LETTING GO OF WHAT NO LONGER SERVES YOU IS A POWER MOVE

The 7 Day Unbothered Mindset Journal

This journal is simple. I designed this 7 day journal to lead you to a place of becoming Unbothered. This is where you embrace life's random happenings - the ups and downs - but you endure in your ability to always continue to push ahead.

UNBOTHERED (ADJ.) NOT EXPERIENCING MENTAL OR PHYSICAL DISCOMFORT

Are You All IN? Are you Ready To Become UNBOTHERED? Let's GO!

Read the prompt for the day, pause for a minute, then write. Don't overthink your answer. It doesn't have to sound great or sound perfect.

Just write down your first thought and don't second guess it.

It's completely OK to say, "I Don't know right now." It's OK to write the same or comparable thoughts on various days. That's an awesome thing! It shows that your inner truths are coming to the surface

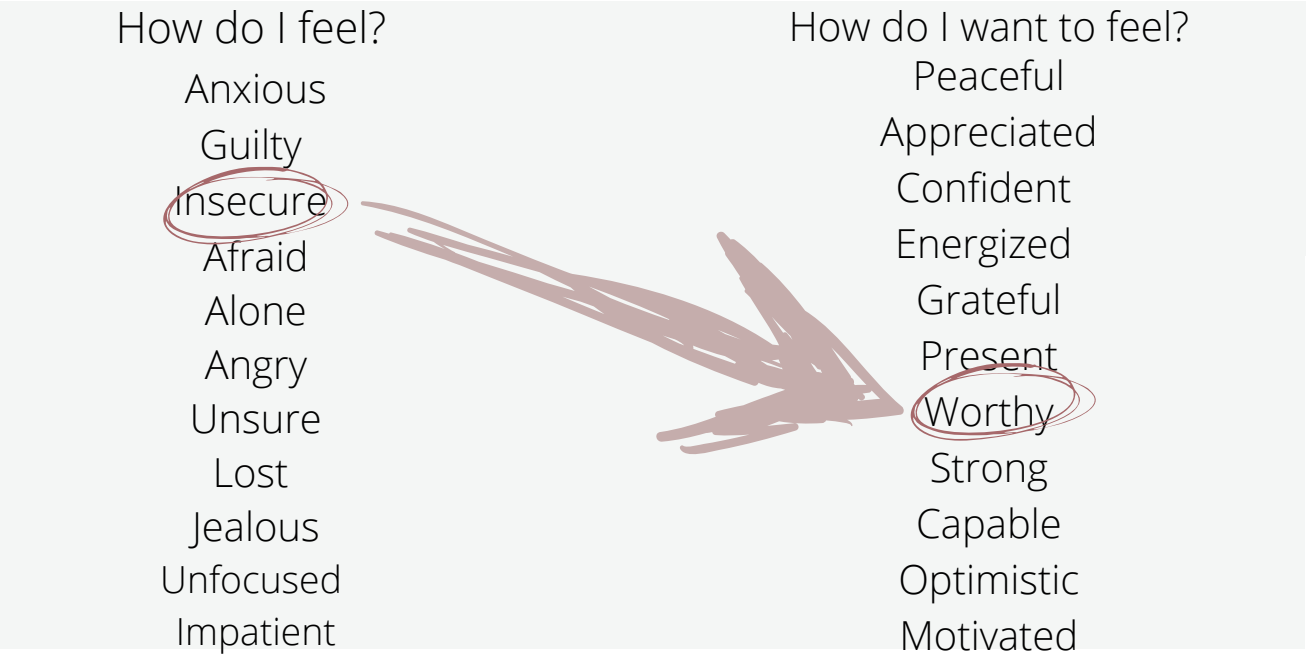
Feeling stuck on a day or having a mental block?

Try journaling in a quiet space in your home. Journal before your day takes off. Mix things up. Lastly, and most importantly, keep an open mind. Be open to the possibility that these techniques will help you.

Leila Wolfe Coaching

VIBE CHECK...

Circle your answers then connect the two circles with a line.



What's on my mind...

I have this to say...Don't overthink it. Literally just write down what you have to say.

I need to do better balancing my work/personal life...

How UNBOTHERED am I today?

Unbothered (adj.) a mix of peaceful acceptance and eagerness to roll with the punches of life.

1 2 3 4 5 6 7 8 9 10

WHERE IS MY HEAD RIGHT NOW?...

Circle your answer then answer the respective question.

PAST	PRESENT	FUTURE
What opened my eyes?	What am I grateful for?	What do I deserve?

I'm grateful for my family who I call my Army of Light who has stood behind me during this journey.

So much of this!!!

Right now... In this moment am I <u>chasing</u> or <u>attracting</u>?

Check all that apply.

- I don't feel in control.
- I feel desperate & lost.
- I feel jealous of others.
- I feel unworthy.
- I'm impatient.
- There's a lot missing from my life.
- I'm not ready.
- I feel out of my league.
- I'm worried about my life's what if's.
- I'm worried about the future.

- I'm living my truth & my passion.
- Everything that happens is an opportunity.
- I'm being kind to myself.
- I'm putting myself first.
- I'm grateful for many things.
- I'm being honest with myself and others.
- I believe I'm worthy of MORE.
- I believe I'm capable of change.
- I feel peaceful about where I'm at in life.
- I'm optimistic everything will work out.
- My best days are ahead of me.

One big thing I want to manifest:

It come naturally for me to feel good and healthy.

Leila Wolfe Coaching

IF YOU COULD WAVE A MAGIC WAND AND HAD 3 WISHES TO BE GRANTED RIGHT NOW, WHAT WOULD YOU WISH FOR? WHY? WHAT WOULD THOSE WISHES DO FOR YOU?

(Fill in this box with your answers)

Now is your time. Are you Ready To Become UNBOTHERED? Are you All In? Let's GO!

- 7 days of EMPOWERING affirmations
- 10 minutes a day
- A mix of helpful prompts and open journaling
- Can be done any time of day or night
- Daily quotes and meditations to Elevate you!

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Your journey to becoming unbothered begins with being open and honest with yourself.

If you're striving for HAPPINESS, Aim to become UNBOTHERED. Instead of questioning yourself day in and day out, "How can I be happier?" Instead focus on becoming UNBOTHERED.

Becoming UNBOTHERED is a familiar place that exists in us all. It's a safe place where you are UNBOTHERED by all the bullshit, the haphazardness, the unreliable people, the road blocks, the hustle and grind of todays culture, and life's ups and downs. It's a place of essential peace and self awareness.

No matter what life throws at you... There's a stillness inside of you. It's doesn't come and go like waves of happiness. It isn't sporadic, arbitrary or hapless. It's not bound to some action, occasion, or any concession.

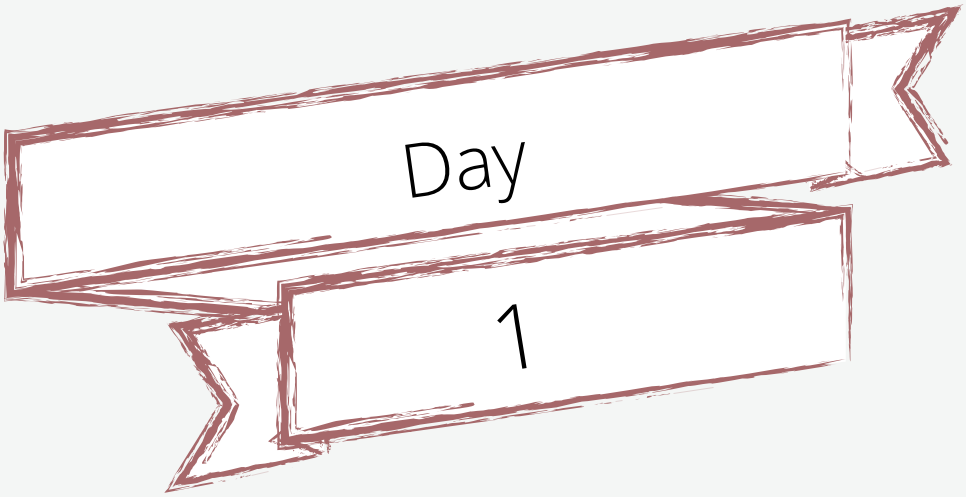
The next time you feel ready to unleash your inner psycho out, repeat this mantra, "I AM UNBOTHERED."

Make a mindful decision to want it more than just fulfilling your life and striving for happiness.

Find comfort and home, my friend. Come back to your place of peacefulness and say:

I AM UNBOTHERED

After 7 days I want to become unbothered by...


Day
1

Day 1

VIBE CHECK...

Circle your answers then connect the two circles with a line.

How do I feel?	How do I want to feel?
Anxious	Peaceful
Guilty	Appreciated
Insecure	Confident
Afraid	Energized
Alone	Grateful
Angry	Present
Unsure	Worthy
Lost	Strong
Jealous	Capable
Unfocused	Optimistic
Impatient	Motivated

What's on my mind...

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Day 1

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I believe I'm capable of change.
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I'm optimistic everything will work out.
My best days are ahead of me.

One big thing I want to manifest:

Day 1

WHAT IS YOUR SUPERPOWER? WHAT ARE YOU CAPABLE OF ACCOMPLISHING? IS IT YOUR STRENGTH, YOUR TALENT OR SOMETHING THAT STILL NEED TO BE DISCOVERED? IS IT SOMETHING YOU'RE PASSIONATE ABOUT OR AN EMOTIONAL INTELLIGENCE?



Day 1

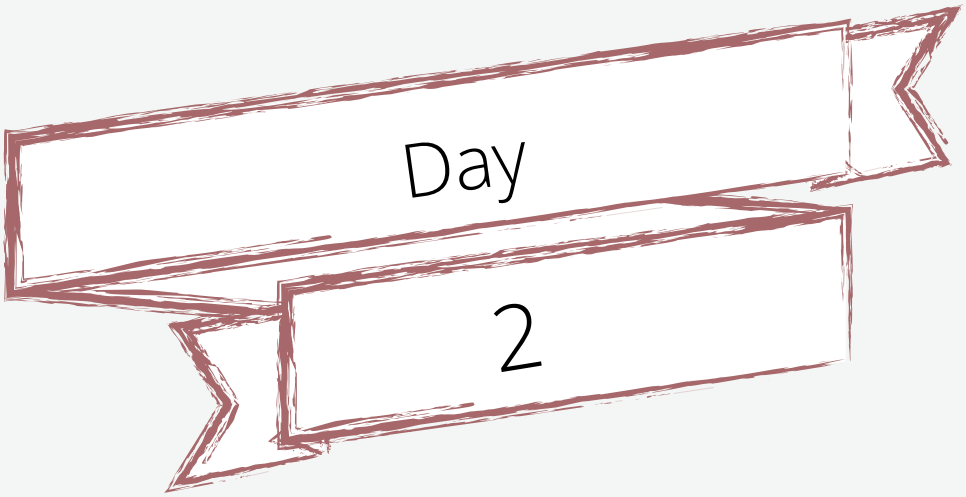
No other person can give you permission

You don't have to settle and be only one "thing" in life.

-Be mindful and devotional but let your freak flag fly

- Try a plant based diet one week, and Tex-Mex and Margaritas the next.

- Successful entrepreneur but an absolute goofball


Day
2

VIBE CHECK...

Circle your answers then connect the two circles with a line.

How do I feel?	How do I want to feel?
Anxious	Peaceful
Guilty	Appreciated
Insecure	Confident
Afraid	Energized
Alone	Grateful
Angry	Present
Unsure	Worthy
Lost	Strong
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Day 2

WHERE IS MY HEAD RIGHT NOW?...

Circle your answer then answer the respective question.

PAST	PRESENT	FUTURE
What opened my eyes?	What am I grateful for?	What do I deserve?

Right now...In this moment am I <u>chasing</u> or <u>attracting</u>?

Check all that apply.

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Day 2

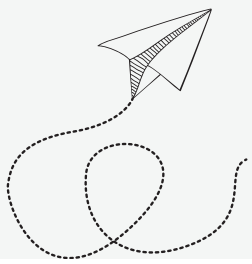
COMPLETE THE PHRASE: I LOVE MYSELF MOST WHEN_____. WHAT ARE YOU FEELING? HOW DOES THE FEELING, OCCURRENCE, OR ACTION MAKE YOU FEEL AT PEACEWITH YOURSELF THAT GUIDES YOU TO PROPOSE SELF-LOVE?

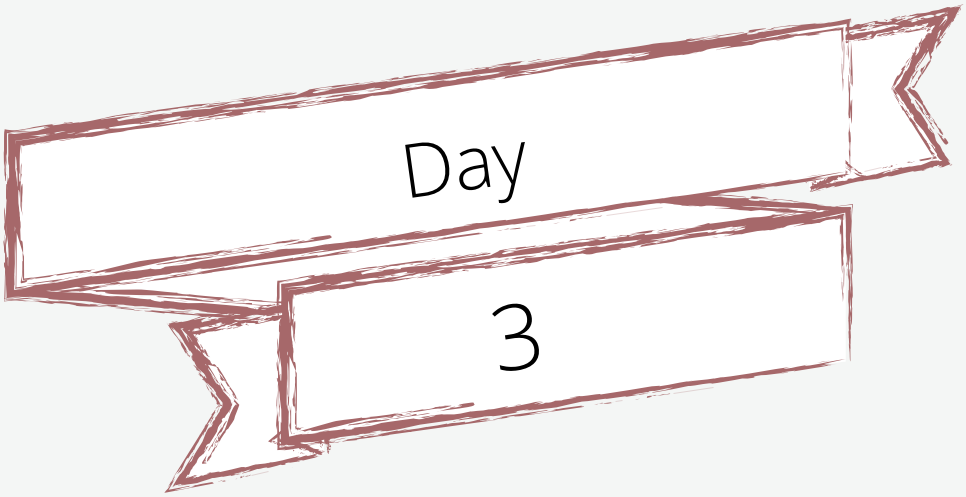
You know what is sincerely alluring?

Someone who believes in their "WHY."

- Modest but Bold
- Hilarious but passionate
- Spontaneous but inquisitive

- Infatuated with dogs, mid-night snacks and ID discovery TV, but down to drop it all and book a 9 day vacation to Isla Mujeres.




Day
3

Day 3

VIBE CHECK...

Circle your answers then connect the two circles with a line.

How do I feel?	How do I want to feel?
Anxious	Peaceful
Guilty	Appreciated
Insecure	Confident
Afraid	Energized
Alone	Grateful
Angry	Present
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Day 3

WHERE IS MY HEAD RIGHT NOW?...

Circle your answer then answer the respective question.

PAST	PRESENT	FUTURE
What opened my eyes?	What am I grateful for?	What do I deserve?

Right now...In this moment am I <u>chasing</u> or <u>attracting</u>?

Check all that apply.

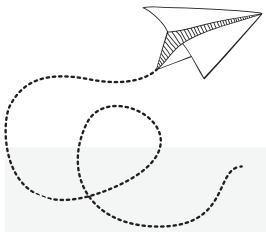
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My best days are ahead of me.

One big thing I want to manifest:

Day 3

WHERE DO YOU SEE YOURSELF IN ONE YEAR, THREE YEARS, AND FIVE YEARS? WHAT IS IT ABOUT THAT VISION THAT EXCITES YOU? WHAT IS STOPPING YOU OR SLOWING YOU DOWN FROM CREATING THE LIFE YOU DESIRE?

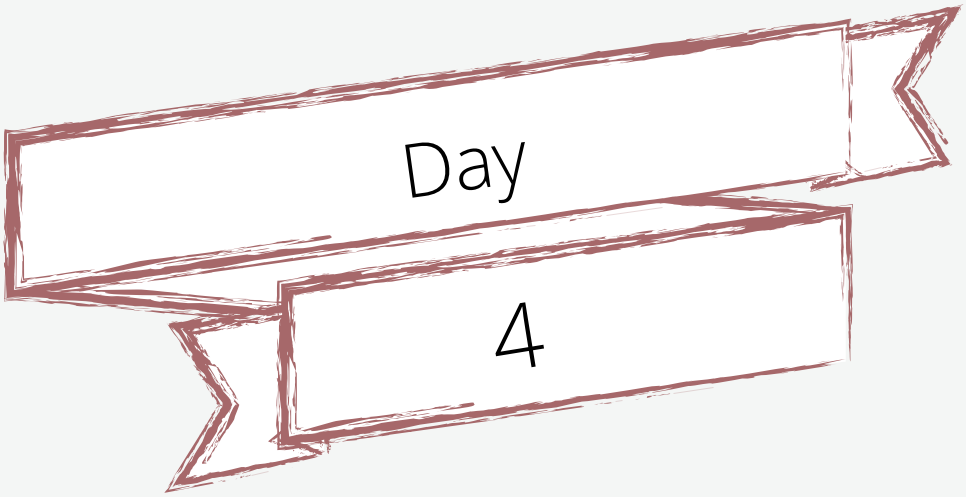


How will you know what you want in life unless you first experience what you don't want or need?

BALANCE is the key to carving your own path and creating the life you DESIRE.

Don't identify negative moments as life long disturbances.

Look at them as lessons that advise you what is right for you, what you are truly on the hunt for, and what what you're capable of doing.


Day
4

Day 4

VIBE CHECK...

Circle your answers then connect the two circles with a line.

How do I feel?	How do I want to feel?
Anxious	Peaceful
Guilty	Appreciated
Insecure	Confident
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Alone	Grateful
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1 2 3 4 5 6 7 8 9 10

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Day 4

WHERE IS MY HEAD RIGHT NOW?...

Circle your answer then answer the respective question.

PAST	PRESENT	FUTURE
What opened my eyes?	What am I grateful for?	What do I deserve?

Right now...In this moment am I <u>chasing</u> or <u>attracting</u>?

Check all that apply.

I don't feel in control.
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One big thing I want to manifest:

Day 4

WHAT IS THE MOST CHALLENGING FACTOR ABOUT DATING YOU? IS THERE ANYTHING YOU CLAIM TO BE DIFFICULT TO LOVE? WHY OR WHY NOT? WHAT MAKES YOU THINK THIS IS TRUE?





Never apologize or be sorry for what you want out of life.

No more wandering around with question marks above your head.

Flip those exclamation marks into a mindset that says, "sorry, not sorry!"

Sorry not sorry for how I express myself and opinion.

Sorry not sorry for making ME a priority and what I want to achieve in my life.

Sorry not sorry for eliminating toxic people in my life.

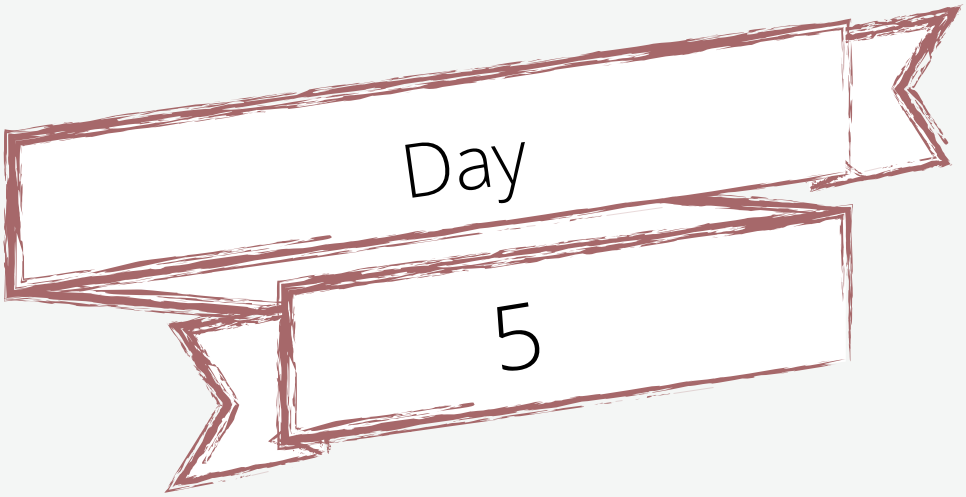
Sorry not sorry for not giving away my energy to people I know aren't right for me.

Sorry not sorry for posting that GORGEOUS selfie, that made me feel amazing.

Sorry not sorry for using my voice to advocate for myself and for others.

Sorry not sorry for trusting some one right out of the gate.

Sorry not sorry for setting healthy boundaries for myself.


Day
5

Day 5

VIBE CHECK...

Circle your answers then connect the two circles with a line.

How do I feel?	How do I want to feel?
Anxious	Peaceful
Guilty	Appreciated
Insecure	Confident
Afraid	Energized
Alone	Grateful
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1 2 3 4 5 6 7 8 9 10

Day 5

WHERE IS MY HEAD RIGHT NOW?...

Circle your answer then answer the respective question.

PAST	PRESENT	FUTURE
What opened my eyes?	What am I grateful for?	What do I deserve?

Right now...In this moment am I chasing or attracting?

Check all that apply.

I don't feel in control.
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One big thing I want to manifest:

Day 5

WHAT DO YOU APPRECIATE MOST ABOUT YOURSELF? HOW HAS IT CHANGED OVER THE YEARS?
IS IT SOMETHING YOU'VE ALWAYS WANTED TO APPRECIATE YOURSELF FOR OR IS IT SOMETHING YOU'VE GRADUALLY UNCOVERED OVER TIME?

Day 5

ALLOWING YOUR WHY TO BE GREATER THAN YOUR FEAR.

Your WHY on earth is powerful and should give you hope. WHY?

The purpose of your life has led you to this point for a reason.

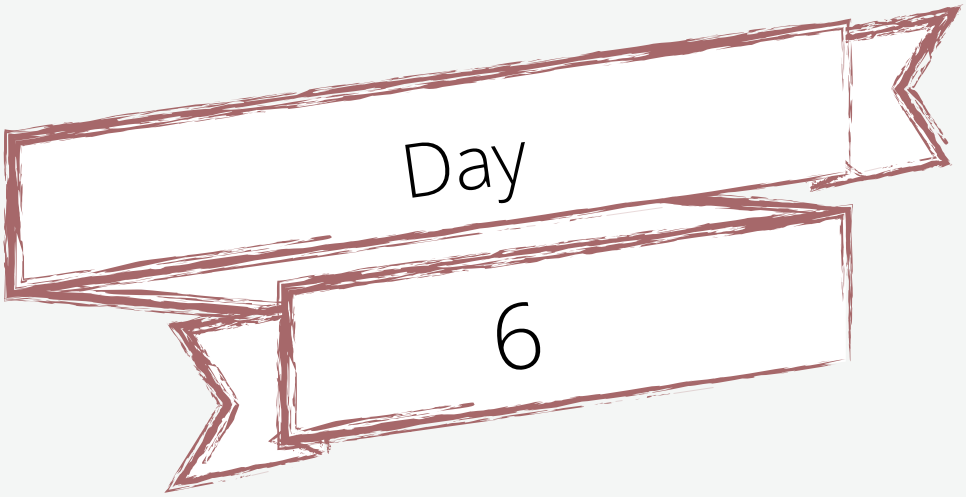
Your life's purpose has something incredible in store for you- today, tomorrow, next week, and next year.

Will you allow yourself to trust the process?

Maybe you're right where you are supposed to be.

Your "WHY" in life can be a passion, a goal, your ambition, your drive, your faith, your love, your hopes and dreams. And when those "whys" are greater than your fears you can over come any obstacle.

Always allow YOUR WHY TO BE GREATER THAN YOUR FEAR.


Day
6

Day 6

VIBE CHECK...

Circle your answers and then connect the two circles with a line.

How do I feel?	How do I want to feel?
Anxious	Peaceful
Guilty	Appreciated
Insecure	Confident
Afraid	Energized
Alone	Grateful
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Day 6

WHERE IS MY HEAD RIGHT NOW?...

Circle your answer then answer the respective question.

PAST	PRESENT	FUTURE
What opened my eyes?	What am I grateful for?	What do I deserve?

Right now...In this moment am I <u>chasing</u> or <u>attracting</u>?

Check all that apply.

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One big thing I want to manifest:

Day 6

WHAT ALL HAVE YOU SAID YES TO IN THE LAST YEAR? MAKE A LIST OF THE THINGS YOU HAVE SAID YES TO. WHAT HAS SAYING YES DONE FOR YOU IN YOUR PERSONAL LIFE? HOW HAVE THOSE EXPERIENCES FELT? HAVE THOSE EXPERIENCES GROWN ON YOU?

yes!

Day 6

It's is perfectly OK to pursue something in life for the simple reason that it brings joy into your life.

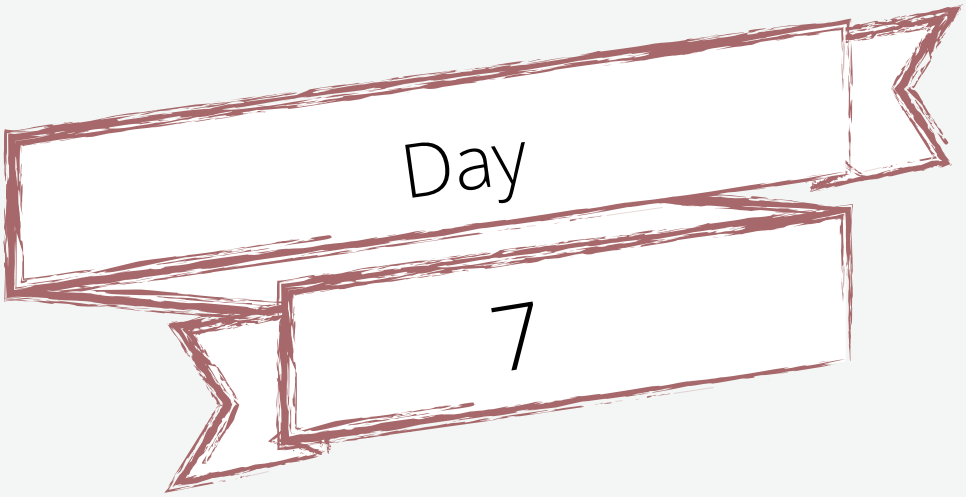
A simple "because I want to" is more than enough reason.

You don't need a 5 or 10 year plan set in stone. You don't need to justify this other than by simply just wanting to. You don't even have to make a grand announcement and tell everyone you're doing it.

Just do it because it ignites a fire in your soul.

What are your life's burning desires?




Day
7

Day 7

VIBE CHECK...

Circle your answers and then connect the two circles with a line.

How do I feel?	How do I want to feel?
Anxious	Peaceful
Guilty	Appreciated
Insecure	Confident
Afraid	Energized
Alone	Grateful
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Day 7

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My best days are ahead of me.

One big thing I want to manifest:

Day 7

IF YOU WERE CAPABLE TO ERASE SOMETHING IN YOUR PAST, WHAT WOULD IT BE AND WHY? HOW WOULD ELIMINATING THAT FROM YOUR PAST SERVE YOUR PRESENT SELF AND FUTURE SELF?



It's OK to say, "I deserve better."

Day 7

Your former self is mighty.

Please don't look back in anger, shame or regret.

When you abolish the mistakes of your past, you delete the wisdom of your present and what lies ahead for you in the future... Whether you recognize it or not, your have powerful clarity right now.

How are you going to know what love is unless you know what it's not?

How will you know what success looks like to you unless you experience failure?

How do you know what confidence feels like, unless you know what it's like to deal with the insecurities?

How will you know how to discover passion, unless you have dealt with boredom?
Please don't look back and see your failures, the missed opportunities, and the pain and suffering as if they were all for nothing.

They gave you clarity, strength, and motivation.

Don't erase those mistakes. There is nothing to regret.

What can you do with the pain and frustration from your past?

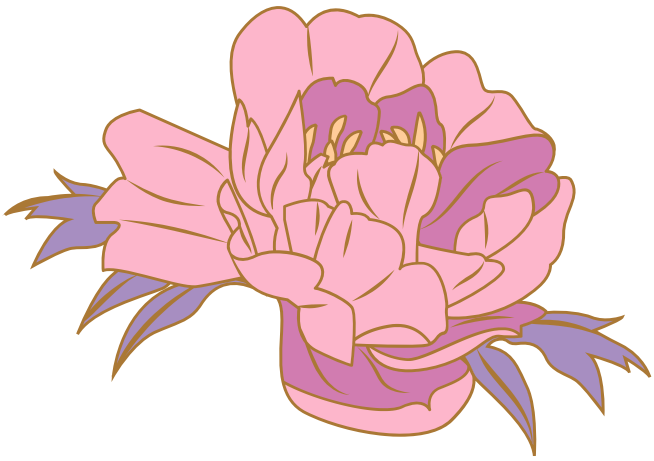
What can you create from it? How can you appreciate it?

What can you gain from starting over?
Please be aware that your past does not define you, but gives you wisdom..
And it's from that wisdom what you're building on.

THAT'S IT! YOU WERE ALL IN, NOW IT'S TIME TO LET IT ALL GO. TAKE THE PAST 7 DAYS AND LET IT OUT:

I an UNBOTHERED by:

“ ”



Leila Wolfe Coaching

WANT TO REALLY BECOME UNBOTHERED?

It is my highest intentions that you have gained something from this free 7 day coaching journal. If you would like to dive deeper into this material, I have a number of services and opportunities for you.

Head back to www.Leilawolfecoaching.com to get your mindset in place.

You can follow me on Instagram @leilawolfecoaching

Private Coaching

1:1 coaching transformed my life. It can do the same for you. Having the right system, the right support and the right accountability, is my sole purpose to make great things happen, and is nearly a religious experience. I'm not kidding you. Get coached by me and watch a revelation of miracles happen.

www.Leilawolfecoaching.com

Join me by phone or zoom from anywhere around the world.

Leila Wolfe Coaching

HI GORGEOUS! WANT TO HAVE A BETTER MINDSET IN ONE WEEK AND REALLY BECOME UNBOTHERED?

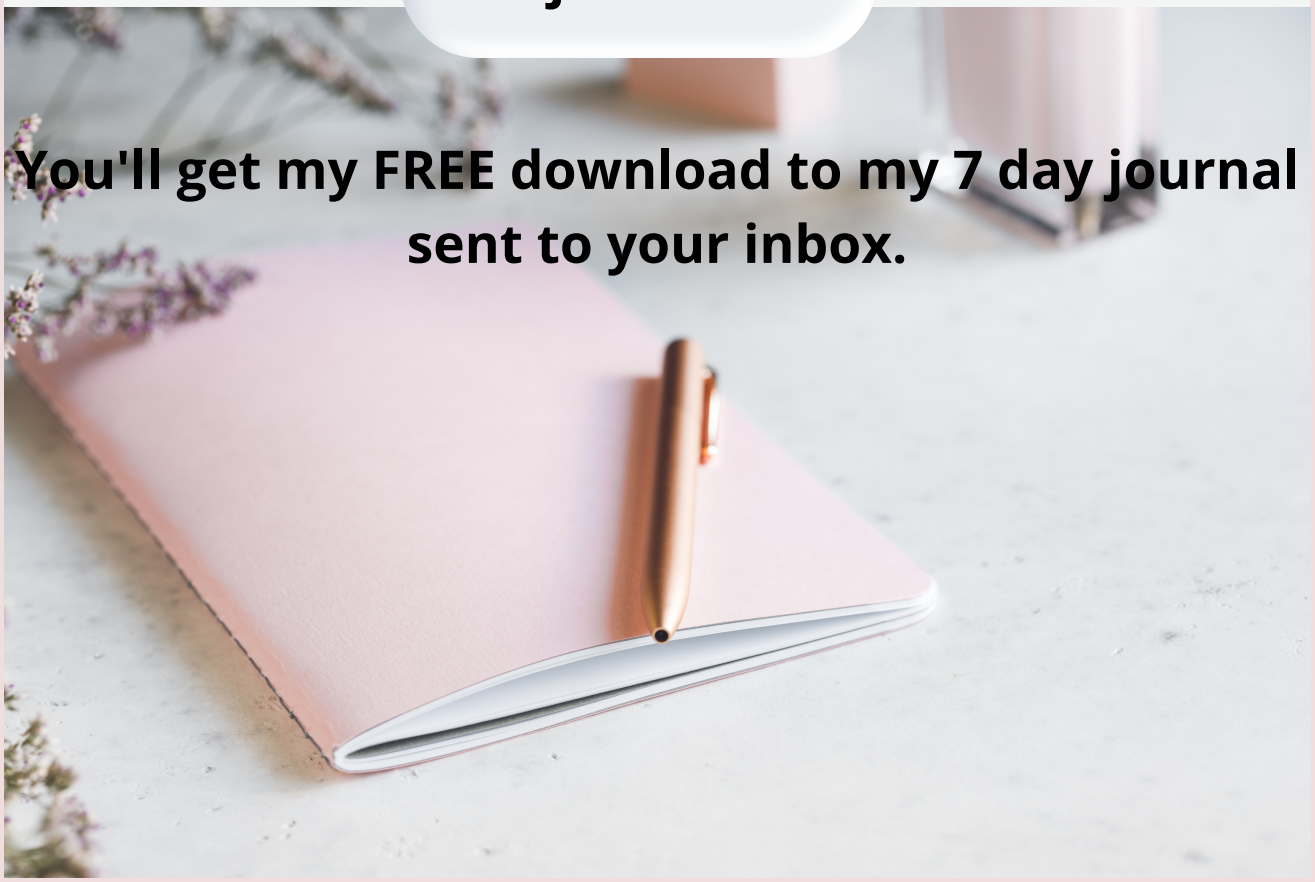
Sign up for this FREE 7 day Journal.

Experience a feeling of inner peace when you become UNBOTHERED.
Enter your email address below and I will guide you on how to become UNBOTHERED.

first name here

email address here

send journal now



Leila Wolfe Coaching

Letting go of what no longer serves you is a power move. It all starts by understanding yourself better. I created the free 7 day Becoming Unbothered journal to be a simple approach to your mindfulness and self-awareness journey.

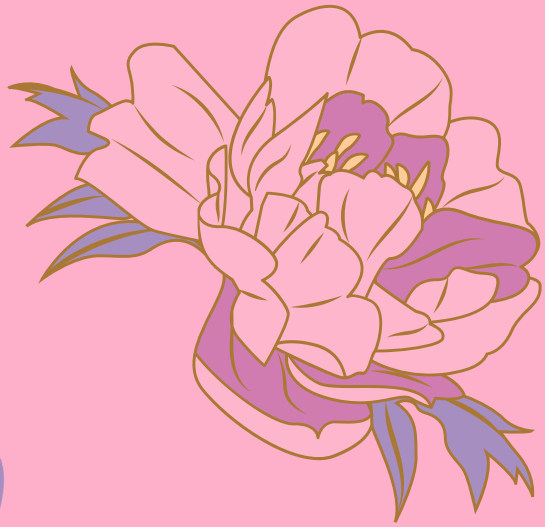
I'm Ready! Send it to Me!



- Self-awareness come by asking yourself the right questions.
- You can change your life by asking yourself these question - each and every day
- The process of introspection will give you confidence, clarity, and a feeling of inner peace.

Thank You!

XO
Leila



Your Free journal is on its way to your inbox, gorgeous!

Having trouble grabbing your journal? I've got you covered. If you don't receive it within the next hour, check your spam folder. Not there either? No worries! Email coach@leilawolfecoaching and my team will hook you up in a jiffy!

One more thing, hot stuff! Please take a moment to add coach@leilawolfecoaching to your contact list. Otherwise, there's a chance my emails will land in your spam folder. Boo! We don't want that!