



7 DAYS OF FIRE



**SOMETIMES ALL WE NEED IN ORDER TO
GET OUR FIRE BURNING BRIGHTLY AGAIN
IS A LITTLE SPARK.**

**And that's exactly what 7 Days of FIRE is-The
Spark to give you the jumpstart needed to set
your inner FIRE ablaze.**

7 Days of Movement , Mindset & Mindfulness prompts, deep
thinks, daily self-love practices, and some good old fashioned
attitude adjustments.

Using Movement, Mindset & Moxie, we can use these 7 days
to breakthrough, elevate & expand, in order to upgrade our
Health, Wellness & Happiness. Let's reignite the FIRE inside.

Here is what you will be needing for this 7 day adventure:

- A journal or notebook. Something where you can write down all of your daily prompts, and they can be kept together for easy reference.
- A small space for daily movement.
- A small space of TIME for daily movement and personal reflection.
- An open mind.
 - Ready to accept the challenges that may lie ahead. A willingness to allow change & growth into your life.
- A good attitude.
 - Some of this will be easy peasy, and some you might find to be difficult. But if you go into this for the right reasons, and with a great attitude, then you'll be ready to up your game and begin creating an even greater version of yourself.

  **Let's Get Started!**  

DAY 1: 20 + minutes of movement, Self-evaluation & Goal setting

DAY 2: 20 + minutes of movement & Mental, mindset mojo!

DAY 3: 20 + minutes of movement & Moxie

DAY 4: 20 + minutes of movement & A whole day of wellness

DAY 5: 20 + minutes of movement & Habits

DAY 6: 20 + minutes of movement & Self-Love

DAY 7: 20 + minutes of movement, Self-Evaluation & What happens next?

DAY ONE



20+ Minutes of Movement

Go for a 20+ minute walk. You can break this up into two 10 minute walks, or however you like—just get those steps in today.

Self-Evaluation



This information will be used as your starting "baseline" in order to gauge your growth/changes/cycles throughout these 7 days and beyond.

Get your journal/notebook and answer these questions HONESTLY...

- What do I hope to get out of doing this 7 Days of FIRE?
- On a scale of 1-10, how would I rate my satisfaction with life? Why did I give it this rating?
- Do I currently feel "stuck" in any part of my life?
 - If so, what part(s)?
 - Am I able to recognize what is stopping me/making me feel

"stuck"?

- Do I believe in my ability to change my bad habits, learn new things, and allow for growth? Why or why not?
- What are 3 things that I consider to be a strength of mine?
- What are 3 things that I consider to be a weakness of mine?
- What are 3 things that I really like about myself?
- What are 3 habits that I'd like to work on?

(These can be "bad" habits that you'd like to change, or the creation of three completely new habits.)

DAY 1

DAY 2

**Movement &
Mental,
Mindset Mojo!**

DO 1 PHYSICAL WORKOUT TODAY:

Minimum of 20 minutes

Here are some examples:

- Yoga
- Pilates
- Weightlifting
- Dance Exercise
- Hike
- Run or long walk

4 Mental Workouts:

Working on that mental mojo comes in all shapes and sizes. From mindset adjustments to mental workouts, working on your mind is just as important as working on your body.

1. USE ALL OF YOUR SENSES

A 2015 research report suggested that using all of your senses may help strengthen your brain.

To give your senses and brain a workout, try doing activities that simultaneously engage all 5 senses. You could try baking a batch of cookies, visiting a farmer's market, or trying a new restaurant while you focus on smelling, touching, tasting, seeing, and hearing all at the same time.

2. Meditate

Daily meditation can calm your body, slow your breathing, and reduce stress & anxiety. It can also help to fine-tune your memory and increase your brain's ability to process information.

Find a quiet spot, close your eyes, and spend a minimum of 5 minutes meditating.

3. Test Your Recall

Make a list -- Grocery items, things to do, or ANYTHING else that comes to mind -- and memorize it. An hour or so later, see how many items you can recall. Make the list as challenging as possible for the greatest mental stimulation.

4. NAME YOUR EMOTIONS

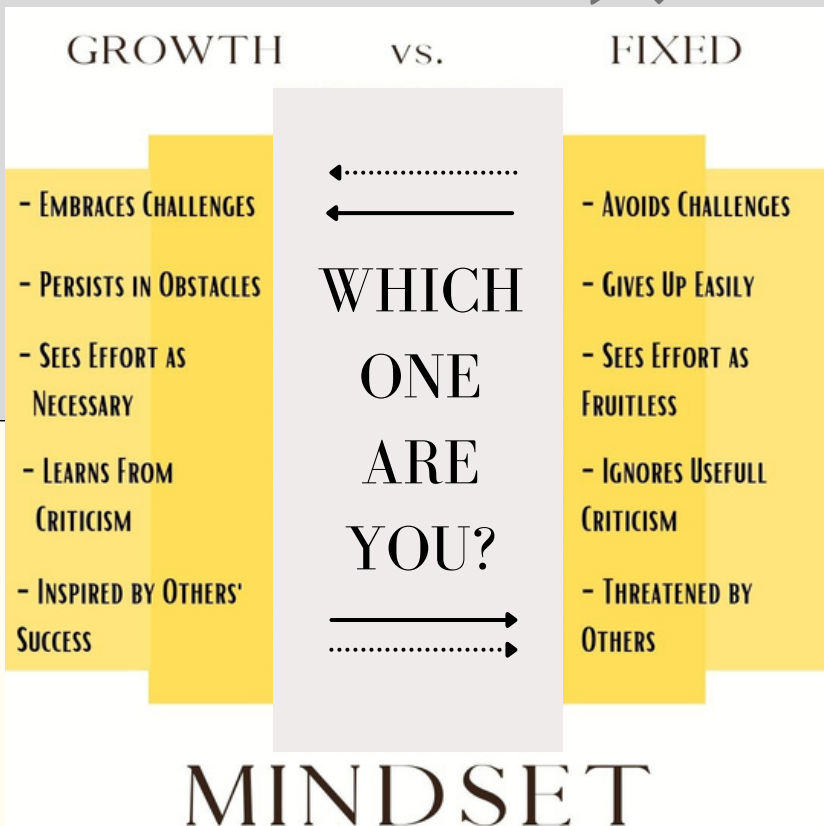
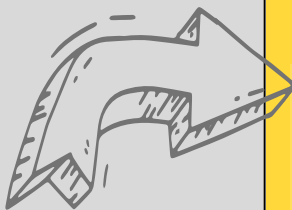
As many times as possible today, NAME YOUR EMOTIONS.

Naming our emotions has been shown to lessen the intensity of emotions, simply by shining our cognitive spotlight on what we're feeling.

When we name our emotions it helps attach a vocabulary to them, so to speak. This gives us a better understanding of what we're experiencing-- becoming emotionally literate!

DAY 2 Continued...

Movement &
Mental,
Mindset Mojo!



Yes, change begins with us, but where it begins in us, lies within our minds.

GROWTH

- "FAILURE IS AN OPPORTUNITY TO GROW."
- "I CAN LEARN TO DO ANYTHING I WANT."
- "CHALLENGES HELP ME TO GROW."
- "MY EFFORT AND ATTITUDE DETERMINE MY ABILITIES."
- "I LIKE TO TRY NEW THINGS."
- "FEEDBACK IS CONSTRUCTIVE."

FIXED

- "FAILURE IS THE LIMIT OF MY ABILITIES."
- "I'M EITHER GOOD OR I'M NOT."
- "MY ABILITIES ARE UNCHANGING."
- "MY POTENTIAL IS PREDETERMINED."
- "I GIVE UP WHEN I'M FRUSTRATED."
- "FEEDBACK & CRITICISM ARE PERSONAL."

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Our thoughts can either hold us back from the things we want in life, or propel us towards them. Our thoughts enable us to see learning as a positive rather than a burden. Our thoughts often project outwardly and have the capability of teaching others how they should think of us.



Pay very close attention to your thoughts today. Catch every single negative thought that you have against yourself (no matter how big or small you think it is).

Change/rearrange/adjust that thought towards a positive/uplifting/learning/working on being better kind of thought.

What is **Emotional Intelligence** ?

- **Emotional Intelligence** is the **ability** to **identify our own emotions and those of others, to self-motivate ourselves and know how to monitor our emotions and those of the people around us.**



DAY 3



MOXIE [MOK-SEE]
NOUN *SLANG*.

1. COURAGEOUS SPIRIT AND DETERMINATION;
PERSEVERANCE
2. VIGOR; VERVE; PEP
3. SKILL; KNOW-HOW

WHAT'S UP MOXIE, YOU LOOK FOXIE...

Building that courage, that FIRE, that determination.

Recognizing our greatness, then putting it out there for the world to see, unafraid!

Without moxie, we would never be able to do the hard things, the scary things, step up to the unknown, or be willing to create change, and to do it all with zest! (yup, even when it's scary)

Moxie is the other voice in your head, ya know, the one walking around with it's head held high, a mean strut, and a bullhorn yelling, "Ohhhh yeah, we've got this and it's gonna be FIRE!"

Unfortunately, the mopey, "I don't think we can do this", voice is the one that so many listen to instead. *face palm*

◀..... Time to get your journal/notebook out!▶

Write down these questions and your HONEST answers...

- What is one (or more) thing(s) I've always wanted to do/start/try but my fears got in the way?
(This can be anything from starting a business, going back to school, completing a marathon, getting a new job, learn to dance/a new sport/a new language, etc.)
- What were the reasons (fears) that I chose to not to pursue the thing(s) I've always wanted to do/try/start?
- Why did I choose to believe those reasons?
- What is one thing I think I could tell myself in order to listen to the moxie side of my brain instead? Do I think it will actually work/will I actually let it work?

DAY 3

Continued...



WHAT'S UP MOXIE, YOU LOOK FOXIE...

Remember to be HONEST with your answers

- What is one fear that you feel is holding you back in your life?
 - Describe that fear in detail. The why's & how's, where it comes from, how it's holding you back, etc.
- Now explain what one strength of yours is that propels you in life.
 - Describe this strength in detail. How it helps you, what you like about it, have you always had it, how you developed it. etc.

◄..... Now it's time to make some moves►

- Do something at the very edge of your comfort zone.

This isn't something so big and huge that steps you directly into the lions den, but rather, juuuuuuuuust before that. For example, if you've always wanted to start your own business, then you would take a few steps to research everything about this business, not actually start it.

This is to test the waters, so to speak. Train our brain to become familiar with the ideas surrounding this goal, so it's no longer a scary unknown. Getting comfortable with being uncomfortable, until it's no longer uncomfortable!

Small actionable steps. There is no risk involved, so there is no fear. It's simply research/learning/checking it out/seeing what's what. Your brain is all about learning and feeling safe ... so let's feed it (shhhh, all while tricking it to become less scared of a new goal).

DAY FOUR

All Day Wellness

Today we are going to be consciously paying attention to all aspects of our wellness... ALL. DAY. LONG.

Yup. You are going to have to put your wellness at the top of the priorities list.

So buckle up, and get ready to take care of yourself!



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Your Health, Wellness & Happiness involves layers and layers, but this is a GREAT starting point.

The best way to familiarize yourself with something is to jump straight in, even in the smallest of steps.

Having to put constant focus on yourself today might seem like a lot, but know that:

- 1) You deserve it
- 2) This is how you grow
- 3) This is how you learn/create new habits

You've got this!

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1. Write in your journal/notebook:

Remember to answer HONESTLY.

- How often do I focus on my health, wellness & happiness?
- Do I think my health, wellness & happiness is important?
 - If so, why?
 - If not, why?
- If I were to honestly look at my daily eating habits, do I think I am a healthy, well balanced eater?
- What could I improve upon?
- If I were to honestly look at my daily thoughts, do I think they are generally more positive or negative?
 - For either positive or negative, why do you think that is?
- What could I improve upon when it comes to my overall wellness?



DAY 4

DAY FOUR

All Day Wellness

Continued...



2. Fill out your wellness tracker throughout the day

- Shade in the white bubbles to show how much water you've had (1 circle = 1 Cup of water).
- Circle the face that best describes how you woke up this morning (then write about it).
- At any point today, write down what you are grateful for on this day.
- At the end of the day check the box that describes your movement (then write about it).
- The "Brain Dump" area is for any thoughts regarding your health, wellness & happiness that you just need to get out. It can be completely random thoughts that come and go, one full thought/stream of consciousness, a drawing...anything! It's a brain dump. Just get it out.

3. Try and get as much protein into your diet today as you can

Doesn't matter if it comes from plant, animal, or both...Make it a game to see how much protein (in a safe/appropriate amount/manner) you can fit into your diet today. (Think around 1 gram of protein per kilogram of body weight.)

4. Move your body

Doesn't matter how or where, just get your body moving for a minimum of 20 minutes. Go for a walk, do some yoga, lift some weights- whatever feels good!



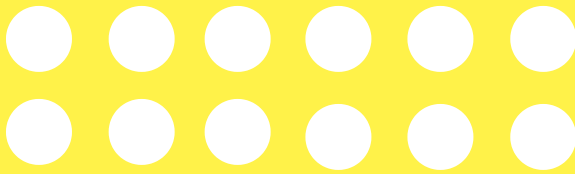
DAY 4

Continued

DAY FOUR: WELLNESS TRACKER



HOW MUCH WATER DID I DRINK
TODAY: ● = 1 Cup of Water.



DID I MOVE MY BODY TODAY?

☐

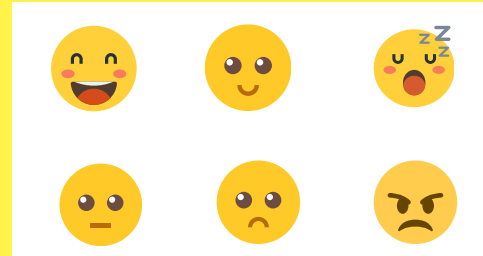
YES

☐

NO

HOW DO I FEEL BECAUSE OF IT?

HOW DID I WAKE UP FEELING?



HOW DO I FEEL BECAUSE OF IT?

DID I PRACTICE ANY SELF-CARE
TODAY?

HOW DO I FEEL BECAUSE OF IT?

WHAT AM I GRATEFUL FOR TODAY?

BRAIN DUMP:

DAY 5 Habits

Do you have a love/hate relationship with your habits?

According to researchers at Duke University, habits account for about 40 percent of our behaviors on any given day. So when we understand the current habits we've made, and how to build new ones, we can gain genuine progress within our health, wellness & happiness.

Revisiting the 3 habits you wrote on day 1...

1. Write in your journal or notebook:

- Were the 3 habits I chose on day 1 habits that I already have and want to change, or 3 completely new habits?
- Why did I choose these habits?
- Have I already started working on building/changing/adjusting/removing/creating these habits?
If so, how is it going, and how do I feel about it? If not, why?
- Do I believe that I can accomplish my goals with these habits?
Why or why not?



DAY 5 **Habits**

CONTINUED...

2. a) Look for patterns in your day and think about how you can use existing habits to create new, positive ones.

b) If you find a pattern, stack that habit in a tiny way that will move you towards your end goal.

- Experts say, the best way to form a new habit is to tie it to an existing habit. So when you see an opportunity, take it!

For example, while brushing your teeth in the morning, take that time to also stretch. Or while you are waiting for your morning coffee or tea to be ready, sit still and take a tiny moment of relaxation/meditation/breathing.

Take small 5 minute walks in order to begin the habit of an exercise routine, put a small piece of fruit with every meal to begin the habit of healthier eating.

The point is to build into it, in order to help you not only attach to your new habit easier, but have it stick around.

3. If you took one small step towards your new habit, reward yourself.

I'm not talking about going out and burning Benji's, but a small reward. This is teaching your brain to say, "Hey! This is a good thing! Let's keep doing that!"





DAY 6

SELF-LOVE

A state of appreciation for oneself that grows from actions which support our physical, psychological and spiritual growth.



Today, you love YOU like you love _____.

Understanding Self-Love

Though self-love can mean something different for each person because we all have many different ways to take care of ourselves, it will always involve having a high regard for your own well-being and happiness.

Self-love is taking care of your own needs and not sacrificing your well-being to please others. Self-love means not settling for less than you deserve.

Self-Love can mean...

- Talking to and about yourself with love
- Prioritizing yourself
- Giving yourself a break from self-judgement
- Trusting yourself
- Being nice to yourself
- Setting healthy boundaries

Getting Back to Self-Love Basics

- Listen to your body
- Take breaks from work and move/stretch.
- Put the phone down and connect to yourself or others, or do something creative.
- Eating healthily, but sometimes indulge in your favorite foods.

Self-Love is YOU

There is no other person in this world like you. You deserve to be loved not only by those around you but by the most important person in your life – YOU. We practice self-love so we can push through our limiting beliefs and live a life on FIRE.

Be patient but persistent. Self-love is ever evolving. It's something that needs to be practiced daily but can take a lifetime to master. So be kind and support yourself through the hard times.



Today is a day dedicated to YOU.

1. When you wake up today, tell yourself something positive about yourself.
2. Put yourself first today. Handle all of your responsibilities, but do so with YOU in the front of your mind.
3. Be someone who loves today. If you can't be someone who loves, how can you love yourself fully & truly. Allow love to come from you as often as possible today.
4. Practice as many healthy habits as possible today.

Other Ways to Practice Self-Love

- Making room for healthy habits
- Practicing good self-care
- Becoming mindful
- Surround yourself with people who love & encourage you
- Don't believe everything you think
- Embrace & love what makes you different.
- Get creative and express yourself in whatever way you like

SELF CARE



DAY 7

Just because our 7 days together is over, doesn't mean you should stop analyzing, growing, learning, and becoming. This was meant to be a jump off- a starting point to launch into the journey of greater greatness.

And as frustrating/difficult/daunting as it may be at times, doing this kind of work is exactly what separates you from the others. Too many aren't willing to honestly go inwards, let alone do the work.

But here YOU are. In it. Finding the FIRE to start an evolution revolution within yourself. For this, and so many other things, here on Day 7...

I give you a standing ovation.



1. GO FOR A WALK

And while on your walk, be conscience and deliberate about your thoughts. I would love for you to think about things like: - What purposeful steps will you take next in your life/day?

- Positive self-talk/thoughts
- All of the things you are grateful for
- Visualize your evolution of growth
- There is no limit! Just think away, and be deliberate about keeping a loving, powerful mind.

2. Write in your journal/notebook

- 3 things that I consider to be a strength of mine.
- 3 things that I think make me special.
- 3 things that I really like about myself
- 3 things that you are really good at

Yes, these questions/prompts are a bit different than Day 1, but I'd still like you to go back and re-read your Day 1 responses. Do you still feel the same? Have some of the answers changed? How do you feel about the differences?

3. Evaluate Your Mindset

Through these 7 days:

- Have you discovered a new way of thinking?
- Have you found spots in your mindset that could use some adjusting?

Growth consists of self-evaluation, adjusting, and accepting that you can and will evolve throughout your life.

4. REPEAT AFTER ME...

(And Believe in it)

I am growth. I am FIRE.

I am greatness. I inspire.

I am the Light that I need in my life.

My evolution is my beautiful and it's bright.

I am ME. I am the spark that lights the FIRE.



ALL IT TAKES IS ONE SPARK TO LIGHT A FIRE

This is your personal Evolution Revolution.

Through Movement, Mindset & Moxie, you can breakthrough,
elevate, and expand your Health, Wellness & Happiness.

All it takes is one Spark to Light the FIRE within you, to remind you of your greatness and uplift your life. It all starts with YOU. The choices you make, the mindset you keep, and the belief in yourself is where you find the FIRE.

◀..... Just because it's hard doesn't mean it's not possible▶
It's what you do with the challenges in your life that make or break you.

These 7 Days are over, sure. But who said that's where your journey ends? This is meant to
be the beginning... the Spark.

There will be days that are hard, but when you flip your mindset to see these challenges as
opportunities for growth instead of moments to run away, you will find how you begin to
bloom in your FIRE.

Just. Keep. Going.
Believe in your FIRE.
I know I do.

I love you. GO FORTH.