

You're comparing yourself to yourself - either to who you used to be or who you want to be.

Don't be subtle about it!

Affirm that you are more passionate, the most passionate, the strongest, the smartest, the most ambitious, the hardest working, the kindest, the most confident.

Drop the word 'enough,' make your internal dialogue anything but subtle, and I'm confident your life will follow.

This year we're making  
decisions for ourselves, and  
we're not feeling bad about it.



# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

It's my turn to

because I am

## Hype yourself up.

I am the most

and I deserve

I am the most

and I deserve

I am the most

and I deserve

Day 28

**Your past  
is powerful**

No matter your past... don't look back with shame or regret.

That breakup. That failure. That rejection. That time of feeling lost or insecure. Mistakes you've made.

There is power in those experiences. Why?

When you erase the mistakes of your past, you erase the wisdom of your present.

Have you heard that saying before? It's SO true!

When you take the mistake away, you're left without the lesson... and the lesson is everything!

Unfortunate truth: you need lessons in life! If all you had were wins, if all you heard was yes, if everything worked out for you... as nice as that might sound... you'd be an absolute mess!

Totally ungrounded and disconnected.

You need lessons in life! You need mistakes in life! That is how you arrive at the wisdom of your present.

- How are you going to know what love is until you know what it's not?

- How are you going to know what success looks like to you until you know what failure looks like?

- How are you going to know what confidence looks like unless you know what it means to be insecure?

- How are you going to know what being passionate about something looks like unless you've been bored and unengaged?

You need THOSE lessons.

You need to know what it's like to not click with someone in order to know what connection really looks like.

You need to know what it feels like to be rejected in order to know what it's like to be loved and to love.

You need to know what it's like to hate your job in order to know what actually makes you want to get up each morning.

What can you do with the pain in your life? What can you turn it into? Can you appreciate it even though it hurts? Can you create something from it?

Art comes from pain. Music comes from pain. If you ask any artist what inspired their greatest piece... I'm willing to bet their inspiration came from something that didn't go right, a mistake or a tough lesson. BUT they turned around and celebrated it in their art.

So, in my mind, pain is a catalyst for creation. You need it.

If you erased the mistakes from your past, you'd have no wisdom of the present.

Can you be grateful for the wisdom of your present? You're probably low-key grateful, but don't realize it.

I'm sure you're grateful that you can spot a red flag. I'm sure you're proud of yourself for standing up for who you are and what you want. I'm sure you're proud of the work ethic you've built for yourself.

Well... I'm willing to bet your current wisdom came from prior pain.

- You learned those red flags after f\*\*\*boy Chad ghosted you.
- You learned to stand up for yourself after being totally ignored and overlooked by your job.
- You learned to hustle your a\*\* off because you've discovered something that made it all worth it to you.

Your past pain, frustrations, and rejection gives you present wisdom. That's not a consolation prize! That's not a participation trophy! It's powerful! It gives you a guiding light. It makes you realize what you can and will become one day.

So, please don't look back and beat yourself up. Please don't think your mistakes, your misses, your failures, or your past pains were for nothing.

They are the furthest thing from nothing. They are what give you your essence. Wisdom, centeredness, confidence, and self-esteem **ONLY** come from experience.

- You can't become passionate about something until you've been through a dozen things that don't engage you.

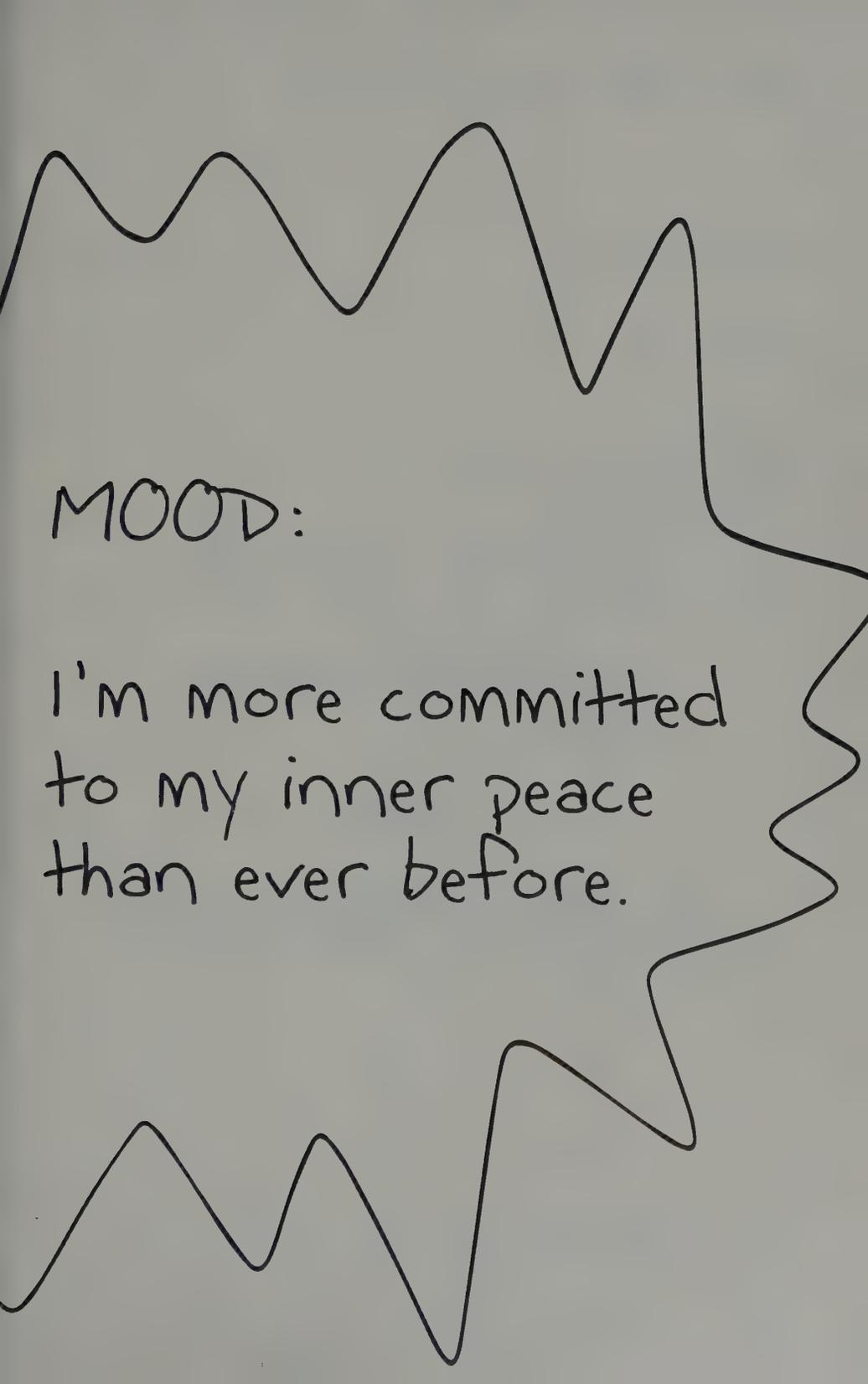
- You can't become confident in yourself until you've disappointed yourself and made mistakes only to realize that you can control your reaction and your mindset.

- You can't create self-worth in a vacuum, in the mirror in the morning... you create it through experience, holding your ground, and creating self-respect out of the opposite of it.

It's ok to be frustrated, it's ok to be sad, to get down on yourself, to feel lost.

It's ok to say... "that hurts, that sucks, I deserve better."

But please see what I see... your past mistakes give you future wisdom.



MOOD:

I'm more committed  
to my inner peace  
than ever before.

# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

It's my turn to

because I am

## Describe two past mistakes and what present wisdom they each gave you.

Past mistake:

Present wisdom:

Past mistake:

Present wisdom:

Day 29

**Are you  
walking  
or  
running?**

Fact: You can't "think" yourself into becoming the person you want to be.

You can't think yourself into becoming a bad-ass human, with your dream job, with your 10/10 girlfriend or boyfriend. You can't think yourself into becoming a suave, confident human. You can't think yourself into being pimps from Oakland or cowboys from Arizona... Grow up, Peter Pan! Count Chocula!

If you want to become the person you want to become, you have to think it AND then do it.

So, let's start with what's going on in your mind.

Know this: you will never go anywhere if you stay put.

You will never go anywhere if you stay put in your mind, and you will never go anywhere if you stay put in what you do.

It's time to make a decision in your head. It's time to stop avoiding thinking about things that make you uncomfortable.

Here's what I say to myself: "I will never go anywhere if..."

"I continue to not know what I want in a relationship."

"I refuse to look past trauma or pain in the face and come to terms with it."

"I refuse to take a good, hard look at my bad habits."

"I refuse to push to understand why I'm anxious."

“I refuse to come to terms with my insecurities.”

A lot of the time, we're walking in our life when we should be running. We should be running to make sense of things in our mind so we can take action in our life.

This means no longer ignoring those things in your head (aka walking). Run towards it! Have a sense of urgency!

You can do so much more than walk. You can run in your head and in your heart.

Are you walking towards the person you want to become?

Or are you running?

I'm willing to bet that you have some things in your mind that you don't like to think about. You ignore them and put off thinking about them because it's uncomfortable.

Your insecurities. Things that have happened or haven't happened in your past. Issues with your relationships.

It's like avoiding looking in the mirror on a bad hair day. You know you're having a bad hair day, but it makes you feel worse when you see it in the mirror... so you don't look.

When you walk instead of run...

You put off understanding why you don't feel confident.

You put off understanding why you can't commit in a relationship. You put off trying to understand why you aren't fulfilled in your job. You put off understanding why you're afraid to take a step towards your passion. You put off burying the hatchet, getting rid of grudges, animosity, or jealousy that you carry with you.

Face those things. Make awkward eye contact with them and work it out!

In your head... run towards your relationship issues.

Run towards lack of commitment or communication or whatever vulnerability has been holding you back.

Stop walking. Run towards it. Run towards why you're not feeling confident in your current relationship. Run towards it in your heart so you can then make a better decision with your actions.

In your head... run towards your insecurities.

Run towards your lack of confidence, towards your goofiness that you think is negative, towards your self-doubt.

Run towards it.

Why do you feel this way? What is making you feel this way? What can you do to empower yourself? Run towards it in your heart so you can make a decision with your actions.

The sooner you work things out in your head and heart, the sooner your actions can make that real.

Think and then do!

Sit your a\*\* down and run towards those things that hold weight in your head and heart.

Run in your head and heart! Sit down, look at those things that make you question yourself that make you uncomfortable. Look them in the eye so that you can turn around and make more decisions in life. That could result in a decision to leave your job, to start looking for a new one.

It could mean leaving a relationship. It could mean staying single. It could mean banging out a killer selfie and posting it. It could mean confronting a friend or a parent or brother or sister. It could mean letting go of a grudge. It could mean getting in the gym. It could mean moving. It could mean stopping a bad habit or picking up a new one.

Run in your head and heart so you can run in your life with what you do.

Run towards what you want to make sense of so you can then make it real with what you do. You connect the dots looking back... not forward.

So, stop putting off those things you need to make sense of in your head, make more decisions and have more dots to connect.

You know you're at peace  
when you no longer see rejection  
as a bad thing... it's just a way  
to get closer to finding where  
you belong.



# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

It's my turn to

because I am

## What are two things you're **RUNNING TOWARD** in your life?

1.)

2.)

Day 30

**Does  
everything  
happen for  
a reason?**

Does everything happen for a reason in life?

I've always disliked the usual answer of... yes, that was supposed to happen. That was meant to happen.

“For real? I was supposed to get fired?! I was supposed to be broken up with?! I was supposed to bomb that presentation?! I was supposed to lose that friend?!”

I've never liked that. That seems too preplanned and would mean I'm just out here with zero control?

I don't think things happen because they were meant to happen.

But I do fundamentally believe that when something bad happens to you in your life... in that blink of an eye... it suddenly gains a reason for happening.

Here's how I look at life.

When good things happen, we don't think twice. We're just like “yep, that's great. I deserve this. I'm going to take it and run with it. It happened for a reason.”

But when bad things happen, we absolutely lose it. We question everything. We assume the worst. We spiral into self-doubt, indecision, and overthinking. It's a weird double standard, right?

When good things happen, we just assume they're happening because they're supposed to happen.

Why don't we apply that same standard to the not-so-great things that happen in our lives?

If the good things happen for a reason, why can't we say the same about the bad things?

I think it's unfair to ourselves, and it's the source of a lot of unease and anxiety in our lives when we don't.

The best way to simplify our lives is to take a step back and apply the same standard.

- Something good happened? Great! That's happening for a reason.

- Something bad happened? OK. That's also happening for a reason.

This will serve you really well because it sets you up to have a powerful mindset. That's the "I'm not ok, but I will be" mindset.

This says it's fine to be confused or lost or rejected, BUT you'll be ok because you know that things DO happen for a reason.

They happen to mold us in some way that will ultimately make us OK.

Every bad thing that happens to you in life... regardless of what it takes from you - whether that's a person, an opportunity, a sense of confidence, direction, etc. - it also gives you something in return. Every single time, without fail... it gives you purpose.

- If your three-year long relationship falls apart, and that gives you a reason to reconsider who you are and what you want in life and love... that is purpose that happened for a reason.
- If your dream job rejects you, and that gives you purpose to refine your skillset and your public speaking skills... that is purpose that happened for a reason.
- If you feel lost and unsure in your life, and that gives you drive to explore and find yourself... that is purpose that happened for a reason.
- If you feel insecure and lacking confidence, and that gives you motivation to dive into a passion or hobby that is personal to you... that is purpose that happened for a reason. That reframing will lead you to have the “I’m not ok, but I will be” mindset.

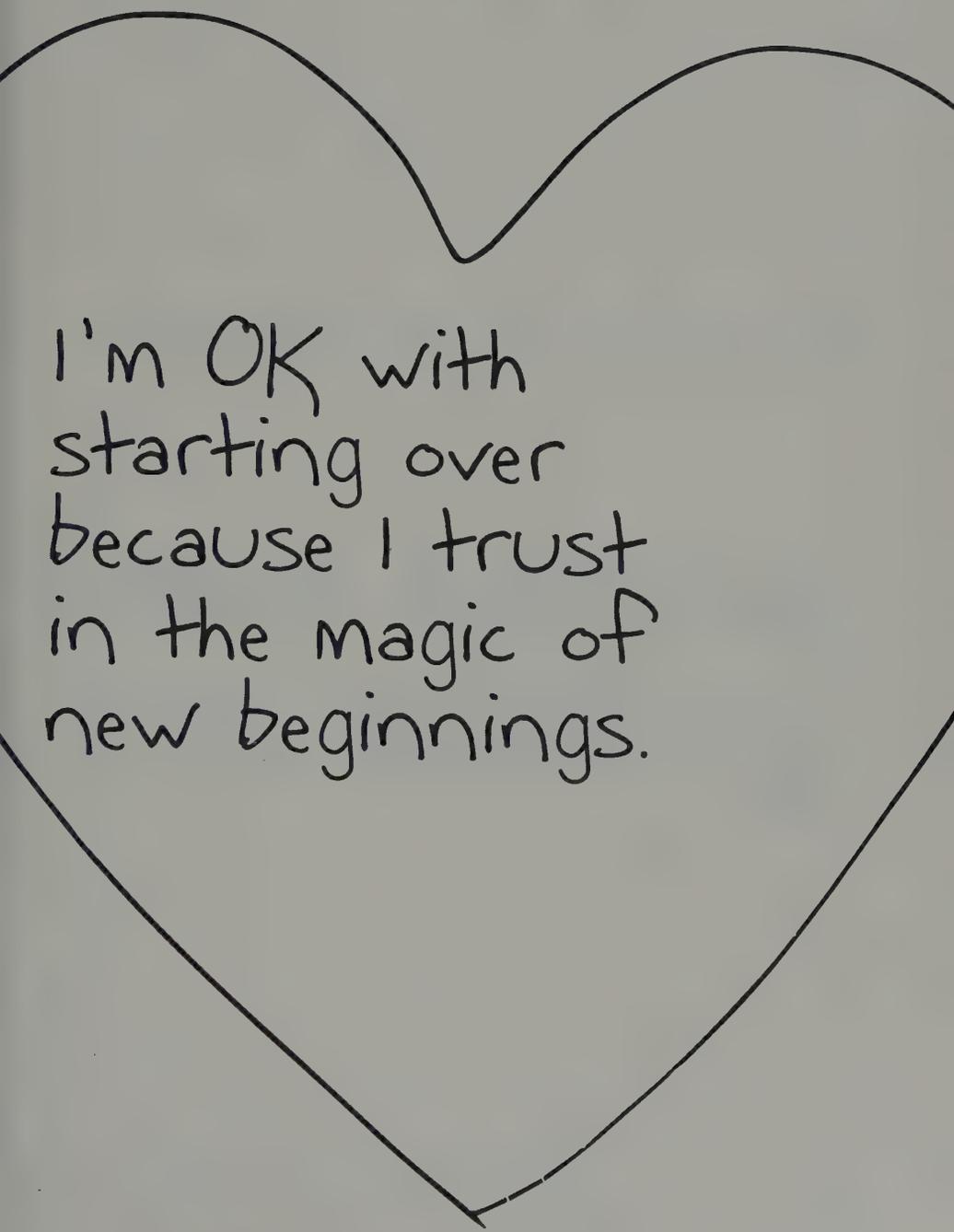
I should note that this mindset is not easy at all to apply in the midst of tragedy or outright unfair life circumstances. It can take a lifetime to know why something unfair and tragic happened. But, broadly speaking, there is something given in return when something else is taken. I fundamentally believe this. This mindset is all about being egoless, vulnerable, and understanding that life has a way of balancing things out.

Say: “I’m not ok... but I will be.”

“I will be ok because this happened for a reason. I’m not sure what that specific reason is, but I know that it gave me purpose.”

“That purpose is going to shape me. It’s going to point me in a direction that is up. I can’t go lower. It’s pointing me to something better, something more worthwhile, and something more powerful.”

The purpose you’ve been given will deliver new outcomes in your life... as long as that’s your expectation of them.



I'm OK with  
starting over  
because I trust  
in the magic of  
new beginnings.

# How “at peace” are you feeling today?

1      2      3      4      5      6      7      8      9      10

It's my turn to

because I am

# What is the purpose of your life's current chapter?

Day 31

**Dear karma,  
I'm waiting**

Do you believe in positive karma?

I'm sure you believe in bad karma, right?

You believe that when someone is an objective a\*\*hole to you, that it will come back around to them. I'm sure you believe that. What goes around comes around, right?

But what about your life's good karma? Do you believe in that?

It's something we tend to forget about, but I think it should be your north star in life. Here's how I ground myself in a belief in good karma.

Know that it's crucial in life to believe in yourself - that's not particularly earth-shattering. :)

You've gotta believe that you're capable, that you're worthy, that you've got what it takes, that you'll put in the work, and that you'll always respect yourself.

BUT I don't think it's enough to just believe in yourself. You have to believe that other people - the world, the universe - will recognize that and will reward it.

You have to believe that what goes around comes around.

You have to believe that...

- Even if your kind acts are ignored today, they will be noticed eventually.

- Even if your words of encouragement aren't appreciated today, they will be eventually.
- Even if you're misunderstood or overlooked, that your commitment to be comfortable in who you are won't always be misunderstood.
- Every time you take time or energy to appreciate someone else... that will come back to you in your life.
- Even if someone forgets you but you remember them, that will be returned to you.

Can you push yourself to believe in your commitment to yourself and your ability... and even if it's not returned to you immediately, have faith that the universe will eventually recognize it and reward it? THAT is your good karma. I think it's so important to have a belief like this - a dual belief in yourself and that the universe also believes in it. I think this is so important, because in life, you find yourself faced with "behind the scenes" decisions all the time.

- "Should I be honest with this person I'm dating or just f\*\*\* around until it falls apart?"
- "Should I help this person even though they'd never help me?"
- "Should I apologize or forgive even though I really don't need to?"
- "Should I close off because I'm constantly misunderstood and overlooked?"

You know what I'm talking about! You have choices all the time - behind the scenes choices that people rarely see.

In those moments, you can choose to believe that life is random, that no one has your back and it is what it is... OR you can choose to believe in positive karma.

You can choose to believe that a belief in yourself will come back around to you.

So, I ask you... what do you want in life? How do you want to be treated?

If you want to be loved, seen, recognized, supported, and communicated with... believe in yourself and your ability to do those things yourself.

Believe in your ability to love others when you don't have to, to see and recognize someone else who doesn't deserve it, to support someone who has never supported you and to communicate with someone even though it's easier not to.

Do that because karma is real, and your actions will be returned to you. When you do that, you're going to find yourself really loving who you are. I'm confident in that.

You'll do that because you're proud of yourself and the decisions you make behind the scenes... when no one's watching.

You'll feel at peace.

- Knowing that all those times you kept your hopes up, all those times you stayed up waiting for a call, waiting for a text but never got it... that it will eventually come to you, and it will be with someone who would never leave you hanging like that.

- Knowing that all the times you've felt overlooked, misunderstood, unworthy... that you will eventually be recognized in huge, fulfilling ways that will make you feel at peace and proud of who you are.

- Knowing that all the times you felt tempted to change who you are to fit in... that eventually you'll be so glad you didn't, that you found someone, people, circumstances that reward you for being exactly who you are.

So, join me! Say:

"I will continue to believe that the love I give will be shared with me."

"I will continue to believe that my kindness will be returned to me."

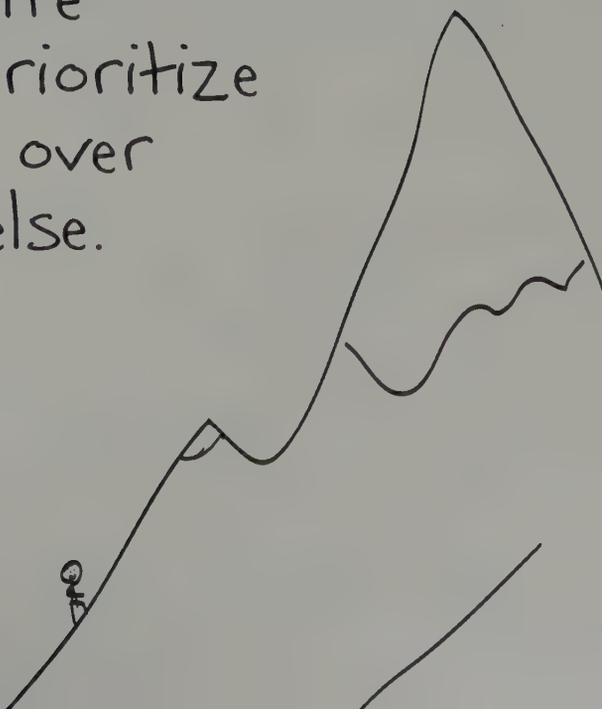
"I believe that my talent and my passion will be recognized."

"I believe that nothing I do that is well-intentioned and kind is ever wasted... that every time I give when I don't have to, that every selfless act I do, that every decision I make that I'm proud of... it solidifies my belief in myself and the world around me."

THAT is karma.

Believe in yourself, believe that your belief in yourself will be returned to you, and I'm confident you'll find yourself navigating the ups and downs in life with much more peace and confidence.

You'll be amazed  
by what you  
attract in life  
when you prioritize  
inner peace over  
everything else.



# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

It's my turn to

because I deserve

## Describe the good karma you believe in.

Good karma 1:

Good karma 2:

Day 32

**It's okay to be  
misunderstood**

Allow yourself to be misunderstood. Let people assume whatever they want about you.

Why? Because you're multi-faceted. What they see is not all they get.

You're free to be a lady in the streets but a freak in the sheets. Hannah in the streets, Miley in the sheets. Times New Roman in the streets. Wingdings in the sheets. INTJ in the streets, ESFP in the sheets. You get it.

It is a powerful mindset to embrace how multi-faceted you are and to not care if someone only saw one side of you.

Let it go! Don't waste your energy wanting everyone to know your brand, what you're about, or correcting them.

Let people think what they want.... and don't feel the need to correct them. Give so little energy over to even considering what they assume about you that it's the last thing on your mind.

If someone wants to think you're a boring finance bro, let them.

If someone wants to think you're a space cadet floozy, let them.

If someone wants to think you're a sensitive snowflake, let them.

Let them assume because you know that's not all there is to you.

You can work hard at your finance job... but also be a passionate artist.

You can dress hot and look amazing... but you can also be an incredibly humble and talented writer.

You can be emotional and sensitive... but also be incredibly impactful in your community.

Multi-faceted...

If someone only sees one side of you because that's the only side they bothered to see or because that's all they had time to see... that's ok.

Let them assume what they want about you.

You can rest easy, smile, and feel centered in knowing that there's so much more to you than meets the eye.

Your purpose on earth is so much bigger than convincing others you're a certain way. It's so much bigger than spending your energy correcting people.

Let them assume while you actually live your truth. YOUR truths. The multiple facets of who YOU are.

Dress how you want, act how you want, work your job, be compassionate, be creative, be loud, be quiet, etc.

Let them assume. Let them misunderstand you.

And know that it's okay because YOU don't misunderstand yourself and that's all that matters. You know who you are, you know what you're about, and you know how much you're growing.

So, what's there to worry about? Not much in my mind.

Let them assume. Just do your thing.

Be kind, push yourself to grow and you never have anything to worry about. You never have to correct someone or even worry what they assume about you because you're too busy living your truth.

If that truth is a club on a Friday night but volunteering on Saturday... so be it.

If that truth is a 16-hour workday at that investment firm, but when you get home, it's playing the violin... so be it.

If that truth is listening to loud fist bumping house music all day but then sitting down to write poetry... so be it.

If that truth is posting banging mouth-watering selfies but then cuddling up with your boyfriend/girlfriend and telling him/her you love him/her... so be it.

You're multi-faceted and you're allowed to be that way.

Let them assume while you live your life.

Long story short:

it's better to be  
misunderstood  
than water yourself  
down to fit in.

# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

It's my turn to

because I deserve

## Celebrate how multi-faceted you are...

I like to

but I also

I like to

but I also

I am

but I am also

I am

but I am also

Day 33

**What is your  
detachment  
style?**

How do you react to rejection? How do you react to NO?  
How do you react to realizing that someone or something is not as compatible with you as you once thought?

How do you react to needing to detach from that person or thing?

I call this your “detachment” style.

How do you detach from someone who disappoints you?

How do you detach from someone you saw a lot of potential with, but after five dates, they decide they aren't ready for a relationship?

How do you detach from a relationship where you realize you're settling?

How do you detach from what you thought was your dream job, a bad friend, etc.?

In my mind, there are TWO detachment styles...

The first one is what I call the blame detachment style. Blame.

You blame your ex for not rising to the occasion. You blame them for not trying, for not changing, for not being loyal, for not being honest, etc. You blame your boss for not seeing your worth, your talent, your potential, etc.

Blame. Anger. Frustration. Resentment. Spite.

What a loser! Why are they even on this dating app if they're not looking for a relationship?!

Idiot manager... all they do is boss me around.

We use those negative feelings to propel ourselves to detach.

And then there's detachment style 2.

Detachment style 2 is the opposite of blame. It's a graceful way of detachment where instead of using blame as fuel, you use self-respect to detach from a place of power. I call it grace. It's grace that's defined by the realization that life is 100% going to be filled with soooo many instances where we NEED to walk away.

And doing that doesn't mean you're weak, it doesn't mean you're giving up, and it doesn't mean you're lost.

It simply means you're taking your power back.

Consider why we turn to anger and blame in the first place. If you're angry with THEM, if THEY didn't deliver, if THEY are idiots, if THEY are the bad guys... then that can't mean you're weak. It's their fault!

But that is short-sighted and it only serves to fill your heart with those very same emotions.

That is not a peaceful way to live, and most of all, it's not a place of leverage because it takes your power away even more.

Grace detachment style is all about YOU. It's about taking your power back. It's about why YOU are letting go.

It's not about giving them more energy or more attention.

It's not about them. It's about YOU.

It's about what YOU gained from that experience. It's about the new standard YOU created. It's about how YOU leveled up.

Instead of being angry or blaming them (even though they very well might deserve it), you say "ok, I might not want to detach, but I need to, and here's what it taught me. Here's my new higher standard. Here's me leveling up."

That is power. That is leverage.

In the face of something that is hurtful - being overlooked, hurt, abandoned, rejected, etc. - realize that blame won't give you inner peace because it gives power to them.

Detachment should be all about you!

... and choosing grace is what refocuses you back to yourself.

Grace takes that blame and turns it into power.

It's you saying yes, the obvious answer is that THEY fell short... but my energy is better used by saying, "Here is my higher standard, here is my resolve, and here is my self-respect."

That is where your energy is best spent.

It's not best spent with anger and blame and angry late-night texts.

Don't make it more about them by responding with blame or anger.

Reclaim your energy by detaching with grace. Reclaim your energy by detaching with power.

If life is filled with detachment (which it is) and if every time you detach from a place of grace, you take back your power.... well, holy s\*\*\*! You're going to be unstoppable!

You're going to be operating from a place of absolute inner peace, because it's about you... not them.

I hope you choose to detach from a place of power.

Plot twist:

Happiness isn't about  
more or better... it's about  
different and simpler.

# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

It's my turn to

because I deserve

## What are three things you'll walk away from if you encounter them in the future?

1.)

2.)

3.)

Day 34

**Take your  
own advice**

Are you that friend who gives great advice? Do you give top tier \*chef's kiss\* advice to your friends on their dating lives, their careers, etc.?

When it's not your own life, do you tend to see things clearly and give great advice.... BUT then when it comes to your own life, you don't take it?

You're aware of some of your self-destructive tendencies, but you don't take your own advice to stop them?

Sound familiar?

You're not alone...

We're terrible at taking our own advice.

You might tell yourself things like: "I should really eat healthier. I should really stop hooking up with randos. I should really get disciplined about work. I should really go after that thing I'm passionate about, etc."

But then, when it's game time and you're at Trader Joe's, you're swiping on the dating apps, or you're out at the bar... you suddenly lose sight of that advice.

You resort to what you normally do. You resort to comfort. You resort to stubbornness. You resort to fitting in.

Why don't we take our own advice?

We use age as an excuse A LOT.

I can't change now. I've invested too much into this habit or this endeavor or this mindset or this timeline.

We're VERY capable of learning to take our advice no matter how old we are or what stage of life we're in... we just need to think smaller. Take your own advice for 24 hours. That's it. See what happens.

Instead of kicking it down the road like you always do or only dishing it out to your friends... take your own advice for one singular day.

To convince our stubborn human selves to take our own advice... we need to think small and not big.

Why?

Because we resort to excuses when we have thoughts like: "I need to be healthier FOREVER. I need to quit my job and start my business for the rest of my life. I need to be confident FOREVER. We need to think smaller."

"TODAY I'm going to eat healthy. TODAY I'm going to work out. TODAY I'm going to write down my business idea. TODAY I'm going to slow down."

That is how we end up taking our own advice in the long run. Think smaller.

Small moments show us that it's never too late.

What advice would you give your younger self?

Don't overthink it. What's the first piece of advice you'd give yourself?

You might list things like:

- slow down, appreciate what you have and don't take life for granted.
- stop waiting for the perfect moment to act.
- don't compare yourself to other people.
- be kind to yourself.

What would happen if you took THAT advice for 24 hours?

What would happen if you thought smaller?

Don't let your human self resort to robot or excuse mode - "I'm too old, I'm past that point, I don't have time, I can't stop now," etc.

Don't allow yourself to go to that place because you're thinking too big. Think small. Smaller, smaller, smaller. Yep, right there.

For 24 hours...

- "Today I'm going to slow down and appreciate what I have."
- "Today is the perfect moment to take one small step towards that thing I've always put off."

- “Today I’m not going to compare myself at all.”

- “Today I’m going to compliment myself and be kind to ME.”

Do that today.

And then when you wake up tomorrow... take your own advice again.

Eventually you’ll look back and you’ll be proud because you’re finally taking your own advice.

This year, we're  
prioritizing our mental  
health more than our desire  
to please other people.



# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

It's my turn to

because I deserve

# What advice would you give to yourself five years ago?

Day 35

**You're  
capable of  
so much  
more**

Deep down, you know you have more potential, right?

You know you have talents, abilities, kindness, and compassion to give to the world.

You're capable of more.

So then also know that to make that a reality, it's not always a matter of being the best, the coolest, or the most talented.

No. It's about letting go of the things that are holding you back. It's about setting yourself free to live that potential.

It sounds simple, yes... but you'd be amazed how you're holding yourself back.

You'd be amazed by how the weight of your past dims the light of your present. It's inevitable to carry aspects of your past with you into your present and future. It's human. But it's not your job to carry those things with you for as long as you do.

It's time to put those things down and as Paulo Coelho said...

"If you're brave enough to say goodbye, life will reward you with a new hello. Learn from your past, but put it down when you've done that."

Put it down when it's served its purpose.

Your past mistakes don't hold the keys to your future happiness.

The people who broke you do not have the power to put you back together, your past insecurities do not have the power to grow you, and your past regrets do not have the power to make you happy. If it's heavy, put it down. Those feelings and those experiences have already served their purpose.

THAT is why you let go.

- In experiencing rejection, you learned your worth.
- In experiencing failure, you learned your passion for trying again.
- In experiencing a toxic relationship, you learned your compassion for yourself.
- In experiencing feeling lost, you learned the power of your choices.

You've experienced those things and you've learned those truths. Those things have played their role in your life. They've taught you.

You've held onto them for long enough. You've carried them with you for long enough. You've looked back at them for long enough.

Put down those memories, those doubts and those reminders of rejection and pain. You can do that and not feel guilty. You can be proud of yourself for letting go. You've felt what you needed to feel. You've experienced what you needed to experience.

You've learned what you needed to learn.

You don't need to carry those weights around with you anymore.

Put them down because you said you would and because you've embraced what they've taught you.

- Carry with you the lesson, not the memory.
- Carry with you the compassion, not the doubt.
- Carry with you the self-worth, not the rejection.

You don't have to force it. You don't have to forget. Simply take what you've been given instead of focusing on what was taken from you.

It's an amazing feeling to do this - stepping into your potential because you said you would.

Mood:

I've changed so much over the past years, I might need to reintroduce myself.

# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

It's my turn to

because I deserve

## What is something heavy you deserve to "let go" of?

## Write three adjectives that describe who you were five years ago:

1.)

2.)

3.)

## Write three adjectives that describe who you are today:

1.)

2.)

3.)

Day 36

# **Aim for the bushes**

Want to change your life?

Adopt the “aim for the bushes” mindset.

It means aim for the bushes, jump, and figure the rest out later. It means doing something a bit reckless for once. It means doing something without thinking it through.

It means doing something impulsive. It means just doing - no weighing the pros and cons, no checklists, no business plan or 5-year vision board. You just do it and take it from there.

Just do it and figure out what's next along the way.

Aim for the bushes.

In life, it really is your responsibility to be happy.

You can't sit around hoping for something to change. You can't hope that someone else makes you happy or that luck will come and make you fulfilled all of a sudden.

YOU have to do something... and more specifically you have to do something NEW.

This is contrary to how we tend to operate...

We do the same thing over and over and over again. We date the same kind of people over and over again. We do the same routine over and over and over again. We do the same workout over and over again. We have the same conversations, go to the same places, eat the same things over and over again.

And nothing changes because we've convinced ourselves that we really need to think through something new before we go for it.

The key to change is doing something NEW.

In my life, I've proven that positive change comes from not thinking and instead just doing - sometimes recklessly, sometimes spontaneously, sometimes randomly... but just doing. Do without knowing what's next.

You don't have to weigh the pros and cons.

You don't have to be sure of what step two is going to be.

You don't have to know exactly what you're gonna say or do.

You just do.

You just do because you know that if you want to change... you need to shake things up.

You need to get a bit crazy!

You need to shake the cobwebs loose.

Aim for the bushes means you just freakin' do something new!

If you're unhappy, do something about it. If you're unfulfilled, do something about it. If you're anxious, do something about it. If you're self-conscious, do something about it.

It could mean going for a run when you never do that.

It could mean calling a friend who you never call.

It could mean signing up for a class you've never done.

It could mean starting that blog randomly, that podcast, etc.

It could mean taking a day off work, just because.

Something. Anything. Without talking it through, without a 5-year plan and without a checklist.

Just aim for the bushes.

Mix it up. Do something new. Just jump and see where you land.

I'm so bought into this idea because almost every single time I've jumped and aimed for the bushes, I've landed somewhere that has taught me something new.

THAT is the real value. You might not win when you jump, but I'm confident you'll find something valuable in the experience of just doing something new.

I'm quite confident that more good than bad will come from it.

As long as you're safe, healthy, and respecting yourself and others... it's always a win.

You'll always get new perspective from doing new. That's perspective you simply don't get from doing the same thing over and over again or talking yourself out of doing something new.

If you want to be happier, it's as simple as changing what you're doing. Life is not that complicated. Instead of overthinking what you're doing, overthinking all your decisions, mapping out 5-year plans... just do something different. Today.

Take a step in a new direction and see what happens. Aim for the bushes and see what happens. Even if you end up in the bushes and it's not what you thought, you're in a different position than you were in before and you have perspective you didn't have before. That's a win!

Sometimes all it takes in life to be happier and more fulfilled is getting out of where you were, breaking free of the routine you've been stuck in and owning that new perspective.

So, know this:

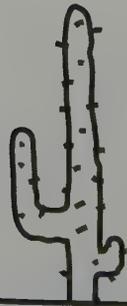
You are never too old to do something new.

You are never too young to do something big or bold.

You are always worthy of asking for something you never thought you could have.

You are always free to meet new people, leave old ones behind, zig when they zag or zig when you used to always zag.

Aim for the bushes, my friend.





## CONCEPT:

self-confidence where  
you make eye contact first,  
you shoot your shot, and  
you ask for that raise...

# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

It's my turn to

because I deserve

**What is one NEW effort, habit, etc. you can start? What are three good things that can come from it?**

1.)

2.)

3.)

Day 37

**Put yourself  
first for once**

It's one thing to say you've gotta love yourself, friend! That's pretty basic self-improvement rhetoric.

So, let me give you my take on why you really do need to put yourself first for once. Here goes...

Before you give time, love, commitment, or compassion to other people in the hopes that it is returned to you... you need to carve out that same time, love, commitment, and compassion for yourself.

Yes! That is the vibe!

You have to please yourself before you please them.

You have to love yourself before you love them.

You have to commit to yourself before you commit to them.

You have to be kind to yourself before you're kind to them.

You have to cheer for yourself before you cheer for them.

You have to be your own hype man before you become theirs.

We all need to give to ourselves first what we want from others. We need to give to ourselves first what we expect to give to others and others to give us in return.

We have to!

Otherwise, we'll never really know what our truth is.

This isn't some narcissistic, selfish practice.

No! I think it's great that you want to love someone. I think it's great that you want to support and root for someone else. I think it's great that you then want that person to love you and support you and root for you.

But unless you know what that looks like to yourself first, you're going to struggle with living that truth. Unless you know what it means to love yourself, support yourself, and root for yourself... it's going to be tough.

It's a major power move to put yourself first, and once you spend some time doing it, learning it, and practicing it... you'll notice that you change.

You can call it self-love or whatever you want, but here's what it looks like:

Instead of struggling and hustling to please someone or a company, you give yourself a break and some rest.

Instead of putting in another 18-hour day, you say "I need a break."

Instead of saying yes to what your friend group wants to do and just going along with it, you say "no thanks."

Instead of being hard on yourself again, you ease off.

Instead of giving up on an idea or dream or hobby, you double down on it.

Love yourself, support yourself and hype yourself up so you can do that to others and so they can do the same to you.

It's a 3-step process.

... and you can't start in the middle like a lot of us tend to do.

We tend to think that if we just love someone harder, if we just work for that company harder, if we just hustle harder, support harder, commit harder, that will then come back to us.

We think that person will do the same to us, that company will do the same to us and through that process, we will feel the same way to ourselves.

We assume that life looks a little something like:

You love them, they love you, you love you.

You support them, they support you, you support you.

1, 2, 3.

But I've learned it just doesn't work like that! You can't start in the middle of that equation and hope to come out the other side with what you want and deserve.

It doesn't work like that.

You have to start with YOU.

You love you, you love them, and they love you.

You support you, you support them, and they support you.

That is it!

It really is a life-changing thing to reverse that order.

That means making yourself smile, instead of making them smile for once. It means cheering for yourself before cheering for them.

Reverse!

It's not permanent. It's a simple reset to really understand what you're doing.

It's the ultimate power move to take a pause, hit reverse, and focus on putting yourself first.

Fix your own problems instead of someone else's.

Figure out what makes you happy instead of them first.

Hype yourself up and make yourself confident instead of them.

Give yourself dating advice instead of them.

That's the vibe.

If you want to love, support, and cheer for someone else in a meaningful way in life, you first have to learn to do those things to yourself.

You're about to step into  
your life's best chapter.

You're fighting for  
what you believe in.

You're finding love  
within yourself.

You're taking time to  
celebrate how far  
you've come.

The rest will take care  
of itself.

# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

It's my turn to

because I deserve

## What are three ways you can give yourself MORE self-love, understanding, and patience?

1.)

2.)

3.)

Day 38

**Remember  
who you are**

This is for when you're tempted to lower your standard because you're feeling lonely, when you're tempted to do something beneath you or when you're tempted to think you're worthless or falling behind.

Not so fun fact about life: you're always going to face negative emotions, insecurity, and temptation.

BUT the great news is we all have the ability to cancel out those emotions.

A happy and fulfilled life comes from overwhelming those emotions with an even more powerful one.

That emotion is pride.

It's a powerful thing to be proud of yourself.

That's proud of yourself in a compassionate and healthy way.

That's pride that says: "look how far I've come!"

Pride kicks the a\*\* of insecurity, the temptation to settle, loneliness, acting out of fear, etc.

It's your healthy and compassionate pride that leads your internal dialogue to look like this:

"I've come all this way. I've done so much. I've grown so much, and *this* is what I'm gonna do?! Oh heck no!"

You have big things to be proud of in your life.

Your standards - you created them in response to something. You created them in response to going through something that made you realize you needed them. You weathered a storm and came out with higher standards.

How is that not something you're proud of?

Your sense of worth - You went through a circumstance where you didn't stand up for yourself, you lowered your energy or let someone walk over you, but you woke up the next day and said, "never again."

How is that not something you're proud of?

What have you overcome in your life? What higher standard did it give you? What boundary did it give you? What self-respect did it give you?

Use those reminders to fire yourself up!

These are things you can turn to and say: "Look how much I've leveled up. I'm not going back!"

That's a powerful way to live your life. That's a way to live life with leverage.

Remind yourself who the heck you are! And turn to that reminder whenever you need it.

Turn to it when you feel yourself doubting your worthiness. Turn to it when you're getting mixed signals from someone. Turn to it in your career.

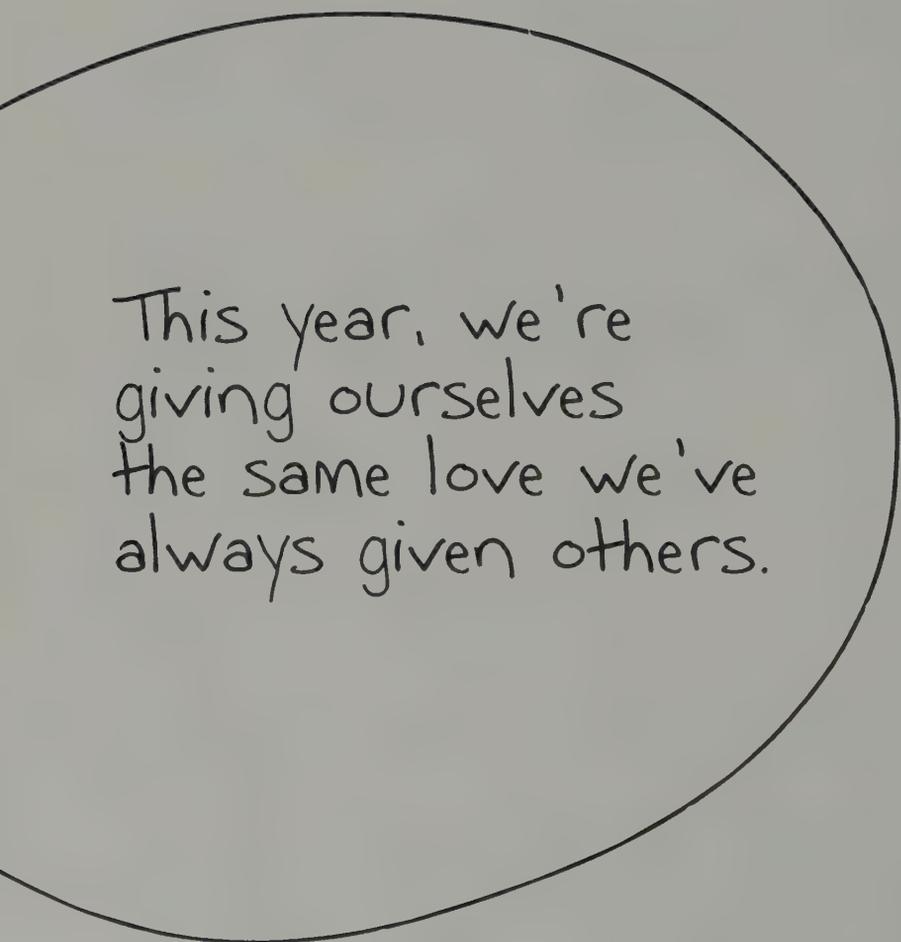
Turn to it in any instance when you're doubting what you stand for or you're tempted to let someone pull you down, steal your energy, or walk all over you.

Remember who the heck you are and what you've created for yourself.

Get compassionately protective of it!

"Oh heck no. I'm not going back. I've already grown past that. I've already leveled up. There's no going back."

You have reasons to be proud of yourself, and I hope you find a way to say, "I'm proud of myself and there's no going back."



This year, we're  
giving ourselves  
the same love we've  
always given others.

# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

It's my turn to

because I deserve

**Describe two things you've outgrown or leveled up from in your life.**

I used to

but now I

I used to

but now I

Day 39

**You're not  
just surviving,  
you're thriving**

Here's how to become a glass half-full kind of person. :)

Know that you are never merely surviving in life. You are always thriving. That's the mindset.

It's not thriving in the sense that you're always winning. Nah. Thriving simply means you're making the most of whatever happens to you.

You're never just surviving the BS in your life. You're never just getting past it. You're thriving through it. Lemme explain.

You have every right to be thoroughly optimistic about life because the sh\*\*ty things that happen to you are all building you, and because of that, you're not just surviving, you're thriving.

Even if it doesn't seem like it, for every piece of BS that life throws your way, you are getting something in return.

Surviving implies you're just getting through something and then staying the same.

No! Never.

For every piece of life BS you experience, you are getting something in return, and for that reason, you are always thriving.

Everything you go through builds you. Every single thing.

Every uncomfortable thing. Every single bullsh\*t moment, every loss, every frustration, every moment where you're clueless but keep going, every time you do something for the first time and fail.

Every single moment builds you and gives you something in return. Right? Surviving implies you get through something just so you can continue living as you were.

But that's never the case in life. Any time you go through something tough, you are getting something in return. Think back to something tough that happened to you in the past year.

If that thing were to happen to you again in the future, how would you react? It could be getting fired from your job, or a relationship falling apart, or a family issue. You name it.

Because you already experienced it or something similar, you know what it's like. If you're honest with yourself, you know you can handle it again. You know it's armed you with perspective that says you're stronger now.

You're stronger now. For every time you embarrassed yourself in the past, you now feel less embarrassed because you know it's not the end of the world.

For every bad date you've been on, you now overthink less because it doesn't hold so much weight or significance anymore.

It's a reflection of them, not you.

For every loss or rejection in your past, it stings less now because you know how to move on quickly and you know you'll try again, so there's nothing to overthink.

You're thriving because now you don't need to overthink those things.

That's a BIG DEAL because the things we overthink in life typically are things we haven't experienced yet. But you've been through BS, so you don't need to overthink or worry about it like you used to.

You know you can handle them moving forward.

That's the mindset, my friend.

You're thriving. Never merely surviving.

When you appreciate what you have and what you've been through... you realize that there's nothing you can't thrive through:

You come to realize that you can't just be grateful for the good things that happen in life. You can't just be grateful for the positive moments, the wins, and the great times with friends.

No! You have to be grateful or at least appreciative of everything in between.

When you realize that, you recognize that you're never merely surviving. You're thriving.

I'm grateful for not  
being everyone's cup  
of tea - it made me  
realize I'm my own  
cup of tea and that's  
all that matters.



# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

It's my turn to

because I deserve

## What are two ways you're thriving in your life?

1.)

2.)

Day 40

**Your  
“good crazy”**

“I don’t want to seem crazy.”

Have you ever said that to yourself? Or maybe you’ve even been called crazy by someone? Crazy for caring, crazy for having high expectations, crazy for dreaming big, crazy for caring too much, crazy for being too extra?

That’s your “good crazy”... and it’s nothing to be ashamed of.

It’s your good crazy that shows you’re human.

- It’s good crazy to care.

- It’s good crazy to overshare.

- It’s good crazy to expect respect, communication, and honesty from someone... and if it’s not given to you, it’s good crazy to get upset.

- It’s good crazy to cut ties with someone who plays games with you, who gaslights you, etc.

Respect your good crazy instead of doubting it. Far too often, we’re pressured to not care.

We’re guilted into thinking that any emotion that isn’t cool or casual makes us “crazy.”

You’re led to believe that...

- You’re crazy if you develop a connection faster than the other person.

- You're crazy if you care more than the other person.
- You're crazy if you read into what someone says or does, and you overthink it.
- You're crazy for getting attached too easily.
- You're crazy for wanting clear communication and intention.

That's your "good crazy!"

Your good crazy shows you're alive, that you care, and that you're willing to be hurt.

I'll take that any day of the week over someone who is numb to how they feel.

I don't think it makes you crazy to get your hopes up, to feel more than the average person, or to be overly excited.

It doesn't make you crazy to communicate it, to voice it or to expect it in return... and if it's not returned... it doesn't make you crazy to be disappointed.

Isn't life about going after what you want and deserve?

You go after the job you want, the house you want, the clothes you want, the body you want, right?

And that's admired, right?

So, why when it comes to matters of the heart is it suddenly NOT cool to go after what you want?

Going after what you want when it comes to a relationship doesn't make you thirsty or desperate... and voicing it certainly doesn't make you crazy.

You're not crazy for saying how you feel or what you want. You're not crazy for feeling a sense of attachment or excitement.

Respect your good crazy. Don't look down on it.

You're human and you refuse to turn off your intuition... and that's a great thing. Personally...

- I would rather be crazy than numb.

- I would rather blurt out something embarrassing than never speak how I feel.

- I would rather triple text than never text at all.

- I would rather feel insecure, attached, and jealous than cold and closed off.

The next time you feel "crazy" ... ask yourself where is it coming from?

Is it coming from an unhealthy place of insecurity?

Or is it coming from a place of honesty and intuition?

I think you'll find the majority of the time... it's the latter.

Your good crazy is simply honesty in emotional form.

Give it some air to breathe.

It's not craziness. It's honesty.

And being honest with yourself and others is something you'll never regret, no matter the outcome.



You are entering a new chapter where you ask for more... and you get it.

# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

It's my turn to

because I deserve

## Describe your "good crazy"



Day 41

**Are you  
ready to  
get lucky?**

If I tell you not to think of a yellow car, what do you think of?

Probably a yellow car.

If I continue to tell you that every day, what's going to happen? You're probably going to end up spotting more and more yellow cars as you're out and about in your city.

It's the same when it comes to opportunity and luck in life.

So, I'm saying to you: "don't think about becoming lucky."

Why? Because the more you prepare your mind to be lucky, the more I fundamentally believe you will encounter luck and opportunity in your life.

You'll end up saying:

"I'm the luckiest person in the world! It's like the universe wants me to win!"

How do you get to this point? Simply become ready for opportunity.

Say: "I am ready!"

"I haven't been lucky in a long time, and I haven't seen any opportunity come my way... BUT blank slate... moving forward, I am ready."

Simply make that commitment and live your life.

Live with intention, push yourself and work hard with that commitment in your heart.

When you do this, I'm confident you'll start to see what I do.

I've learned that when you feel like you don't have opportunity in life or that you're never the "lucky one," that a lot of the time this is the case because you simply don't have your eyes open to the opportunities that are presenting themselves to you. You're not seeing that yellow car because you're not looking for it. Opportunity is that yellow car! Luck is the yellow car! You have to train your mindset to see it.

You do that simply by affirming that you are ready to become lucky and you are ready to act when an opportunity presents itself to you.

Opportunity is what happens when you combine your innate talent, drive, skill, and hard work WITH a mindset that says I am ready!

I call this the "giddy up" mindset.

Giddy up. Ready. Prepared. Committed.

Be committed to see opportunities in your life and act on them.

It's a simple thing and might not sound like much, but the moment you commit to taking advantage of any opportunity big or small in your life, is the moment you'll magically begin

to be presented with more and more of them.

It could literally be anything, big or small.

A random opportunity to strike up a conversation with a stranger.

The opportunity to present a big project at work.

Getting called on in class and impressing everyone.

A random DM, text, or something you see online.

Applying for that job and getting a call back.

When you commit to being ready to get lucky, you'll see what you didn't before: there are more opportunities and luck in your life than you might realize.

When you become committed to being ready when those opportunities arrive, the more you'll see them in front of you.

In case no one  
told you today...  
ambition and high  
standards look  
good on you.

# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

It's my turn to

because I attract

## What are three things you're ready to receive?

1.)

2.)

3.)

Day 42

**When life  
doesn't  
make sense**

The fact that you're reading this probably means you're a driven person. You're ambitious. You push yourself.

- In your career, you want to be successful and build wealth.
- In your physical life, you want to be in the best shape and health you can.
- In your spiritual life, you want to be the happiest and most confident version of yourself.
- In your social life, you want to surround yourself with people who inspire and lift you up.
- In your romantic life, you want to find someone who understands and chooses you.

Sound familiar?

As a driven person, I feel the weight of the pressure I put on myself and I'm apt to feel lost, confused, and that I'm not where I'm supposed to be or I'm falling behind. I have thoughts like:

“What if I'm not doing enough? What if I'm doing it all wrong? What if I'm making the wrong moves?”

But here's what I've learned...

Life is NOT supposed to always make sense. Life is supposed to be confusing at times. Life is supposed to take us by surprise every now and then.

Life becomes a lot more peaceful when you decide to see that confusion as a sign you're moving in the right direction instead of the wrong direction.

How can you possibly know where you're supposed to be until you're there!?

The purpose of life is to push you in a direction that supports what you want while telling you whether it's right or wrong for you... and then redirecting you accordingly.

We need to drop the idea that life is either good OR bad.

We need to drop the idea that you're either who you're supposed to be or you're not.

Life is all about the in-between phase. The journey. The time spent wondering if you're on the right track.

Take a look around you. There are so many examples of people who found their stride later in life, who changed their mind or did a complete 180.

For instance, did you know Vera Wang was a figure skater and a journalist for 39 years and she only started fashion when she was 40?

Or Jeff Bezos didn't start Amazon until he was 31?

Or heck... even me... I didn't start the podcast (my purpose) until I was 30.

Life can take a long time to point you in the direction of what you're supposed to do and who you're supposed to be.

To think you need to have it not only figured out but accomplished and done today... that is so unfair to you!

That pressure distracts from the best years of your life... the in-between days.

We need to drop our guard a bit and realize that maybe life is supposed to be confusing.

Maybe life is supposed to throw us for a loop from time to time.

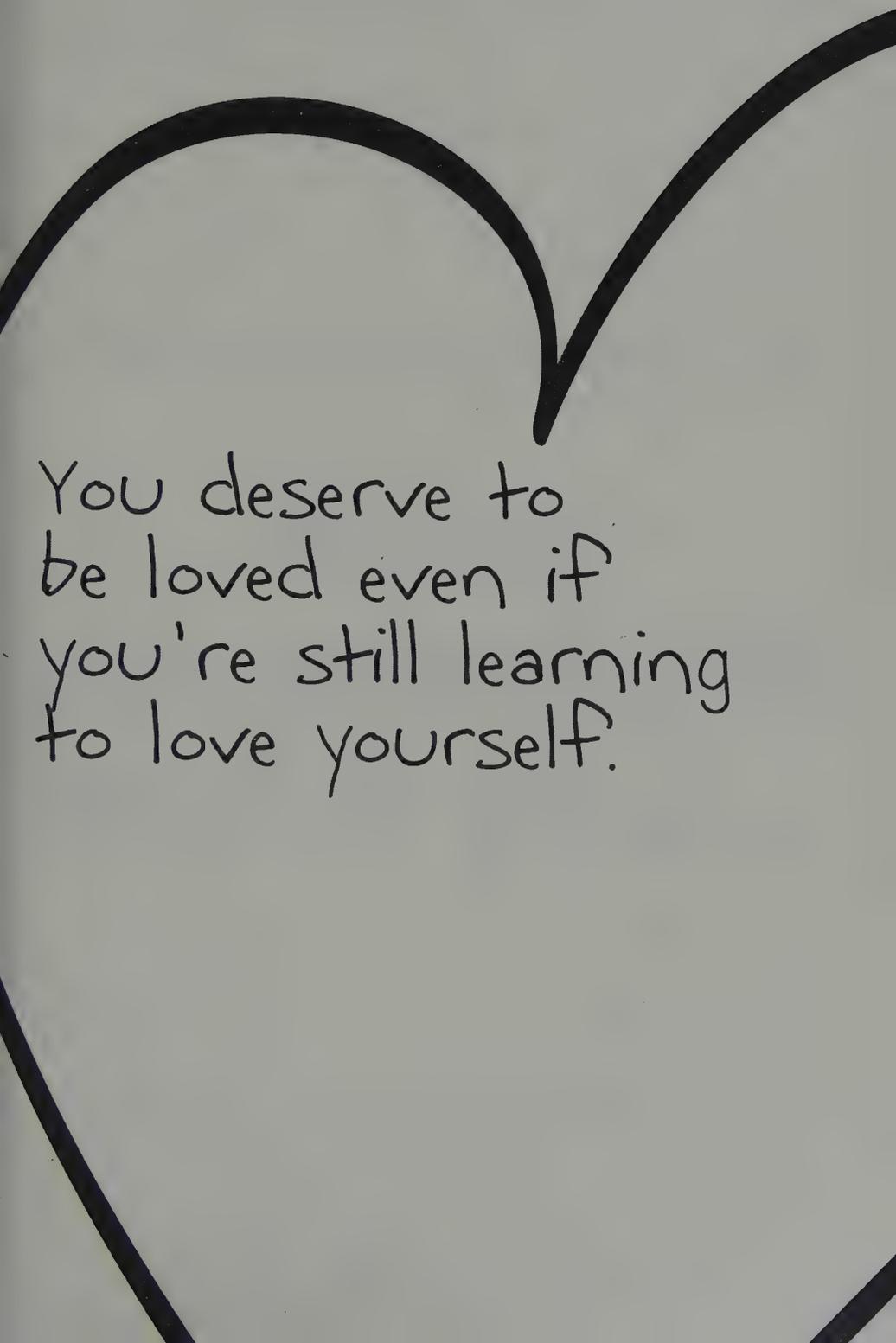
Maybe life is supposed to surprise us, frustrate us, and make us question what we're doing.

It's through that process that we finally figure out what we're supposed to do.

Let's choose to see feeling lost as a positive feeling.

Let's choose to see feeling behind as guidance we're moving TOWARD what we want instead of AWAY from it.

Let's choose to see feeling lost as a reflection we're moving TOWARD who we're meant to become instead of AWAY from it.



You deserve to  
be loved even if  
you're still learning  
to love yourself.

# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

It's my turn to

because I attract

## Answer the question: "what is the purpose of life?"

Day 43

**What  
people think  
about you...**

I used to think that any time someone looked at me... they were judging me.

For instance, if I was walking down the street and I saw someone look at me or make eye contact, my gut reaction was “uh oh, do I have something in my teeth, is my fly down, do I look weird... what’s up... why are they looking at me? What’s wrong!?”

And then on a day where I felt anxious or down, I’d think they’re probably judging me, they probably know that I’m a loser, that I’m lost, that I’m not confident, etc.

I’d project my own insecurities onto them and assume they must be seeing the same things I saw in myself. They know! They know! But I’ve changed.

I used to assume I was being JUDGED but now I find myself assuming I’m being ADMIRER instead.

What a mindset shift!

They’re not judging me... they’re admiring.

It’s not admiring like “I’m the sh\*\*, I’m attractive, look at me” or anything overconfident.

Instead of negative judgment, I simply assume positive intent.

I assume they’re simply curious about me and they’re sending positive energy my way.

That's a total rebrand from, "look at this guy; he's probably insecure, he's probably struggling in his dating life, his career sucks, pshhhh this guy."

Now it's all positive energy.

"Look at this guy! He seems interesting, he's got life in his eyes, I wonder where he's going, I wonder what he does, I like his style, he looks like a cool guy."

Whether those are true thoughts or not, it's really helped me.

It's really helped me specifically in the realm of the world's most popular self-help topic - fear of judgment.

So many books, articles, and podcasts have been published on the subject of how to NOT care what other people think about you. The majority of this advice says we need to realize that most people don't care because they're too busy with their own lives to even notice you.

I think that's partially true... but let's not live in LaLa land. It's not helpful to say "no one cares." Of course people care! It's human nature to care. It's human nature to observe and laugh and critique and judge.

But you DON'T have to assume negative judgment.

Are they judging you... picking apart your body, your outfit, the way you walk, your loud laugh, etc.? Are they pinpointing your insecurities, the fact that you're going through a breakup, the fact that you're struggling in your career?

Are they judging you for the things you judge yourself for?

OR can you flip the script and say they're admiring me?

"They like my outfit. They wonder what I was laughing at. They think I'm interesting. I'm dedicated to my craft, I'm on my way somewhere exciting to do something exciting - they notice that. I've got good energy about me."

Doing this is not an assumption that everyone loves you.

That'd be unhealthy. Nah. It's just a redirection of worth your way instead of judgment.

The more you assume other people are sending positive energy your way... the more it can have a seriously powerful impact on how YOU see yourself.

You'll start admiring yourself more, and it will give you a powerful sense of calm.

"Ya know what? I am an interesting person."

"Ya know what? I am on my way to do interesting things."

"Ya know what? I'm putting out a good vibe, I've got good energy about me, I'm walking with confidence, I'm living with purpose."

Admiring, not judging.

I'd like to make an announcement:

Excuses, discounts, and mixed signals are no longer on the menu.

Thank you.

# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

It's my turn to

because I attract

# How would your friends describe you?

Day 44

**Turn off your  
brain, listen  
to your soul.**

There is a biiiiig difference between your brain and your soul - and recognizing that can help you stop overthinking in your life.

There's a saying from the Rumi that says:

“The soul has been given its own ears to hear things that the mind does not understand.”

It's your brain that makes you overthink. It's your brain that clouds your vision, dulls your shine, and takes your confidence away. Simply put, the reason you overthink is you're stuck between listening to your brain and listening to your soul.

You don't know which to listen to, and because your brain is often louder and easier to understand, you choose to let it decide what you do with your life.

But both have different opinions. Your brain is anxious, worrisome, realistic, and rational. Your soul is soft and eager.

It's filled with optimism, forgiveness, and hope.

They're at odds with each other!

Your brain is like your wonderful mom who worries too much. You love her of course, and she wants what's best for you, but she worries 24/7. That's your brain.

It tells you that if something bad can happen, it's going to happen to you.

It tells you that everyone is watching you and is listening to everything you do. It tells you that you need security, that your 401K is too low, that you shouldn't stay up past midnight, and you shouldn't shoot your shot.

Paulo Coelho once said:

“Don't allow your mind to tell your heart what to do. The mind gives up easily.” I love that because it's true! Here's how it tends to happen.

You have a moment of vulnerability where your soul tells you that you're a freakin' catch and that you deserve to be treated as such, but your brain says: hold up! You're almost 30. It's time to take what you can get.

You have a moment of conscious awakening where your soul says: “my finance job isn't doing anything for the world. Maybe I should consider the peace corps or joining a non-profit or something.”

But your brain says: “Hold up! How are you going to pay your rent?! You have bills to pay! No one wants to be with someone who makes less than \$100K! Grow up, Peter Pan.”

You could have a moment where you feel immensely grateful to have a friend in your life and you want to tell them that, but your brain says: “Hold up! That's weird, dude. That's too emotional, my guy. Lock it up!”

Your brain gives up quickly!

It gives up because it is conditioned to be overly realistic. It's overly cautious. It's overly pessimistic, negative, and sometimes downright mean to you.

It doubts you and makes you doubt yourself.

I'm confident that we'd all be a bit more human if we gave more focus to what our soul is telling us.

There are truths inside us that we've forgotten about because we're so distracted by our rational brains. Your soul doesn't want you to be realistic or rational anymore!

Your soul wants you to be a bit reckless, confident, optimistic, empathetic, and to smile and dance too much. It wants you to be the most human you can be.

Listen to your soul for a change.

Let it remind you that it has a map that is entirely different from the one in your brain.

If you're honest with yourself, you know what it's like to feel your soul.

Your heart might beat faster, you might have a pit in your stomach or feel a sudden desire to stand or smile or cry. You might feel a sudden urge or motivation.

That is your soul. And you should really tune into it.

Don't dismiss those thoughts or feelings that say:

You shouldn't settle in a relationship even if you're in your mid 30s and you're feeling so much pressure to just get married.

You should try that new hobby, sport, music, art, whatever... even if you think you're talentless or going to be made fun of or is a waste of time.

Your brain has been conditioned to protect you, but it just doesn't get it!

Here's what I know:

Maybe you don't need to be protected right now.

Maybe you don't need to be so reasonable right now.

Maybe you don't need a 5-year plan right now.

Maybe you don't need a 401K and stock options right now.

Maybe you don't need to be in a relationship right now.

Maybe you simply need to listen to what your soul is saying, because it could be saying something completely different.

Something more personal.

Something more urgent.

Something deeper.

---

For my next life chapter,  
I'm doing more of what  
makes my soul happy and  
at peace - even if I have  
to do it alone.

---

# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

It's my turn to

because I attract

## What does your soul say about shaking things up in your life?

Maybe it's time to

Maybe I should

Maybe I don't need

Day 45

**The most  
important  
decision  
you'll ever  
make**

What is the most important choice you'll make in life?

I've seen many lists and articles written about this.

What career you decide to pursue...

Who you decide to date...

Who you decide to marry...

Where you decide to live...

How many kids you decide to have...

How you decide to invest your money...

Those are, of course, very important choices to make in life, and there's no denying that the outcome of those choices has an impact on your happiness and fulfillment.

BUT I think there's an even more important decision you'll make in life. It's ONE huge decision... and it's a mindset question.

That question is: IS THE WORLD FOR YOU OR AGAINST YOU?

This question is predicated on the fact that the assumptions you make about yourself and the world around you - whether you believe it or not - create your reality.

Assumptions create reality.

Think about that. When you assume something to be true... you accept it as fact, and it then 100% influences the decisions you make or don't make.

- If you assume your friends are secretly talking sh\*\* about you behind your back... you grow animosity and resentment against them.

- If you assume that 10/10 is out of your league.... you don't shoot your shot.

- If you assume your dream job would never hire YOU... you don't apply.

So then in regard to the most important decision you'll make in life... What is the assumption you've made about the world around you? Is it that everyone and everything is out to get you? Or is it that no matter what happens... it's all conspiring to ultimately move you in a more redeeming direction?

That is THE choice you have to make.

That is THE ASSUMPTION you have to make.

If the world is against you...

- It means you're threatened by people around you. You believe that both you and them both can't both succeed. It means that if someone is better than you in some way - better looking, smarter, more senior, etc. - they're going to succeed and you're not. And so, you give up easily.

- It means you compare and judge yourself a lot... unfairly. You think that everyone else has their sh\*\* together and you don't. You're lost. And do lost people have confidence in their actions? Not really.

- It means you view everything in a cynical way. You think everyone else gets lucky and you don't. You think that if you're dating someone, they'll leave you as soon as they find someone better. You don't apply for your dream job. You accept what you have.

You don't shoot your shot. You take whatever love is available. You don't practice your passion because it's silly, and there's so many more talented people out there.

But if the world is for you...

You have confidence in the DIRECTION your life takes no matter the Ws or Ls in the immediate.

You shoot your shot, you apply for that job, you start that business, you make that investment. You believe in your ability to either succeed OR rebound if you don't succeed. You know that whatever you're going through will pass and you'll get another shot.

You know that in the same way life can go from 100 to 0 fast... it can also go from 0 to 100 fast. And that means that you'll get another chance to try again, to love again, or to be loved again.

What a life-changing way to view life!

This ONE assumption dictates EVERYTHING.

It dictates what you accept.

It dictates the standards you set for yourself.

It dictates your aspirations and dreams.

It dictates your expectations of others.

Is the world for you or against you?

You decide.

I'm no longer doubting my every  
move... instead I'm trusting my  
intuition and I'll be OK no matter  
what happens.

---

# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

It's my turn to

because I attract

## What are three ways the world is FOR you?

1.)

2.)

3.)

Day 46

**Trust  
yourself  
again**

What are the things you're hesitant to forgive yourself for?

- Maybe you're hesitant to forgive yourself for believing in potential with your ex. You thought you had something special, but it turned out you were wrong.
- Maybe you're hesitant to forgive yourself for trying and failing at that business venture. You went all in and gave it your all, but it was a flop.
- Maybe you're hesitant to forgive yourself for thinking you were ready for a new job. You left your old job only to realize it was a mistake.
- Maybe you're hesitant to forgive yourself for not standing up for yourself previously, for not asking for more, for going back to your ex when you shouldn't have, for hiding your true self, etc.

You're hesitant to forgive yourself for the things you blame yourself for. But what do all those things have in common at the deepest level? Those are all moments where you trusted yourself. In retrospect, you realize those were moments where you made a wrong decision... but at the time, it was simply a moment where you trusted yourself.

- You trusted that you should see potential with your ex. You trusted it was there and you weren't forcing it.
- You trusted that you should try that new business venture. You trusted that you had what it takes and you were ready for something new.

- You trusted that you were ready for that new job because you had outgrown your old job.
- You trusted that not speaking, playing it cool, matching energy, etc. was the right decision for YOU.

The things you look back on and still blame yourself for... what do they have in common? Those were all moments where you trusted yourself. You trusted that your instinct was right.

Now ultimately and with hindsight, you realize it wasn't right... but in that moment, it was simply you making a decision based on trust in yourself. It was simply you acting on what you thought was right at the moment. It was simply you trusting your intuition. That's pretty eye-opening, isn't it?

When you're hesitant to forgive yourself, you're really just hesitant to trust yourself again.

When you hold onto blame, guilt, or resentment against yourself for having made certain decisions in the past... what you're doing is refusing to trust yourself.

Forgiving yourself means trusting yourself again.

Don't you think you deserve to live life with trust in yourself?

Trusting yourself. That's trusting that whatever decision you make - whether it leads to an ideal outcome or not - you're at peace with YOU.

That's you acting on your intuition, and no matter the result, you can react to it.

Trusting yourself is freedom in life. Trusting yourself is inner peace.

Reclaim that trust again by forgiving yourself.

Why? Because you deserve to trust yourself.

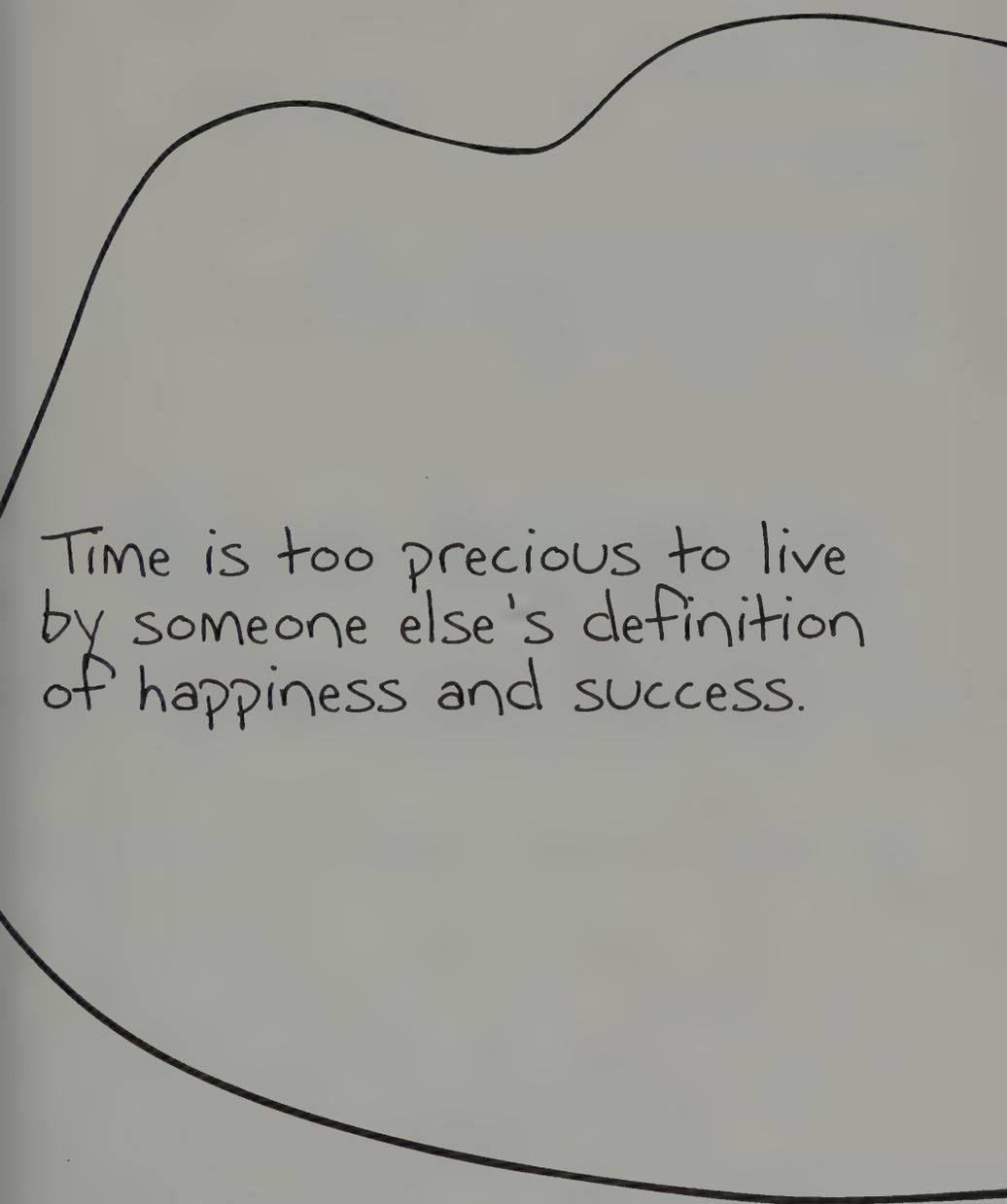
You deserve to trust that your empathy is always well-served.

You deserve to trust that your inclination to see the best in others is always well-served.

You deserve to trust that your vision for more is always well-served.

You deserve to trust that your drive, your motivation, your creativity and all your character attributes are well-served.

Reclaim your trust. Reclaim your potential. Reclaim your confidence by forgiving yourself.



Time is too precious to live  
by someone else's definition  
of happiness and success.

# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

It's my turn to

because I attract

## Affirm the trust you have in yourself...

I trust myself to always

I trust myself to never

Day 47

**You have a  
superpower...**

If you listen to the podcast, you know I'm a fan of the word "superpower." I genuinely believe we've ALL been given a superpower of some kind. We've all been given something... but there's usually a "downside."

- If your superpower is you're highly empathetic... sometimes you end up giving and giving and giving until you burn yourself out.

- If your superpower is you're incredibly kind and selfless... sometimes you end up being taken advantage of by people.

- If your superpower is you're highly disciplined and motivated... sometimes you end up neglecting other areas of life - relationships, self-love, etc.

The reality of life is that everything is about balance - you do one thing, and it impacts another area of your life.

We tend to forget that this is totally normal and so we end up questioning our superpower. We think it brings about more harm than good.

We become tempted to give it up in favor of something more comfortable or we allow someone in our lives - maybe an ex, maybe your job, a friend, etc. - to convince us our superpower is not actually a superpower.

No more! Don't turn your back on your superpower.

Kindness, empathy, optimism, goofiness, confidence, etc. are 100% superpowers.

And they naturally come with potential downsides that might be interpreted as flaws.

But they aren't actually flaws. They're simply the reality of tapping into living your superpower.

Please don't question your superpower because it's sometimes taken advantage of or judged by others. We are all given superpowers in life, and we should celebrate them.

Yes, sometimes those superpowers are going to invite temptations, judgment, criticism, or heartbreak into your life. It's more than human to be like "I need to be cold, I need to close off, or I want to avoid being hurt."

It's natural to be tempted to allow the world to shape you. You're going to be tempted to change...

- You're going to be tempted to close off and become cold because you were treated the same way.

- You're going to be tempted to lower your standards because you're sick and tired of striking out.

- You're going to be tempted to chill with your drive and aspirations because you just want to be normal and enjoy life without huge goals.

- You're going to be tempted to stop asking why and just accept life, roll with the punches, and get in line.

Those temptations are going to weigh heavily on you, and they're going to be specific to the superpower you've been given.

BUT....

You have a superpower for a reason.

I'm not afraid to say something overly cliché like kindness can change the world. Or creativity can change the world.

Or curiosity can change the world.

It absolutely can!

It can change your life and the world around you. BUT if you throw it aside because the going gets tough sometimes... you'll never know.

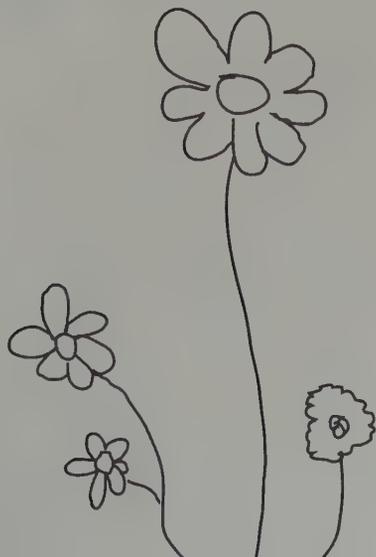
You'll never know why you've been given the superpower you have.

You are wired to be kind, empathetic, driven, curious, with high standards, etc.

Don't let the world rewire you. Don't let your ex rewire you. Don't let your boss, your job, the internet, your friends, or your family rewire you.

You have what it takes to stay true to yourself.

The older you get, the more you realize that no matter how much you grow... there will still be people who only see the old you.



# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

It's my turn to

because I attract

## What is your superpower? Describe it thoroughly.

Day 48

**Facts  
or  
feelings?**

Knowing the difference between being honest with yourself and truthful with yourself is the key to calming your anxious thoughts.

Being honest with yourself is great.

It's the equivalent of saying: "I feel upset. I feel overwhelmed. I feel like a failure. I feel lost."

But, the thing about those statements is they are usually short and temporary.

On the other hand, being truthful with yourself is zooming out and being real about long-term facts.

Being truthful is about the FACTS of your life - what you deserve, what you know you're capable of, what your destiny is, etc.

In the moment, you might feel a certain way - and you're honest about it. That's great!

"I honestly feel overwhelmed right now."

"I honestly feel lost right now."

"I honestly feel unlovable right now."

But the truth is zooming out and stating the facts.

- "I feel overwhelmed right now... but the truth is I've always figured things out before, and I'll do it again."

- "I feel lost right now... but the truth is I have no doubt I'll wind up where I belong."

- "I feel unlovable right now... but the truth is I know I deserve to be loved."

Being able to tell the difference between your honest thoughts and what is true is how you take back control.

What are some truths in your life? What are some things you fundamentally believe?

Here are some of mine:

- I believe my hard work will pay off.

- I believe I have something special to give the world, a partner, my friends.

- I believe I deserve someone who chooses me, just as I choose them.

Those are truths.

I'm sure you have something you believe without a doubt. That's something you refuse to negotiate on. Now consider a bad day in your life.

You will feel anxious thoughts creep up. They might feel overwhelming and you're honest with yourself about them.

That's great you have that self-awareness.

You get broken up with or you have another relationship fall apart and so you're honestly feeling defeated, unlovable, and unworthy of someone in your life.

Those are honest feelings. It's good that you're able to vocalize those feelings.

BUT what is the truth? Turn to the truth you believe in.

You believe you deserve someone who chooses you. That is your truth. Knowing the difference is how you take back control.

Being honest is not always being honest. Recognize that.

It might not fix the frustration of that moment, but it can help keep your head up. It gives you resolve.

Isn't that what life is all about?

Isn't life about moving forward? Isn't life about keeping your head up as you work towards what you deserve? Isn't life about finding your resolve?

The next time you're feeling anxious, ask yourself... is this the truth OR just an honest thought?

Know what your truths are - fundamental statements about your worth you're unwilling to waver on.

And be protective of them!

The next time you feel anxious, repeat those truths.

Say: "these are my truths and I refuse to let go of them."

Feelings not facts. Honesty not truth.

---

Life is much simpler  
when you stop  
listening to people  
who tell you to  
be "realistic."

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# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

It's my turn to

because I attract

## What are three **BIG** truths you believe in?

1.)

2.)

3.)

Day 49

**There's no  
"right" way**

There is no right way to be human. There is no right way to be happy or successful. In fact, I've learned that there is no right way, but there is a wrong way. The wrong way is to think that there's a right way.

I really believe there's only one true mistake you can make in life, and that's to think there's a right way to live... a right way to love, a right way to succeed and so on. That's the only mistake you can make.

Know that there is no right way to be a human. There is no right way to be a 22-year-old, a 28-year-old, a 32-year-old, a 40-year-old or a 50-year-old.

There is no one right way to be single.

There is no one right way to be in a relationship.

There is no one right way to succeed in your career, to find your passion or to find your purpose.

There is no one right way to become confident in yourself, to love yourself or to be happy.

Not to sound like a broken record, but here's how I understand life:

Just because someone is a "10" and in great shape doesn't mean that's the right way.

Just because someone had a headline written about them doesn't mean that's the right way.

Just because someone was promoted doesn't mean that's the right way.

Just because someone found love on a dating app doesn't mean that's the right way.

Just because someone quit their job to start their own business doesn't mean that's the right way.

Know that, do your thing, and ignore everything else. All you can ask of yourself is to keep your eyes open and your heart eager. Believe in possibilities, keep trying new things and figure out for yourself what is right and what is wrong.

Know that the choices you make in life are more important than your abilities right now.

It's easy to look at other people being happy and successful and think they have some magical ability that you don't.

I've learned that people who find their place and their sense of self in life didn't become that way because they have some ability you don't.

They're not smarter or funnier or more talented than you. They simply know that the choices they make are more important than their abilities. They know that they have the power of choice.

And that pushes them to make decisions for themselves each and every day until they get it right... by their own definition.

There is no right timeline for when you have to be successful, married, own a house, etc.

There are so many ways to find love. You can find it at 17, 25, 45, 65. On an app, at a farmer's market, at the club.

There are so many ways to make money.

Look at me... I'm just a dudebro guy talking about his feelings online. There are people making money from live streaming eating pasta. There are people making more money in their careers than they ever thought possible.

There are so many ways to be happy. You can find happiness in your own way - working out, traveling the world, writing, drawing, creating, sharing your passions, trying new things.

There are so many ways to be successful. You can find your version of success by making money, by making an impact, by being influential, by being philanthropic, by being kind.

To think there's only one right way because you saw someone else find their own definition is bananas!

Realize that there is no right way.

Free yourself from that assumption, and you'll free yourself to find out what's right for you.

As long as you live your life with open eyes and an eager heart... you are right!



Maybe, when you  
thought you were  
falling behind, you  
were just building  
something better...

# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

It's my turn to

because I attract

## What makes you happy?

makes me happy

makes me happy

makes me happy

Day 50

**You're the  
kind of person  
who...**

How do you describe yourself? You might say things like...

“I am confident. I am successful. I am happy. I am creative.”

Or...

“I want to be confident. I want to be successful. I want to be happy. I want to be creative.”

It's great to describe your ideal self with words like that... but I've found we put A LOT of pressure on ourselves when we do.

When you invariably fall short of those adjectives, you feel like sh\*\*. You feel like a fake. You feel like an imposter.

If you listen to the podcast, you know I love VERBS (lol). I love action words because, while you can't always control how you FEEL... you can always control what you DO.

So, let's change how we perceive ourselves by changing our words. Instead of saying: “I am successful. I am confident. I am happy....” say: “I am the kind of person who works hard. I am the kind of person who asks for what I want. I am the kind of person who asks a question if I don't know the answer.”

Sounds simpler, right?

There's a quote from James Clear in his book, *Atomic Habits*, that describes this mindset in terms of habits, and I love it.

“Instead of worrying about losing 40 lbs., focus on being the kind of person who doesn’t miss workouts. Or rather than worrying about finishing the novel, focus on being the kind of person who writes every day.”

He’s talking about building habits, but I like this idea as a mindset for life. We owe it to ourselves to stop putting so much pressure on ourselves to BE a certain way, and instead we should strive to just DO the things that will make us that way.

Examples...

Instead of saying: “I am confident or I want to be confident...”

Say: “I am the kind of person who is willing to try, who asks for what I want, who shoots my shot.”

You can’t always control whether you feel confident, but you can control what you do.

Instead of saying: “I am happy or I want to be happy...”

Say: “I am the kind of person who is grateful for the life I’m building.”

That is something you can practice every day. You can wake up each morning and be grateful for the privilege of being able to work, to drink coffee, to have people who love and support you, etc.

Doesn’t that sound peaceful to you?

You want to be happy? Well, what are the verbs?

You're the kind of person who practices gratitude every day, who eats healthy, who washes their face, who stays hydrated, etc.

You want to be successful? Well, what are the verbs?

You're the kind of person who does what they say they'll do. You're the kind of person who submits work on time. You're the kind of person who asks for a promotion. You're the kind of person who volunteers to go first.

You want to be in a healthy relationship? Well, what are the verbs?

You're the kind of person who listens to their intuition. You're the kind of person who doesn't ignore red flags. You're the kind of person who respects their standards and boundaries.

Do this exercise in your head or write it down: I'm the kind of person who...

This mindset is much simpler than comparing yourself and beating yourself up when you're not the person you strive to be.

Now you simply focus on those VERBS.

And great news... the universe rewards people who are consistent with action.

The universe rewards people who do those things no matter what. It rewards people who do them even when they don't want to, even when they'd rather not, even when it's awkward or uncomfortable.

When this is your mentality and this is how you perceive yourself, I think you'll be much happier and overthink less.

You won't turn to the mirror to judge and criticize yourself.

You won't turn to Instagram to compare yourself.

You'll simply turn to the way you describe yourself: you're the kind of person who...

You look happier  
since you started  
giving yourself the  
same love you've  
always given others.





Please excuse me while I  
no longer stress over  
inconsistent people.

---

# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

It's my turn to

because I attract

## Describe yourself...

I'm the kind of person who

I'm the kind of person who

Day 51

**You have  
nothing to  
prove**

You have nothing to prove to anyone but yourself.

Sounds obvious, right?

Well, why then don't we all live this truth?

Do you know how many silly things I've done to "prove" to people my worth, how interesting I am, how happy I am, etc.?

WAY TOO MANY. We've all done this.

We've all done things to prove our worth, interest, or happiness to others.

Maybe you've said or done things to prove you're happy?  
 Maybe you've gotten in a relationship to prove you're lovable?  
 Maybe you've even moved in with a partner to prove you're capable of commitment?

Why do we do this? Why do we change ourselves to prove something about the way we want to be perceived?

If someone decided to like you BECAUSE of something you changed... is that really winning? Is that really what you want?

I certainly hope not.

You have nothing to prove to anyone other than yourself.

It's not your job to convince other people that you're interesting, worthy, fun, happy, etc.

I'm of course not talking about the instances where you need to do some convincing - tryouts, interviews, work, the entertainment business, on a first date, etc.

There are instances where it's time to shine, baby (the real you)! I'm not talking about those instances. I'm talking about changing your behavior to prove something.

Your purpose is NOT to convince anyone other than yourself that you're happy.

Your purpose is to prove that to yourself!

Your purpose is to define how you feel for yourself!

“Am I happy? Am I fulfilled? Am I calm? Am I creative?”  
Where is the purpose in living a life where you're trying to prove you're happy to others?

You deserve to actually feel happy - not just convince someone you are.

The only way you're going to feel that way is to define it for yourself... to prove it to yourself. Not to them. To yourself.

In my life...

- The moment I embraced what I do creatively is the moment other people started being like, “wow, Case, this is actually really cool, where do I pay?”

- The moment I embraced living and dating as I so chose was the moment I started to attract people who saw my value rather than what I projected.

- The moment I embraced making the jokes that I found funny, wearing what I want, and carrying myself the way I want was the moment I felt at peace.

How many times have you done something specifically to prove something about yourself to someone else? Or to a stranger? Or to the internet?

- How many times have you gone on a date to prove you're likable?

- How many times have you done things or said things to prove you're fun and outgoing?

- How many times have you not done something to prove you're cool, you're chill, you're not emotional?

- How many times have you turned your back on what makes you happy to convince someone else you're happy?

Probably quite a few times...

Let's live with this mantra in the back of our heads.

You have nothing to prove to anyone but yourself.

Let them assume. Let them misunderstand.

Only you know what's on the inside. Only you know the work you've put in to find what truly makes you happy, peaceful, interesting, engaged or fulfilled.

Only you know the magic that exists inside of you, and there's simply no need to prove it to anyone other than yourself and the people closest to you, should you choose.

Let them assume. Let them misunderstand.

Meanwhile, you're free to ACTUALLY be the very thing you used to only want to prove you are.

You deserve a peaceful life,  
loyal friends, and a partner  
who's crazy about you.

# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

It's my turn to

because

## Describe what you're attracting...

I attract a partner who

I attract friends who

I attract work that

Day 52

# Short hair confidence

Short hair confidence - it's a look, it's a vibe, it's a forbidden fruit that has drawn both the praise and scorn of women for generations. LOL, ok that might be a bit of an exaggeration, but I've heard that a lot of women fantasize about what it might be like to go short with their hair.

And that once they do it, it's a vibe. It's a HUGE confidence boost - aka "short hair confidence."

But in talking with some women who have gone for it, I've learned that when she decides to go short, she doesn't just do it all at once. She doesn't walk into the salon as Rapunzel and come out as Scarlett Johansson with a bangin' pixie cut. No, she goes shorter and shorter over time until voila, it's short.

It's over that period of going shorter and shorter that a woman gets what I'm calling short hair confidence.

You know I love a good metaphor LOL but, in all seriousness... I'm talking about the confidence you get that comes from making small changes. It's a confidence that comes from baby steps!

Today is the perfect time to develop your short hair confidence by taking baby steps.

For example, today is a perfect time to finally get over your ex - in a healthy way. :)

Baby steps. Take one small step and unfollow him/her on social media.

And then maybe distance yourself from his/her friend circle. And then maybe make the tough decision to throw out things that remind you of him/her. And then maybe make sure you don't talk about him/her with your friends. Small steps.

Do small steps like this and you'll get to a point in your life where you no longer carry that weight in your heart.

Short hair confidence comes from THOSE small steps. It doesn't come from a decision to move on, to be better, to be healthier, to start your business, etc. It comes from the baby steps of "doing" that follow.

It comes in week three of not texting your ex.

It comes in week four of increasingly more exerting workouts.

It comes in week six of releasing new podcast episodes.

It comes in week twelve of whatever new course of action you've taken. Change requires a decision to do better, BUT the real magic happens in week three, in week six, or in week twelve.

So, if you're asking yourself a question like:

"How do I get over my ex? How do I build a business? How do I build confidence? How do I build an optimistic outlook on life?"

I say start small. Start building your short hair confidence. Start with ten seconds of courage.

Start with speaking up for the first time.

Start with walking away from a situation for the first time.

Start with walking through that gym door for the first time.

Start with filling out that first job application.

Start with taking that first selfie.

Start with sending that first text.

That is how change happens. That is how your confidence builds. When you approach life and growth with baby steps, you will develop more confidence. It is unavoidable, I promise you that. :)

The more you do, the more your confidence will grow. And the great news is that one of those baby steps might lead you somewhere incredible, and then BOOM you're in a different city, with a different person, making moves in the headlines.

This seriously happens!

Your 6th job application could lead you to your dream job.

Your 20th podcast episode could lead you to the top charts.

Your 4th album or song release could lead you to the billboard top 100.

Your 8th first date could lead you to that one special person.

Your 20th time challenging yourself and speaking up could finally get you what you want and deserve.

All those life-changing things start with you taking a long, deep breath and saying, "ok let's do this."

That is the power of baby steps. That is the power of short hair confidence.

"Wow. You're a catch."

- me to me



# How "at peace" are you feeling today?

1     2     3     4     5     6     7     8     9     10

It's my turn to

because

## What are two baby steps you can take today that will get you closer to what you're looking for in life?

1.)

2.)

Day 53

**You are  
more than  
“good enough”**

Everything in your life comes down to how much you believe you're worth. That makes inherent sense, right?

For the sake of illustration... say you own a Ferrari, and you know it's worth \$200K. When you know the value of something, it really changes what you're willing to do with it. You wouldn't lend your Ferrari to someone. You wouldn't sell it unless you had a great offer. You'd keep it clean and locked up at night.

Well, you're a Ferrari LOL and everything in your life comes down to how much you believe you're worth.

- If you believed you deserve a partner who chooses you... you wouldn't wait around for someone who is unsure about you.
- If you believed you're great and you bring a lot to the table... you wouldn't hesitate to speak up, tell that joke, post that selfie, etc.
- If you believed you're capable of incredible impact in the world... you wouldn't doubt your ability to start a business, play music, create art, etc.

So what prevents us from remembering our worth 24/7?

It's our inclination to think that some aspect of ourselves is NOT enough.

Not good enough, not talented enough, not successful enough, not funny enough, not hot enough, etc.

Thinking we're "not enough" leads us to do and accept things in our life that are beneath us.

- When you think your body isn't enough... you convince yourself that the person who wants you one day and doesn't the next is fine.
- When you think your success or talent isn't enough... you convince yourself that your boss is always right, or your company is the best thing ever because you think you're really just an imposter and eventually you'll be discovered.
- When you think your personality isn't enough... you convince yourself that any friend is good enough, any attention is good enough, etc.

Everything in your life comes down to how much we think we're worth, and if we're constantly saying aspects of us are NOT enough... it's no wonder we forget our worth.

So how do we stop thinking something about us is NOT enough?

Flip the script. Tell yourself that you're good enough, and THEN go out and show the world. This is the opposite of how we normally operate: we hope the world tells us we're good enough, and THEN we finally believe it ourselves.

- Getting a significant other finally means we're lovable.
- Being promoted finally means we're talented.

- Getting 1,000 DMs finally means we're desirable.
- Having headlines written about us finally means we're successful.

That thinking is totally a\*\* backwards!

We need to flip the script. Tell yourself that you're more than good enough, and THEN get fired up and go out and prove that fact.

Don't wait around for someone to tell you you're good enough to finally believe it yourself.

Tell yourself that FIRST, and then prove it to yourself with action.

The cherry on top is when other people recognize it, but the order is the opposite of what we've been doing.

Stop waiting for cues from others that you're good enough.

Tell yourself you are, and then go prove it.

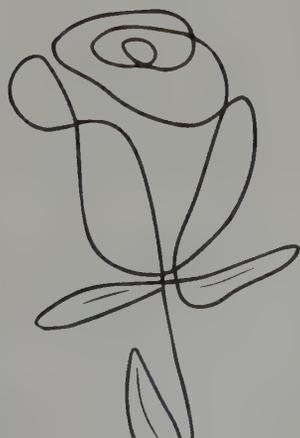
I think you'll be surprised what happens when you have a "prove it" mentality rather than a "waiting for approval" mindset.

Your 20th time challenging yourself and speaking up could finally get you what you want and deserve.

All those life-changing things start with you taking a long, deep breath and saying, "Ok, let's do this."

That is the power of baby steps. That is the power of short hair confidence.

When you know your value,  
"good enough" is no longer  
part of your vocabulary.



# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

It's my turn to

because

## Affirm what you're capable of...

I am capable of

I am capable of

I am capable of

Day 54

# Main character energy

Main character energy = being extremely TYPE A about your self-worth.

Main character energy = knowing that YOU get to decide who's part of your story and who's not.

The cameras are trained on you, and people should be lucky to be part of your story. You dress how you want, act how you want and decide what you do with your life. There's so much more to life than always being at the whim of someone else's decisions, hoping that someone else sees value in you, overthinking other peoples' opinions of you, and finally... relationships. Yes, I said it.

Your life doesn't begin and end with a relationship. Your life is made better by the presence of someone else joining the story you've already written and are already the main character in.

You're literally in charge - not just of the decisions you make, the people you date, the friends you have... BUT also your definition of what makes your life great.

- You get to decide if your life sucks because you've been single OR if that's just a small part of your narrative.

- You get to decide if being ghosted means you suck and deserve it OR if that person sucks and has karma coming their way.

- You get to decide if you only get fulfillment and validation from going on dates, getting compliments, and getting down and dirty...

OR if you get it from friends, creative outlets, solo trips to the museum, tables for one at your favorite restaurant, etc.

Main character energy = simply seeing yourself from your point of view, not theirs.

It's defining yourself for YOU. It's deciding who you date for YOU, what you accept for YOU, saying what you want to say for YOU, etc.

In a book, the main character is described thoroughly by the narrator - head to toe, inside and out, thoughts, feelings, emotions, their drive, their backstory, their vision, etc.

You have that ability to do the same for yourself. What would you write? Would you write that you're desperate for attention, that you need someone to like you, compliment you, and that your life's happiness ebbs and flows with the validation of others?

OR would you write that someone simply complements what you've got going on? You're open to the day when someone else joins you and ADDS to the happiness and fulfillment you already have.

THAT is main character energy.

See yourself from your point of view. Write your story from your point of view.

The focus is on you. The lights are on you. The cameras are on you.

People are waiting to see what YOU do. To see who YOU like. To see who YOU text and DM. To see what YOU do with your spare time. To see what YOU wear.

You're not rushed. You're not desperate. You're cool as a cucumber... You're the main character in your story, and YOU get to decide when to turn the page and write another chapter.

You can either lean back in life or you can lean forward.

- You can sit back and hope that what you want comes crashing through your apartment wall like the Kool Aid Man <sup>66</sup>.

- You can derive your worth from what other people say about you.

- You can define yourself by your job, by what people say about you, by your body count, by who's on your roster right now.

You can do those things and let other people and circumstances write your story and define your worth for you... OR you can become the most type-A, lean-forward, version of yourself.

- That's someone who decides who they are in life.

- That's someone who decides their worth and someone else either complements it or is gone - they never detract from it.

- That's someone who has a life outside of dating and their significant other.

- That's someone who has hobbies and is cool with doing their own thing.

Do you allow someone else to define YOU? OR is there YOU and then there's everyone else that complements the story you've already created for yourself?

Is it your story OR is it someone else's story, and you're hoping for an invite into it?

Are you seeing life from your point of view or theirs?

You get to decide that, and you get to decide to update and write your story as you see fit - and along the way, you get to decide who to write into your story and who to write out.

THAT is the gift of being the main character in your story.

It's your story, and you get to decide who's part of it.

You make eye contact first.

You laugh at your own jokes.

You take mixed signals as a no.

You stop to pet every dog you see.

No doubts. No drama. Anyone who thinks you're too much for them isn't enough for you.

# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

It's my turn to

because

**Describe WHO you are, using three complete sentences.**

Hi! My name is

and

Day 55

**You  
deserve  
second  
chances**

If you're like me, you give other people a lot of second chances in life.

But what about yourself?

When was the last time you gave yourself a second chance? A second chance at loving yourself? At overcoming your insecurities? At finding love? At finding purpose? It's definitely cliché to say that we are our own worst enemies in life.

So, I won't say that :)... but the evidence speaks for itself.

If you're constantly giving everyone around you second chances, but you rarely do the same for yourself... what are you to yourself? Your best friend? Your biggest fan? Doesn't really seem like it.

You give others a second chance. You give others a second chance even if they disappointed you before. You give others a second chance to love you, to connect with you, to apologize to you. You give that job you hate a second chance every time you tolerate the way it treats you.

I think that's great (sometimes). You SHOULD practice empathy and forgiveness in life. Sometimes other people really do deserve a second chance.

**BUT** what about you?!

You're probably proud of yourself for the **FIRST** chances you take in life, right?

You're proud of yourself for your first steps - the times you try something for the first time, the times you do something that makes you uncomfortable, the times you do something that scares you, etc.

You've probably been living by a standard that says: "I'm proud of myself for trying for the FIRST time."

BUT I think your biggest flex is the grace you carry with you AFTER that first try. It's a willingness to give yourself a second chance.

That's a second chance at love, at forgiveness, at overcoming your insecurities, at trying again, at going after what you want and deserve, etc.

Frankly, a second chance is simply another shot at forgiving yourself for any and all mistakes you've made.

It's forgiving yourself for settling when you shouldn't have, forgiving yourself for letting your ego lead you and forgiving yourself for not forgiving yourself.

Giving yourself a second chance in life is the clearest commitment you can make that you're willing to believe in yourself again.

A second chance means you believe in your worth.

It means there's nothing you can't try, and that there are people who ARE good for you and people who DO support you.

There is no you vs. them anymore. It's just you.

Just you... with a renewed sense of purpose and hope that no matter what happened the first time... you are worthy of a second chance.

So, think about the second chances you owe yourself...

These are second chances that reflect your commitment to yourself and your worth.

- A second chance at protecting your energy.
- A second chance at being yourself and letting that attract what you deserve.
- A second chance at putting an end to "chasing" in life - chasing people and circumstances that don't deserve you.
- A second chance at being honest with others and if that's too much, that's too much for THEM... not you.

You owe it to YOU to give yourself second chances in the same way you give them to the world and people around you.

Second chances are a testament to your worth - that no matter what happened or didn't happen - you're still worthy of another try.

I'd rather say, "I can't believe I did that," than, "I wish I tried."



How "at peace" are you feeling today?

2

3

4

5

6

7

8

9

10

it's my turn to

because

What are two second chances you deserve in your life?

1.)

2.)

Day 56

**There's  
nothing  
to "fix"**

If you listen to my pod, you know I'm all for improving yourself. I'm all for self-growth. I believe we are all fully capable of doing better and becoming more. But far too often, we think we need to "fix ourselves" and pieces of our lives.

Know this: there's a difference between wanting to do better and feeling that you need to "fix yourself." Far too often we confuse the two and we end up thinking we're broken, busted and in need of fixing.

We end up thinking we need to fix our bodies, our personalities, our bank accounts, our drive, and so on and so forth. Fix this, fix that. It's like you're some kind of a handyman all of a sudden!

But that thinking is flawed. There's nothing to fix!

Fix (verb): to make firm, stable, or final.

I hate to break it to you my friend, but very little is final in life.

Look at me! I went from only listening to Creed, working at a law firm, and wearing two popped collars ten years ago to where I am today.

Your tastes change, your body changes, your relationships change, your mindset changes. Things change. BIG TIME.

To think you need to "fix yourself" and make your body, personality, or bank account into some ultimate worthy form is a ludicrous thought.

You're setting yourself up for failure! When you think you need to "fix" elements of yourself and your life, you end up in "fix it limbo" - hopping from one "fix it" project to the next.

"I need to fix my body."

"I need to fix my appearance."

"I need to fix my career."

"I need to fix my singleness."

"I need to fix my confidence/self-esteem."

Bad news: When you're in "fix it limbo," you've created a before and after picture of yourself and in your mind, the after picture is where all your life's goodness is waiting for you. You assume that once you check that list and wrap up all those fix-it projects, you can finally breathe a sigh of relief and grab all the goodness you've earned and made final.

More bad news: once you get stuck in "fix it limbo," you're staying. There will always be another project or element of your life you think you need to fix. Thinking you need to fix yourself effectively distracts you from a powerful realization. A happy life comes from the following equation.

(Radical Self-Acceptance) + (Hunger) = Worth.

Radical self-acceptance: "I deserve good things as I am today. I deserve good things as THIS version of myself."

Hunger: "I am capable of growing. I am capable of doing better."

Worth: "I am worthy of goodness today."

Nowhere in that equation does anything need to be fixed. You show up TODAY as you are TODAY with what you have TODAY and the baggage you have TODAY. You push yourself to grow and take steps forward. You find your worth in everything you do - big or small - TODAY.

There is no before and after picture of yourself. You might not be the best version of yourself just yet, but please drop the notion that you're broken and need to fix yourself to find your life's goodness.

Relax, my friend! There's no pressure.

Drop the notion that there is some "future you" that represents all the things you want from yourself and is a worthy version of who you are. That's not realistic.

Show up today, love yourself today, know your worth today, and work hard to prove it today.

No fixing necessary. Because you're not broken!

As long as you get out of bed each morning, as long as you survive your toughest days, as long as you learn from heartbreak... you are not broken. You are breaking through.



Confidence is  
being at peace  
with the version  
of you some  
people create  
in their heads.



# How “at peace” are you feeling today?

1      2      3      4      5      6      7      8      9      10

It's my turn to

because

## What is one thing you “accept” about yourself?

## What is one thing you're hungry for?

Day 57

**Disappointed  
in yourself?**

If I had a nickel for every boneheaded decision I've made, for every moment of weakness where I did the direct opposite of what I knew I should do, for every time the homies gave me advice and then I proceeded to NOT take it... I'd be rich.

I disappoint myself all the time in the same way you probably do. BUT I genuinely believe it's a good thing to feel the weight of being disappointed in yourself... because it means you know you can do better (I know that sounds cheesy). Here's how I prove this to myself. Can you imagine a life where you do things that are beneath your standards... BUT you aren't disappointed in yourself for doing them?

- You date someone who is nowhere near your level, but you keep dating them because it's comfortable?
- You stay in a very toxic relationship because you don't want to be alone or start over?
- You treat your body like an amusement park - terrible diet, lots of drinking, no working out, no discipline?
- You never stand up for yourself because it'd be awkward or might upset someone?

Can you imagine a life where you do those things BUT you DON'T feel disappointed in yourself?

A lot of people frankly are blind to their potential, to their worth, to their standards, because they really don't feel disappointed in themselves.

They've convinced themselves that they just need to survive, that they're OK with good enough, that they should do whatever it takes to avoid being lonely or starting over.

Think about a life like that! BUT you, my friend... you feel disappointed in yourself from time to time.

It's a weird thing to say... BUT I genuinely believe that's a good thing... considering the alternative.

Feeling disappointed in yourself means you give a f\*\*\*!

It means you know you can do better. It's a good thing to feel disappointed in yourself. Because if you didn't... think about how your life might go.

You'd continue to accept less. You'd continue to date people who were not on your level. You wouldn't learn from past relationships, old jobs, or old versions of yourself. You'd let people walk all over you. But that's NOT you.

You feel disappointed in yourself when you should. And that eats at you. It angers you. It frustrates you.

That's a good thing!

So don't get down on yourself when you feel this way.

It means you care... and not everyone does.

If you feel disappointed in yourself, it's a good thing.

- Maybe you didn't work out again today because you were tired.
- Maybe you texted your ex because you felt especially lonely today.
- Maybe you ghosted someone because it was easier, but you knew it was weak and not who you want to be.
- Maybe you didn't stand up for yourself at work when you knew you should've.

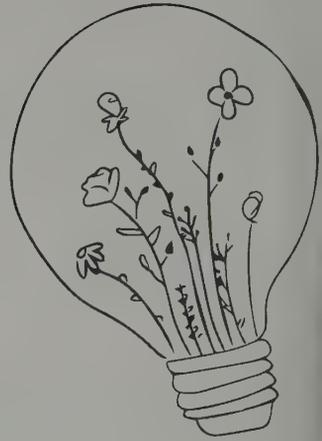
Be thankful that you feel disappointed in yourself. Use it. Be fired up by it.

Make a promise to yourself that you'll never do that thing again or accept that thing again.

Remind yourself that you believe in bigger and better things for a reason. That reason is because you're capable of achieving those things and becoming that person.

Remember that. And make a promise that you're not going to accept less... from others or from yourself.

You're not  
selfish for  
complimenting  
yourself or  
being proud  
of your work.



How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

It's my turn to

because

What is something you'll NEVER do or allow in your life again?

What do you deserve more or better of in your life?

Day 58

# Gratitude

Regret sucks.

It sucks to look back and realize you didn't do what you said you wanted to do, you didn't say what you should've said, you didn't move cities when you wanted, you didn't start that business, etc.

But regret in life doesn't only come from that. No, it comes from something far simpler and it's something you 100,000% can control. Regret comes from not enjoying what you have while you have it.

A year from now, five years from now, or ten years from now, you will regret not enjoying what you have TODAY.

But I have great news for you! :)

It's not too late to enjoy what you have, while you have it.

It's not too late to just be happy - for no reason whatsoever.

Your biggest flex in life is to be happy for no reason.

Because you'll NEVER regret that. You simply won't!  
It's literally impossible.

I've realized that not everything needs to be some big moment in order to appreciate it.

- Not everything needs to be controlled or thought out.

- Not everything needs to be fixed.

- Not every happy moment needs to be with someone else.
- Not every happy moment needs to be tied to a finish line.

You can enjoy, appreciate, and be grateful for the moment you have right now.

I regret not appreciating some things in my life.

- I regret not appreciating how simple my first 9-5 days were in Chicago, how few worries I had, how much potential I had in my life. In those moments, I was so obsessed with being successful and making more and more that I didn't enjoy what I had.

- I regret not appreciating the simplicity of being single in my mid-20s, how carefree I was, how literally free I was. In those moments, I was, for some reason, so focused on finding someone. "Dude... there was no pressure, why didn't you just appreciate the moment?!"

- I regret not appreciating my 20-year old body LOL... how I could party all night and be fine the next day, how I could go 100 MPH and be fine.... I was so focused on other things - wanting to put on muscle, work out, and just get bigger and better and more in shape.

- I regret not appreciating my friends, the small things I owned, the simple trips I took to Michigan or Indiana... because I was so obsessed with this idea of deserving more - more of everything, more friends, more money, more extravagant vacations and trips.

Hindsight is 20-20, but this is a HUGE truth.

You will regret not appreciating what you have while you have it.

You can be happy TODAY - no matter how many looming questions surround you, no matter how many boxes you still have unchecked, and no matter the things that are currently making you feel anxious. It's not too late for you to enjoy what you have. It's not too late!

You CAN enjoy this moment. Because it's a moment you have and you're living in it... and yes, there are things you're working on. Yes, there are things you're working towards. Yes, there are things that stress you out. Yes, there are things that are "wrong" in your life.

But in the grand scheme of time... there's nothing SO BIG that needs to be fixed RIGHT NOW that you can't enjoy what you have today. There's nothing you need to replace or upgrade RIGHT NOW.

There's no elusive future truth that prevents present gratitude.

Being genuinely happy for no reason is a serious flex.

You can be happy for no reason.

You can be light and free for no reason.

You can smile for no reason.

You can enjoy what you have even if you don't have answers.

Don't question what you have right now. Don't question who you are right now. Don't question the path you're on right now.

Trust me... you have a lot of path ahead of you. :-)

But you'll never get this moment back, so enjoy it.

Enjoy it even if you feel incomplete. Enjoy it even if you feel unsure. Enjoy it because you don't need fixing.

- If you're single, enjoy it. One day you won't be.

- If you're just starting your career, enjoy it. One day you'll be so much further along than you can imagine.

- If you're between jobs, struggling to find your place... appreciate the openness and freedom you have.

One day you'll have found your place.

- If you're healthy and have everything you need right now... enjoy it.

Being happy for no reason is the biggest flex.

Being happy for  
no reason is the  
biggest flex.



# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

It's my turn to

because

## List three things you're grateful for:

1.)

2.)

3.)

Day 59

**Time for  
a new  
chapter**

Change is not easy.

In life, we're often caught in limbo between wanting better and doing better, between the past and the present, and the present and the future. We know fundamentally that we need to change, but acting on that can be the hardest thing to actually do.

But change in your life becomes so much easier when you see life for what it is - a series of chapters. Your life consists of many, many, many chapters.

That is in direct contrast with how a lot of us think about life. We consider our life to be one long chapter... and the wrong move during it can totally mess up the ending.

With that view of life, it's no wonder we're slow to change, even when we know we should. But that's no longer the case when you stop thinking of life as one long chapter and instead realize what you have: your life consists of many, many, many chapters. A chapter has a beginning, a middle, and an end.

A chapter has great things and not so great things. Within that context, it's so much easier to simply say: "I want to move on to the next chapter. Because there's a new beginning there, and I can find goodness that has eluded me in this chapter."

You don't need to hang onto your current chapter if it no longer serves you... and even bigger than that... you don't need to continue to try to recreate the last chapter you had.

There are many chapters to your life. And each has something to offer. Each has something great for you. There are many beginnings and many endings in your life.

Recognize that you've already lived through many chapters, and you have many more ahead of you. Given that, ask yourself about the things you want, the things that are calling you...

How do you expect to act on those things unless you embrace your life's next chapter?

- How do you expect to move on after that toxic relationship unless you embrace the next chapter that's waiting for you?

- How do you expect to forgive yourself for something you did or didn't do unless you embrace the next chapter that's waiting for you?

- How do you expect to find someone who's perfect for you instead of being hung up on someone who isn't interested unless you embrace the next chapter that's waiting for you?

- How do you expect to grow if you stay within the confines of the chapter you're on or wishing for a chapter you once had?

There's another chapter waiting for you... and you're free to step into it.

This mindset empowers you to move yourself from being afraid to actually making change.

It moves you from being hung up on the past to being so much more willing and eager to take a step in a new direction.

That's different from thinking about life as one long, linear line. In that headspace, change is hard. It's easy to be hung up. It's easy to stick to the confines of your comfort zone.

But in recognizing that life consists of chapters... you're free to say: "I can start another chapter and see where it takes me."

You can say: "for those reasons, I'm out. I'm out of this relationship. I'm out of this friendship. I'm out of this bad habit. I'm out of this lack of motivation. I'm out of this job. I'm out of insecurity."

You can say that and be confident that your next chapter will serve you in great ways. You have nothing to fear with change.

Doesn't this mindset set you free to no longer run back to comfort? To not run back to an old chapter?

And more importantly, to move on from your current one if that's what you're being called to do? If you can think of a reason to turn the page... and it's compassionate and it serves you... then act on it.

Jump into the blessings that await you in future chapters. Have faith that there is goodness in those chapters.

You have nothing to fear in moving past old chapters. You have nothing to fear in turning the page on your current chapter.

Life is a series of chapters... and ultimately your happiness and fulfillment are tied to how many pages you're willing to turn.

They're tied to the grace you carry with you as you move from chapter to chapter.

They're tied to the humility you display when you recognize when it's time to move past your current chapter and there's no need to recreate an old one.

I'm not "too picky."  
I've just discovered  
what I'm worth.

---

# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

It's my turn to

because

## Describe the next chapter of your life:

Day 60

# The year of despite

It's normal to doubt yourself from time to time. It's normal to feel some kind of imposter syndrome. It's normal to think: maybe I'm unqualified for that job, I'm an unlikely match for that person, etc. Those are normal human thoughts.

But I don't know about you... I'm over doubting myself!

And so, I'm calling this the year of "despite."

This is the year of feeling untalented, unexpected, unqualified, unusual, or unlikely but **DESPITE** that... still going for it.

I've decided that we can do all the things we want to do, **DESPITE** what we think is the reason we can't.

I like to think of it as a challenge.

Unqualified? Unexpected? Unlikely? Unusual?

Yet... here you are. **DESPITE** those feelings, here you are doing your thing. It's the year of "despite."

- You shoot your shot, **DESPITE** how unlikely you think it is you'll hear **YES**.

- You create that passion project, **DESPITE** how unexpected it is coming from you.

- You ask for that promotion, **DESPITE** how unqualified you think you are.

Those are self-imposed “UNs,” but you can choose to see them as a challenge.

Think of headlines you’ve seen in the past.

- Winning the world series, DESPITE being 45 years old.
- Getting cast in that movie, DESPITE never having landed a major role before.
- Creating a hit single, DESPITE never having a hit before.

Those are the headlines you read and remember.

Why can’t that be you?

DESPITE your imposter syndrome, you’re doing your thing and you’re going for it.

Show yourself that those feelings are irrelevant.

This is the year where unlikely, unexpected, unqualified, or untalented is irrelevant.

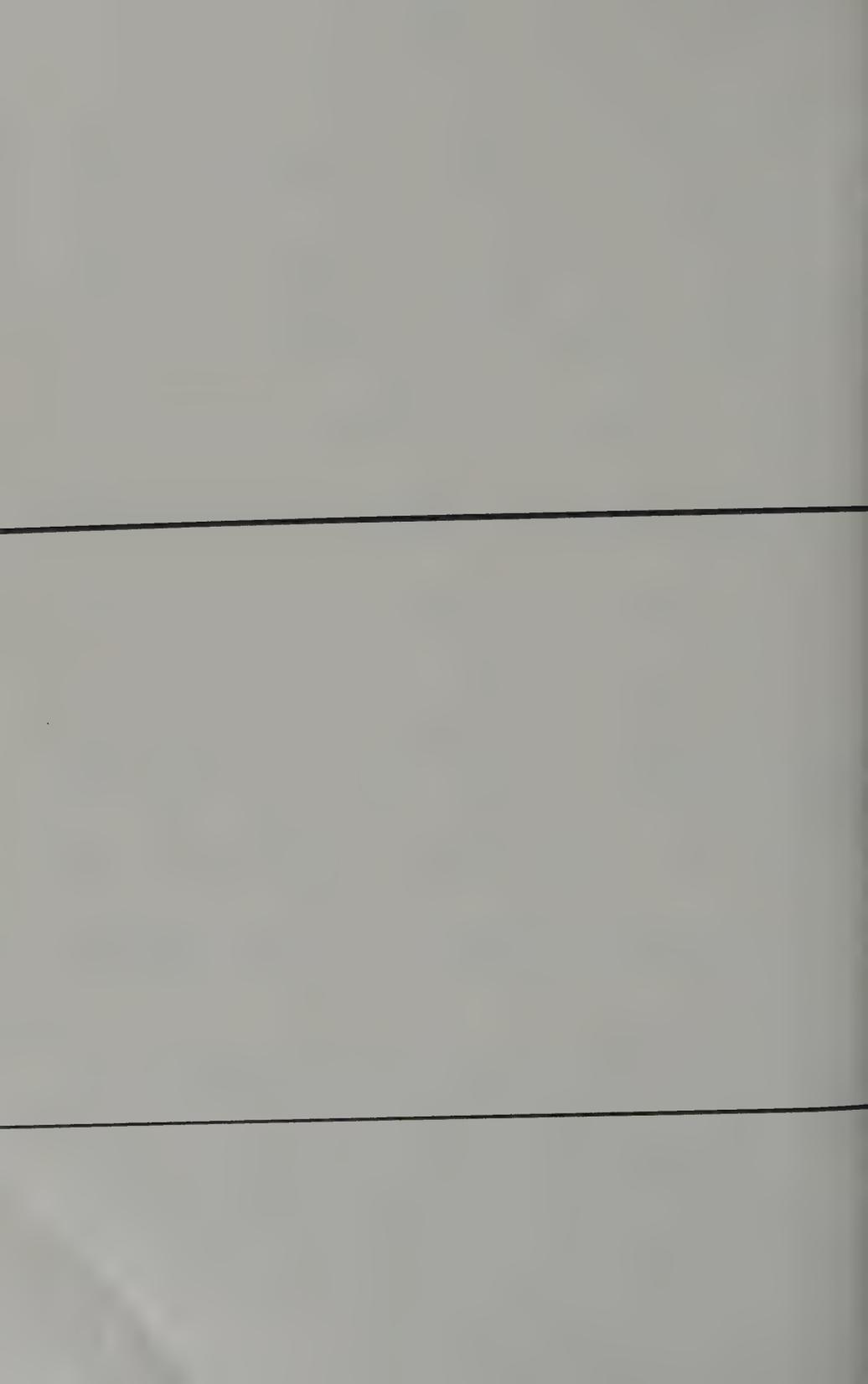
This is the year where you succeed, you overcome, and you grow, DESPITE the labels you put on yourself.

Embrace those feelings. Acknowledge those feelings. Don’t ignore them. Heck... they might even be a little bit true. You might be unexpected. You might be a tad unqualified.

But screw it!

Embrace the power of DESPITE.

Look those feelings in the eye and decide it's not in your way.  
You're going through it, DESPITE that feeling.



You're not missing out when you decide that how your life feels is more important than how it looks.

# How "at peace" are you feeling today?

1      2      3      4      5      6      7      8      9      10

It's my turn to

because

## Affirm your resolve moving forward...

Despite feeling

I will

Despite feeling

I will

That's it!

That's 60 days of affirmations, clarity, manifesting and... inner peace.

I hope you're feeling a bit more focused and at peace in your life. I hope you found something valuable throughout the exercises and that something clicked - big or small.

I hope you found a new "why" in your life.

Why you deserve to find the love you're looking for.

Why your hard work will eventually pay off.

Why your kindness and empathy are never wasted.

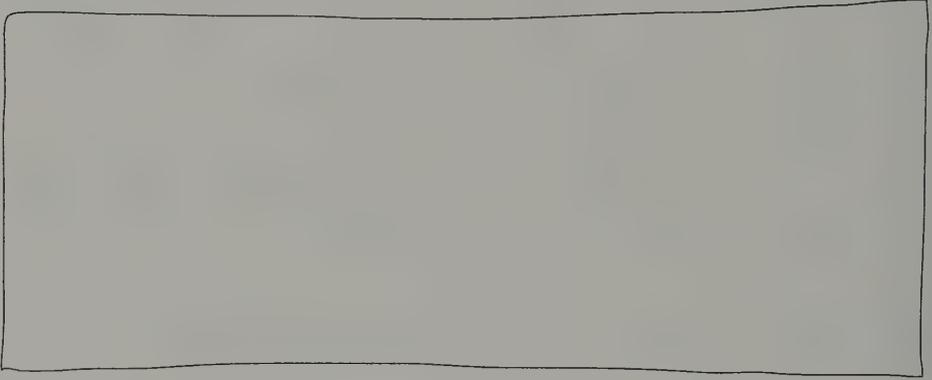
Why your past is making you stronger.

Why your standards are NEVER too high or misplaced.

I hope that WHY gives you peace.

So, one last time... let's manifest.

**It's my turn to:**

A large, empty rectangular box with a hand-drawn border, intended for writing. The box is positioned below the text "It's my turn to:" and occupies a significant portion of the page's width and height.

The world needs more of YOU. The real YOU. The spiciest, most carefree, weirdest version of YOU.

“Cool” is out. “Savage” is out. The world needs you.

The world needs more free spirits who aren't afraid to be awkward, clueless or look like a beginner.

The world needs more people who live with passion and pizzazz.

The world needs people who care so little about what others think about them that it's the last thing on their mind.

The world needs more carefree people who know they're good enough just the way they are - people with no filter who speak up, grab the aux cord, and put on the song they want to hear in life. The world needs more people who don't water themselves down... who are at 12 when everyone else is at a two.

The world needs more people who define themselves by the beautiful parts of their story instead of the ugly ones...

... people who love, even when they're not loved.

... people who give, even when no one's giving to them.

... people who are kind, even when they're not shown kindness.

... people who are compassionate, even when everyone says to be selfish.

The world needs YOU.



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You're about to step into  
your life's best chapter.

***But First, Inner Peace*** is a one-of-a-kind  
60-day manifestation experience designed to  
give you clarity around what you deserve and  
then show you how to get it.

It consists of 60 chapters - part book, part  
journal - to show you WHY you deserve more,  
better or different in life and then through 60  
days of perspective and journaling... how to  
make it a reality.

### It's your turn to:

be loved like you've always loved others

have "you deserve better" finally come true

see your hard work pay off in big ways

have the spotlight you've always given others

have a new beginning become something magical

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