

# Worksheet G.E.A.R. Up Now for Your Best Q4 Ever



*The Secret Shortcut is to “show up a little bit more than the time before!*

- *Focus on what is right in front of you*
- *Activate a loving intention*
- *Stay in the NOW moment*
- *Activate your Light and Smile*

## Go for It and Get Ready For It!

Maximize Your Two Primary Resources: Time and Focus

Get real with your time for realistic expectations.

Q4 has 13 weeks. That’s 92 days X 12 waking hours = 1,104 hours available.

✓ Check your calendar and subtract all the days you will need for all the holidays prep and holiday time-off. I need \_\_\_\_\_ days which is \_\_\_\_\_ hours for all involved with the holidays.

✓ Subtract all other days that have non-negotiable commitments already booked such as travel days, medical appointments, family events, study time, your day job and more...

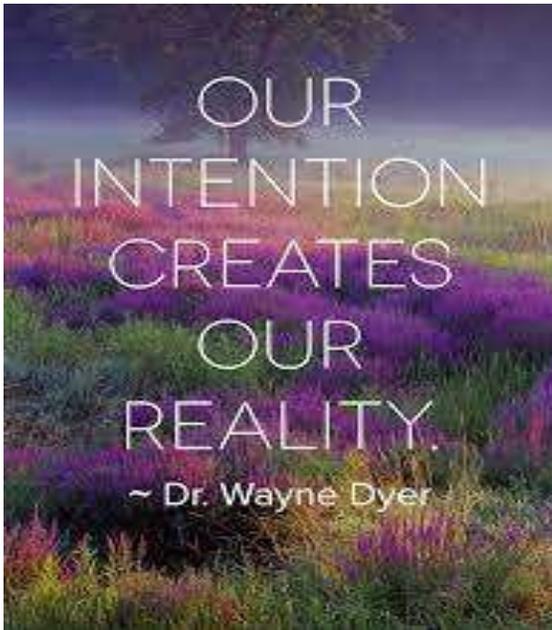
✓ My Math: I have \_\_\_\_\_ days available translating to \_\_\_\_\_ hours to realize my target intentions and goals. You may have to downsize your goals based on this number.

✓ Now, do a rough draft of your calendar to time-block those commitments! It is can be helpful to rough it out on paper before committing to your electronic calendar.

Time Blocking 101 article: <https://blog.rescuetime.com/time-blocking-101/>

We can all get squirrely with our precious time.  
“Don’t let scrolling steal your dreams!”

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## Get grounded with your focus

Knowing your WHY activates your greatest power!

**THE WHY- Intention drives** and activates the Quantum field and connects you to the power of your Highest Self

**THE WHAT- Goals drive** and active your conscious mind and body.

### **The Universe rewards clarity!**

- Write down your goals and Intentions, post them everywhere
- Use short clear sentences that are easy to remember
- Use language that inspires you, that sparkles for you

**My inspired and heartfelt intention for Q4 :**

**My S.M.A.R.T. goals for Q4 are:**

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## Energize your 4<sup>th</sup> Quarter with Love!



This is a Binary System:  
The Fear Universe or The Love Universe

### **You get to choose!**

Ask yourself frequently:

*“How can I put more loving into this action right now?”*

- ✓ Start your day with a powerful declaration of your intentions and goals. Love yourself up!
- ✓ Power Up with your PEMS ► **Physical- Emotional- Mental- Spiritual** levels
- ✓ Get visual with all your reminders – *“Out of sight out of mind.”*
- ✓ Treat yourself to emotional praise and kindness frequently
- ✓ End your day with the completion habit and more praise

### Start Your Day Powerfully

To learn more about the powerful practice of starting your day intentionally please watch JJ's video~ Most Important 8 Minutes of Your Life (9 min) <https://youtu.be/bFD2hKBmNeY>

### End Your Day with the Daily Completion Habit

I declare this day COMPLETE and good enough!

I call this day and all of its events COMPLETE!

I claim all my creations to be GOOD!

Everything I did and all that I am is good enough.

I am worthy of Love, Belonging and JOY!

*I am grateful for all the gifts of this wonderful day!*

*I can't believe what a difference this tool has made in my life!  
Thank you, Jennavieve, for helping me to live in much greater peace.  
It seems too simple to be so powerful but WOW, this thing really works  
— SK, Administrative Assistant*

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## Align with Love and awareness!

- ✓ Track your wins every day
- ✓ Show Up a Little More than Before
- ✓ Maintain the morning and evening decrees
- ✓ Your Higher Self already knows the pathway, spend some time in quiet gratitude
- ✓ Activate your physical, emotional, mental and spiritual bodies with movement and creative imagination—How will you *feel* when you realize your intentions and goals?
- ✓ Use the words “I choose” reducing the usage of “I want.”

## Align with the truth of who you are!

Fact: You are intrinsically innocent, worthy and made of loving light. You are loved, loveable and loving. Anything else you might believe is no true... it is simply a story you have believed.

If old stories or trauma begin to haunt you, simply say **Stop It Drop It**. Clap three times and immediately shift your attention to something you are grateful for. Think of all the acts of kindness you have gifted this world. Enter into the Judgement free zone.

## Realize It!

You have built an entirely new foundation for your precious life.

You and have empowered your entire future with Loving Intent.

You created a more empowering and loving relationship with yourself that will strengthen every area of your life.

**Own Your Worthiness  
Honor Your Strength To Change  
Claim Your Light**



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