




14 DAY SELF AWARENESS CHALLENGE



PAT DIVILLY
HIGH PERFORMANCE COACH



I wanted to provide a simple 'journal' for you to stay on track with some of the things we've talked about on the call for the next fourteen days in order to move from 'knowing' to 'doing'.



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Hopefully by the end of the 14 days you'll have seen increased productivity, confidence and calm and will choose to carry these practices forward into the future!

Each day is split into AM and PM breath work and journaling prompts.

In the morning I am encouraging you to start your day by setting a 5 minute timer and completing 5 minutes of 'box breaths' as discussed on the call. This is a great way to centre yourself for the day.

Next answer the 3 prompts of 'today I'm excited for', 'today I'm grateful for' and 'today's priorities are'. This is about putting some structure in our day and having a clearer focus.

In the evening we'll again complete 5 minutes of box breathing and then look at exploring the prompts: what did I learn, who did I help and what were my mini wins for the day?

This whole process won't take more than ten minutes in the morning and ten minutes at night but I promise you, you'll see an impressive compound effect over the two weeks if you stay consistent with this simple plan.

Stay well,

Pat Divilly

AM Prompts

Day 1

5 MINUTES BOX BREATHING

☐

TODAY I'M EXCITED FOR

TODAY I'M GRATEFUL FOR:

1.

2.

3.

TODAY'S PRIORITIES

1.

2.

3.

PM Prompts

5 MINUTES BOX BREATHING

☐

TODAY I LEARNT

TODAY I HELPED

TODAY'S MINI WINS

1.

2.

3.

AM Prompts

Day 2

5 MINUTES BOX BREATHING

☐

TODAY I'M EXCITED FOR

TODAY I'M GRATEFUL FOR:

1.

2.

3.

TODAY'S PRIORITIES

1.

2.

3.

PM Prompts

5 MINUTES BOX BREATHING

☐

TODAY I LEARNT

TODAY I HELPED

TODAY'S MINI WINS

1.

2.

3.

AM Prompts

Day 3

5 MINUTES BOX BREATHING

☐

TODAY I'M EXCITED FOR

TODAY I'M GRATEFUL FOR:

1.

2.

3.

TODAY'S PRIORITIES

1.

2.

3.

PM Prompts

5 MINUTES BOX BREATHING

☐

TODAY I LEARNT

TODAY I HELPED

TODAY'S MINI WINS

1.

2.

3.

AM Prompts

Day 4

5 MINUTES BOX BREATHING

☐

TODAY I'M EXCITED FOR

TODAY I'M GRATEFUL FOR:

1.

2.

3.

TODAY'S PRIORITIES

1.

2.

3.

PM Prompts

5 MINUTES BOX BREATHING

☐

TODAY I LEARNT

TODAY I HELPED

TODAY'S MINI WINS

1.

2.

3.

AM Prompts

Day 5

5 MINUTES BOX BREATHING

☐

TODAY I'M EXCITED FOR

TODAY I'M GRATEFUL FOR:

1.

2.

3.

TODAY'S PRIORITIES

1.

2.

3.

PM Prompts

5 MINUTES BOX BREATHING

☐

TODAY I LEARNT

TODAY I HELPED

TODAY'S MINI WINS

1.

2.

3.

AM Prompts

Day 6

5 MINUTES BOX BREATHING

☐

TODAY I'M EXCITED FOR

TODAY I'M GRATEFUL FOR:

1.

2.

3.

TODAY'S PRIORITIES

1.

2.

3.

PM Prompts

5 MINUTES BOX BREATHING

☐

TODAY I LEARNT

TODAY I HELPED

TODAY'S MINI WINS

1.

2.

3.

AM Prompts

Day 7

5 MINUTES BOX BREATHING

☐

TODAY I'M EXCITED FOR

TODAY I'M GRATEFUL FOR:

1.

2.

3.

TODAY'S PRIORITIES

1.

2.

3.

PM Prompts

5 MINUTES BOX BREATHING

☐

TODAY I LEARNT

TODAY I HELPED

TODAY'S MINI WINS

1.

2.

3.

AM Prompts

Day 8

5 MINUTES BOX BREATHING

☐

TODAY I'M EXCITED FOR

TODAY I'M GRATEFUL FOR:

1.

2.

3.

TODAY'S PRIORITIES

1.

2.

3.

PM Prompts

5 MINUTES BOX BREATHING

☐

TODAY I LEARNT

TODAY I HELPED

TODAY'S MINI WINS

1.

2.

3.

AM Prompts

Day 9

5 MINUTES BOX BREATHING

☐

TODAY I'M EXCITED FOR

TODAY I'M GRATEFUL FOR:

1.

2.

3.

TODAY'S PRIORITIES

1.

2.

3.

PM Prompts

5 MINUTES BOX BREATHING

☐

TODAY I LEARNT

TODAY I HELPED

TODAY'S MINI WINS

1.

2.

3.

AM Prompts

Day 10

5 MINUTES BOX BREATHING

☐

TODAY I'M EXCITED FOR

TODAY I'M GRATEFUL FOR:

1.

2.

3.

TODAY'S PRIORITIES

1.

2.

3.

PM Prompts

5 MINUTES BOX BREATHING

☐

TODAY I LEARNT

TODAY I HELPED

TODAY'S MINI WINS

1.

2.

3.

AM Prompts

Day 11

5 MINUTES BOX BREATHING

☐

TODAY I'M EXCITED FOR

TODAY I'M GRATEFUL FOR:

1.

2.

3.

TODAY'S PRIORITIES

1.

2.

3.

PM Prompts

5 MINUTES BOX BREATHING

☐

TODAY I LEARNT

TODAY I HELPED

TODAY'S MINI WINS

1.

2.

3.

AM Prompts

Day 12

5 MINUTES BOX BREATHING

☐

TODAY I'M EXCITED FOR

TODAY I'M GRATEFUL FOR:

1.

2.

3.

TODAY'S PRIORITIES

1.

2.

3.

PM Prompts

5 MINUTES BOX BREATHING

☐

TODAY I LEARNT

TODAY I HELPED

TODAY'S MINI WINS

1.

2.

3.

AM Prompts

Day 13

5 MINUTES BOX BREATHING

☐

TODAY I'M EXCITED FOR

TODAY I'M GRATEFUL FOR:

1.

2.

3.

TODAY'S PRIORITIES

1.

2.

3.

PM Prompts

5 MINUTES BOX BREATHING

☐

TODAY I LEARNT

TODAY I HELPED

TODAY'S MINI WINS

1.

2.

3.



PAT DIVILLY
HIGH PERFORMANCE COACH

AM Prompts

Day 14

5 MINUTES BOX BREATHING

☐

TODAY I'M EXCITED FOR

TODAY I'M GRATEFUL FOR:

1.

2.

3.

TODAY'S PRIORITIES

1.

2.

3.

PM Prompts

5 MINUTES BOX BREATHING

☐

TODAY I LEARNT

TODAY I HELPED

TODAY'S MINI WINS

1.

2.

3.



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