

WOMEN MINDSET *and* MEDITATION JOURNAL



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Dear Ambitious Reader,

Congratulations on embracing your desire to progress and grow. Your ambition to revive your world and regenerate yourself is significant. The process of self-betterment begins with you and inevitably will extend to benefit those around you.

Welcome to the *Ambitious Journal*. This is an opportunity to understand your unique power to be amazing. Here is where you will take time throughout the next five days to first recognize your dreams and then reflect on current and ongoing struggles. The final step will be to harness this introspection by developing the habit of celebrating today for its strengths and challenges and then plan for how tomorrow will be better.

This guide is intended to be used each evening for five consecutive days. Each night, as you quiet your mind, put down your phone, and for a short time travel the most worthy of roads into yourself. Use this time to recognize the opportunities you have for growth and celebrate the time you have devoted to yourself, the challenges you have embraced, and the goals you have established. In addition, we're building in artistic time for you to participate in mindfulness practices. You have the option of printing the journal in full color or in black and white, and you can use the time to color to meditate, be calm, and bring your own brilliance to each page.

Now that you are ready to grow, make a promise to yourself to build and cultivate the habit of daily reflection and accountability. This practice will be a tool you can use and benefit from for the rest of your life. Developing and practicing the skill of self-betterment is something you and those around you deserve.

Make it Happen.

If you feel inclined, give this journal a name. It can be the namesake of a favorite grandparent, dearly loved friend or a celebrity you aspire to be friends with. Think of writing in this journal as a journey you are taking with that person. It's easy to forget to write in your journal when the practice is not yet habitual. It's a little harder to miss your favorite time of day with Ruth Bader Ginsberg, Oprah or your Grandmother.

This Journal will be named:

This trusted confidant, your ***Ambitious Journal***, is here to help you reflect on your day and those yet to come. It is here to help you plan to be better and provide you with a space to recognize your capacity for achieving great things.

Day 7:

Building the Habit of Daily Reflections



When we make it a habit to reflect each evening on how the day has gone, we create for ourselves the space needed to learn from the victories and challenges that presented themselves. As we learn, we can plan to do better the following day. Every tomorrow has the opportunity to be better.

- ◆ On this very first day, take a moment to reflect on your victories: What happened today that leaves you with a sense of accomplishment and growth?

◆ Now, let's do the same for things that challenged you today. What was one particular thing that left you feeling this way today?

◆ The next time this challenging situation happens, how can you embrace it as an opportunity to grow?

◆ Set a goal for self-betterment tomorrow:

"You must believe that your past is not your future"

- Gayle Carson



"I have learned over the years that when one's mind is made up, this diminishes fear; knowing what must be done does away with fear."

– Rosa Parks

Day 2:



Realizing you are a person of worth seems easy enough, but aspects of our society have found subtle ways to gaslight a woman's worth, value, and contributions. When this happens, we are often left unaware of the negative psychological consequences it has on us, but these negative thoughts have a deep and consequential impact on our mindset.

Embracing and utilizing opportunities for self-betterment is intrinsically rewarding. Challenging tasks spur the production of myelin, a substance that increases the strength of brain signals, meaning taking on challenging things literally changes and enhances our mindset and improves overall brain capacity and function.

When we recognize our worth and assign value to the struggles in life, we strengthen our capacity to focus on the potential for growth instead of hardships.

An alternative to "self-care" is self-betterment. This is the action of growing yourself

intellectually, spiritually, and mentally every day. Whose life is void of hardship? No one's, so why not use it as an opportunity to grow, to do better?

- ◆ What is a time in your life when you went through a struggle but grew because of it?

- ◆ What is something you are struggling with right now:

- ◆ What is the ideal outcome made possible by overcoming this struggle:

- ◆ What is your plan to make this ideal outcome a reality tomorrow:

Don't try to lessen yourself for the world; let the world catch up to you.

-Beyonce Knowles



“Always remember: If you’re alone in the kitchen and you drop the lamb, you can always just pick it up.”

- Julia Child

Day 3:

The Power of Yet



Instead of expecting ourselves to be excellent from the beginning, we can work under the assumption that our persistent effort will ultimately make our work stronger and better.

When we struggle through a challenge, and the end result is not our ideal outcome, we should respond to our efforts with “It’s not my best work *yet*.” Have peace of mind knowing that we can keep working, striving, and learning from our mistakes and ultimately be better next time.

- ◆ Can you recall a time today or recently when you really wanted to tackle something important to you but found it difficult? What was the activity?

- ◆ What can you do to improve how you get through difficult moments in important situations?

- ◆ Next time, what would it look like if you expected the struggle and embraced it as part of the process of becoming excellent?

- ◆ What is a small step you can take to build the habit of appreciating hardship and seeing value in the struggle?

- ◆ What is your plan to do better tomorrow?

“Life is not easy for any of us. But what of that? We must have perseverance and above all confidence in ourselves. We must believe that we are gifted for something and that this thing must be attained.”

– Marie Curie



Fear is stupid. So are regrets.

- Marilyn Monroe

Day 4:

Self-Determination



“Intrinsic motivation is inherent, as it drives the direction of an individual’s behavior and self-determination. Self-determination is important in developing beings to become more effective and refined in their reflection of ongoing experiences. When students experience the inherent satisfaction of the activity itself, they will show intrinsically motivated behavior. If students are doing the activity in order to attain some reward, such as grades or social recognition, they are extrinsically motivated. Students’ motivated behaviors pertaining to choice, effort and persistence in academic tasks correspond directly with their level of intrinsic motivation.” -Carol Dweck, *The Neuroscience of Growth Mindset and Intrinsic Motivation* 2018

When we are motivated to do well by our own desire to be excellent, we are more likely

to achieve. The extrinsic rewards that others give for our behavior are not going to be the driving force of why we try to do better.

◆ What is a task that you dread?

◆ How can mentally reframe this task so you now regard it as an opportunity to grow?

◆ What is something you can do that will help you to enjoy this task more?

◆ What will you do tomorrow when you come across a difficult task?

Little minds instinctively seek to circumscribe the things around them, to pull in the walls to the size of their own small existence, to get everything squared off to their own scale so they can feel safe and snug. This process invariable means that a lot of the material used in their walls is from the last house they lived in, is very much what they were accustomed to before they moved, so to speak. Big minds, on the contrary push the horizons farther away, create new frontiers, leave room for growth. -

~ Ruhiyyih (Mary Maxwell) Khanum Priceless Pearl ch. 14



“My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor and some style.”

~ Maya Angelou



“It’ pretty hard for the Lord to guide you if you haven’t made up your mind which way to go.”

~ Madam C.J. Walker

Day 5:

Game Plan: Choosing a goal for improving yourself



We are either moving forward or backward, never staying in the same place in relation to our goals. To ensure you are moving forward, recognition of your goals and aspirations is essential. Reflect on the steps you need to take, and create a plan. Self-betterment involves setting a lofty goal whose achievement can be broken down into smaller measurable accomplishments. Meditate on what a lofty goal is for you and think about the steps necessary to make it happen.

◆ What is your goal:

◆ What is the first step you will take towards accomplishing this goal?:

◆ What aspects of the task do you expect to be challenging for you?

◆ What will be accomplished when the task is done well?

◆ Who can you ask who will give you feedback on the task?

◆ What will you do tomorrow to begin the execution of the task?

Day 5 can be repeated as often as necessary. Every day we make plans for ourselves to grow and be better. When you are ready, whether immediately or after some time perfecting the skills of daily reflection and plans for improvement, feel free to move onto Day 6.

“Dreaming, after all, is a form of planning.”

- Gloria Steinem



“The most difficult thing is the decision to act. The rest is merely tenacity.”

– Amelia Earhart

