

Reorganize
YOUR LIFE
in 18 days.

*YOU CAN CHANGE YOUR
LIFE ONE DAY AT A TIME.*



By Emesh Hutchins



Day 1- Priorities

Congratulations today is the first day of the best days of your life. But first things first be willing to prioritize the top three most important aspects of your life and set boundaries. Setting boundaries allows you to make time for yourself and you should be your number one priority.

What are the top 3 most important aspects of your life?
What boundaries are you going to set to ensure you make time for yourself?



Day 2-Declutter - let it go...

When worry is at the center of your mind it affects your peace.

Be willing to declutter your mind from the cares of life that are beyond your control. Once you identify those things that are beyond your control its easier to let it go! Be determined to regain your peace, it's priceless.

What are you willing to let go of that is beyond your control to regain your peace?



Day 3 – It's Time to Heal

Hurt, bitterness, anger, offense, guilt, shame and trauma can no longer hold you hostage, it's time to be healed. In order to heal you must recognize what you need to be healed from and choose to be healed.

What do you need to be healed from and are you willing to walk in your healing?



Day 4 – The Past is the Past

It happened but your past doesn't determine your future.
You cannot allow your past to control what's in front of
you. Speak these words and write them down “
My past is behind me and can no longer hold my future
hostage I will move forward. I am free”.



Day 5 – What's in Your View?

You must see it before you can have it. Don't let fear keep you from your purpose you can start that business. You can buy your dream home.

You can live your best life right now
What's in your view?



Day 6 – What's eating You?

Don't quit you got this! Don't let what didn't happen eat at you and cause you to give up. Start again, if you must but don't you dare give up.

Is there something in your life that you would like to do over?



Day 7 – Yes, You Made It Through the First Week.

Well done, you made it through the first week and there's no turning back. Your victory is closer than it's ever been now it's time to reflect.
What did you learn about yourself?



Day 8 – An Attitude of Gratitude

Having an attitude of gratitude will affect your aptitude. Despite life's challenges there's so much to be grateful for. Just look how far you've come.

What are you grateful for?



Day 9 – No More Stinkin Thinkin

Choose to be positive you have the power to change your environment. Positive thinking starts with you.

Speak these words and write them down “
Today I choose to be positive and will find the positive
in every situation”.



Day 10 – Smile

Your smile is contagious! Try it and observe the response you get just by smiling. You never know what someone else is going through so share the gift of a smile. Your smile is powerful and can brightening someone's day.

What do you remember about the response you received from greeting someone with a smile?



Day 11 – Be Intentional

Being intentional means, you are purposeful in what you do and say. Be aware of your conversations and interactions with people. Remember no matter what you do or what you say somebody is always watching you.

List 3 – 5 ways you can be intentional



Day 12 – Goal Getter

Yes, you are a goal getter. Your hard work and dedication to your goals will pay off. Stay the course, each step you take puts you closer to realizing your goals.

Name one short term goal you will accomplish within 30 days and one long term goal you will accomplish within the next 12 months.



Day 13 – Keep Moving

You are headed in the right direction; your growth is unstoppable. I know the journey has been rough but
look at you now!

It's time to reflect what has changed about you during
this journey? Do you see your growth?



Day 14 – Save, Save, Save

With reorganizing your life comes reorganizing your finances, if you have not started an emergency fund it's time. An emergency fund is money set aside for the unexpected car repair, emergency room visit or that bill you didn't see coming.

I challenge you to open a savings account and start saving \$50.00 every month keep this going for one full year. By the time you finish this savings challenge you will have a \$600 emergency fund.



Day 15 – Give Yourself Some Credit

I know we've all heard the saying that cash is king, and many people believe all they need is cash to buy the things they want. However, I truly believe credit gives you power and financial freedom when used correctly.



Day 15 – Give Yourself Some Credit

cont. If you don't have credit, I challenge you to open a secured credit card and start building good credit. On the other hand, if you are having credit issues, I challenge you to get a copy of your credit report and start working on improving your credit score. If you don't know where to start consult a credit specialist to walk you through the credit process and guide you to better credit.



Day 16 – You Are Stronger Than You Think

Give yourself some grace, you are stronger than you think. It might get ugly or even uncomfortable at times but be willing to go the distance. Strength doesn't come from where you start but how you finish.

Can you remember a situation or event that occurred in your life that revealed just how strong you really were?



Day 17 – Victory

Nothing can hold you down. You ran the race and pushed through. Take a victory lap, you are ready to show the world how you made it. Victory never felt this good.

What does your victory lap look like? Did you shout to the top of your lungs that you are victorious or do a victory dance?

Either way you got the victory now walk it out.



Day 18 – You Did It

Thank you for taking this journey with me. I hope it has been life changing and impactful for you. You've come a long way and it shows. Use what you have learned to stay encouraged and don't lose your focus. Continue to walk in your healing and protect your peace. Give yourself a pat on the back you deserve it and remember you have greatness inside of you.

My weekly planner...

FROM _____ TO _____

MY GOALS

- _____
- _____
- _____
- _____

MONDAY _____

TUESDAY _____

WEDNESDAY _____

THURSDAY _____

FRIDAY _____

SATURDAY _____

SUNDAY _____

NOTES :



My daily planner...

____ / ____ / ____

MON TUE WED THU FRI SAT SUN
○ ○ ○ ○ ○ ○ ○

☑ TO DO LIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

♡ TOP PRIORITIES

- _____
- _____
- _____
- _____
- _____

RANDOM

- _____
- _____
- _____
- _____

MORNING

AFTERNOON

EVENING

TAKE NOTES / DRAW / JOURNAL