

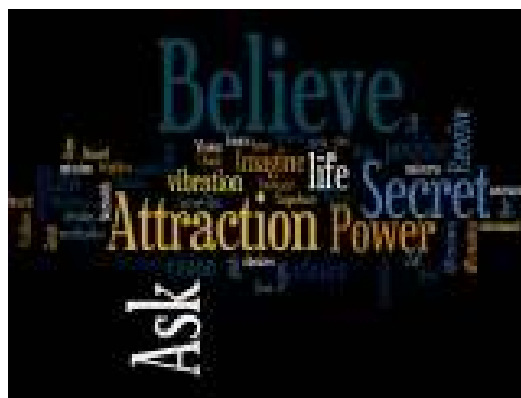
## Monday Motivational Moments!

**Date:** Every Monday @ 6:30PM EST – 7:00PM EST

**Organizer:** Jacksonville Law of Attraction - RSVP @  
[www.meetup.com/jax-loa](http://www.meetup.com/jax-loa)

**Contact:** Valarie Johnson  
[coachvalj@thewonderfulnow.com](mailto:coachvalj@thewonderfulnow.com)

**Goal:** Provide a venue for other like minded individuals who have a strong desire to learn, grow and fellowship with others! Each week holds a specific topic, followed by 3 targeted questions. Full listener participation is an integral part of  
**Monday Motivational Mondays!**



This workbook covers January 11th – March 29th 2010  
Check [www.meetup.com/jax-loa](http://www.meetup.com/jax-loa) for next workbook update  
(located in (member) files after Feb 19th)

**WEEK 1: 1/11/10 - I pursue my dreams with passion**

Questions:

What is my motivation?

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Am I proactive in my decision-making?

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What can I do to pursue my dreams more diligently?

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**“You can't put a limit on anything. The more you dream,  
the farther you get.”  
MICHAEL PHELPS**

**WEEK 2: 1/18/10 - My fears are smaller than my feats**

Questions:

What past accomplishment am I most proud of?

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When was the last time I was faced with a wall but was able to make it through?

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Am I listening to the voice of truth or the voice of negativity?

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**“The cave you fear to enter holds the treasure you seek.”**  
**JOSEPH CAMPBELL**

**WEEK 3: 1/25/10 - Wealth is abundant in my life**

Questions:

What is most precious to me?

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How can I increase my wealth?

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What can I do today to position myself toward wealth?

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**“Abundance is not something we acquire.**  
**It is something we tune into.”**  
**WAYNE DYER**

**WEEK 4: 2/1/10 - I am excited by the presence of a new day**

Questions:

What is my first experience of the day?

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Have I remained present in each moment?

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Have I embraced my day as the gift that it is?

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**“I try to learn from the past, but I plan for the future by focusing exclusively on the present. That's where the fun is.”**

**DONALD TRUMP**

**WEEK 5: 2/8/10 - When I pursue my dreams, the world conspires to help me achieve it.**

Questions:

Have I made my action plan with steps that will guide me toward my goals?

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What tasks can I complete today to get me moving in the right direction?

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Am I facing a challenge that I can overcome with some decisive action?

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**“The critical ingredient is getting off your butt and doing something. It's as simple as that. A lot of people have ideas, but there are few who decide to do something about them now. Not tomorrow. Not next week. But today. The true entrepreneur is a doer, not a dreamer.”**

**ROBERT BROWNING**

**WEEK 6: 2/15/10 - I keep only two mental snapshots of myself, where I am and where I want to be**

Questions:

How do I envision myself?

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Am I spending too much time focusing on the past?

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What things try to distract me from my goals?

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**Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure.**  
**Oprah Winfrey**

**WEEK 7: 2/22/10 - I am investing in the right set of tools to help me become a success**

Questions:

Do I have a clear picture of my goals?

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Have I taken the time to figure out what skills I may need to achieve my goals?

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What investments are necessary to succeed?

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**Visualize this thing you want. See it, feel it, believe in it. Make your mental blueprint and begin.**  
**Robert Collier**

**WEEK 8: 3/1/10 - Each baby step I take brings me one step closer to the more successful me**

Questions:

What baby-steps am I taking to bring me closer to my goals?

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Do I have the patience to let my skills develop fully into those I desire?

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What is my vision of a more successful me?

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**Personal action is your pathway to success,  
even if it is a little bit at a time!  
Catherine Pulsifer**

**WEEK 9: 3/8/10 - I am stocking my toolkit with education  
and training in order to reach my goals**

Questions

Have I determined what further education or skills I need to reach my goals?

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What actions have I taken to obtain this knowledge?

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Are there classes or seminars I can take advantage of to develop my skills?

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**You don't have to be great to start, but you have to start to be great  
Zig Ziglar**

**WEEK 10: 3/15/10 – My possibilities are endless**

Questions

What new possibilities have I discovered by stepping outside my comfort zone?

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How has meeting someone new brought richness into my life?

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Have I ever pushed myself past a limit I thought I had? How did it bring me new possibilities?

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**Man cannot discover new oceans unless he has the courage  
to lose sight of the shore  
Andre Gide**

**WEEK 11: 3/22/10 - I seize the opportunity to keep moving  
forward**

Questions:

Do I feel as if I'm moving forward each day?

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How can I seize this day?

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What opportunity is before me at this moment?

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**Opportunity is missed by most people because it is dressed in  
overalls and looks like work.  
Thomas Edison**

**WEEK 12: 3/29/10 - I create new habits to help me reach my goals**

Questions:

Do I rely on habits to give me an automatic push toward my goals?

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What can I do consistently to help me achieve my goals?

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What strategies can I use to help me reinforce those actions into a habit?

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**If you must be a slave to habit, then be a slave to good habits.  
Og Mandino**



Questions...comments... email: [coachvalj@thewonderfulnow.com](mailto:coachvalj@thewonderfulnow.com)  
RSVP at [www.meetup.com/jax-loa](http://www.meetup.com/jax-loa) \* The Jacksonville Law of Attraction Meetup Group  
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