

Wannabe Free Challenge

By Jody Moore BOLD NEW MOM & Crystal Escobar WANNABE BALANCED

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Change your thoughts and you will change your entire world.

WEEK 1: FREE FROM WORRY

Sept 1 – 3 Watch the YouTube Video: “Wannabe Free”

Monday (September 4) Listen to podcast episode:

Bold New Mom Podcast Episode # 38: Don't Fall For Worry

Tuesday (September 5)

What do you want to believe about your life and your future? Choose one thought that resonates with you that you can try redirecting your brain to it every time it wants to worry. Here are some thoughts you might consider:

**Worry feels useful but it never serves me.*

**The only thing I need to focus on is the present. The future is always unknown.*

**Everything always turns out ok in the end. If it's not ok, it's not the end.*

**The Universe is constantly conspiring in my favor.*

Write down your thought here:

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Wednesday (September 6)

Read over the thought you picked. Write it down in several places. Carry a copy in your pocket. Continue to re-direct your brain to it rather than allowing it to spin out in worry.

Thursday (September 7)

Read over the thought you picked. Continue to re-direct your brain to it rather than allowing it to spin out in worry.

Friday (September 8)

Read over the thought you picked. Continue to re-direct your brain to it rather than allowing it to spin out in worry.

Saturday (September 9)

Get out your favorite journal and write down what your experience has been with re-directing your brain away from worry. What came up as you tried to do this? What do you want to continue to focus on going forward in this area?

WEEK 2: FREE FROM SELF DOUBT

Monday (September 11) - Listen to Podcast episode:

Bold New Mom Bonus Episode: Girls Camp Message

Tuesday (September 12)

What do you want to believe about yourself and your value? What do you believe about human value in general? Can you find one useful thought to redirect your mind to when you notice that unkind voice in your head judging you? Choose one thought you can land on when you find you are being critical of yourself. Here are some thoughts you might consider:

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**But God created me and he doesn't make mistakes.*

**I love me anyway.*

**Nothing I do or that happens to me can affect my value.*

**I am amazing anyway.*

Write down your thought here:

Wednesday (September 13)

Read over the thought you picked. Write it down in several places. Carry a copy in your pocket. Continue to re-direct your brain to it rather than allowing it to judge you.

Thursday (September 14)

Read over the thought you picked. Continue to re-direct your brain to it rather than allowing it judge you.

Friday (September 15)

Read over the thought you picked. Continue to re-direct your brain to it rather than allowing it to judge you.

Saturday (September 16)

Get out your favorite journal and write down what your experience has been with re-directing your brain away from self-doubt. What came up as you tried to do this? What do you want to continue to focus on going forward in this area?

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WEEK 3: FREE FROM DRAMA

Monday (September 18) – Listen to podcast episode

Bold New Mom Podcast Episode #91: Difficult People

Tuesday (September 19)

Think about one person in your life who is challenging for you. How do you currently feel about them? How do you want to feel? Choose a thought that helps you feel the way you want to feel about them. Some options you might consider:

**I'm not going to give the responsibility over my emotions to them.*

**Feeling negative about them only punishes me.*

**I can love difficult people.*

**He/She is just being a human. Being a human is hard sometimes.*

**He/She is doing the best they know how.*

Write down your thought here:

Wednesday (September 20)

Read over the thought you picked. Write it down in several places. Carry a copy in your pocket. Continue to re-direct your brain to it rather than allowing it to create drama for you.

Thursday (September 21)

Read over the thought you picked. Continue to re-direct your brain to it rather than allowing it create drama.

Friday (September 22)

Read over the thought you picked. Continue to re-direct your brain to it rather than allowing it to create drama.

Saturday (September 23)

Get out your favorite journal and write down what your experience has been with re-directing your brain away from drama and judgement. What came up as you tried to do this? What do you want to continue to focus on going forward in this area?

WEEK 4: FREE FROM SELF-PITY

Monday (September 25) – Listen to podcast episode

Bold New Mom Podcast Episode 101 – Self Compassion vs. Self Pity

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Tuesday (September 26)

What is the belief you want to have about your life? The belief you have about your life will determine how you feel which will determine what kind of life you have. You can believe your life is challenging and unfair and overwhelming or you can believe it is the perfect life for you. Decide ahead of time what you want to believe about your life. Here are some options to consider:

**My life is abundant and full*

**I know how to make my life fun*

**I get to determine what my life will be*

**I am good at loving my life*

**Write down your thought here:*

Wednesday (September 27)

Read over the thought you picked. Write it down in several places. Carry a copy in your pocket. Continue to re-direct your brain to it rather than allowing it to indulge in self-pity.

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Thursday (September 28)

Read over the thought you picked. Continue to re-direct your brain to it rather than allowing it to indulge in self-pity.

Friday (September 29)

Read over the thought you picked. Continue to re-direct your brain to it rather than allowing it to indulge in self-pity.

Saturday (September 30)

Get out your favorite journal and write down what your experience has been with re-directing your brain away from drama and judgement. What came up as you tried to do this? What do you want to continue to focus on going forward in this area?

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