

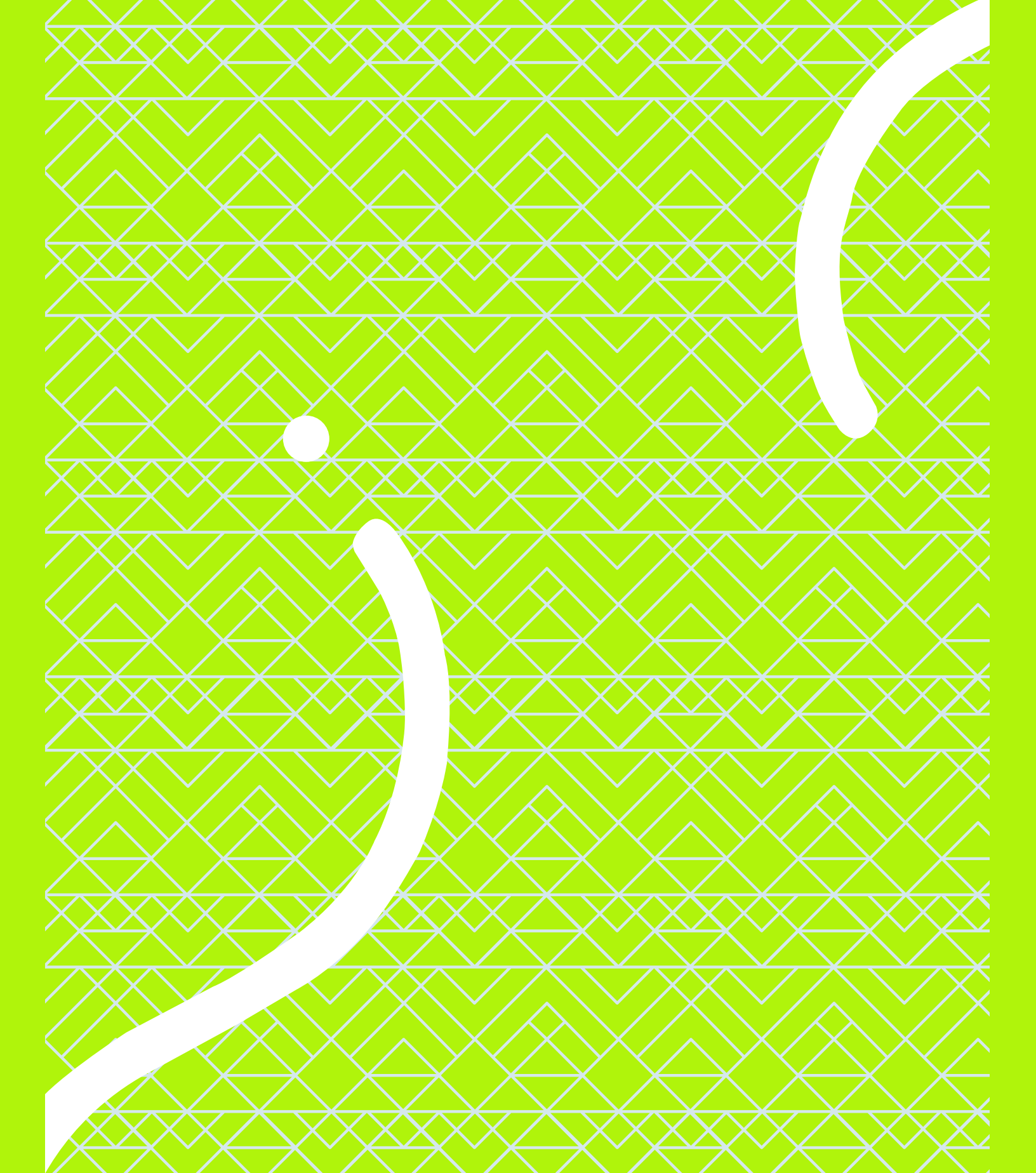
**NAVIGATE YOUR**

**PURPOSE**

**JOURNAL**

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**ROSE OGINGA**



Welcome to

"Empower Your Mindset," a monthly journal designed to provide you with a collection of powerful quotes that will ignite your motivation, drive, and resilience. As a mindset coach, you understand the importance of cultivating a positive mindset for personal growth and success. This journal will serve as a valuable resource, offering you 12 months of thought-provoking quotes to inspire and engage your clients, ultimately attracting more customers to your coaching practice. Use these quotes as daily affirmations, discussion starters, or prompts for personal reflection. Let's embark on a transformative journey together!



Rose Oginga



Harness the power of these monthly quotes to guide and inspire you on your personal growth, mindset is the foundation for transformation, and with the right mindset, your clients can achieve remarkable results. Embrace the journey, and let these quotes be the catalyst for their success and your coaching practice's growth.

**THANK YOU!**



# *NEW BEGINNINGS*

*"Your life does not get better by chance;  
it gets better by change."*

*- Jim Rohn*

JANUARY

01 JANUARY



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NOTES

## NEW BEGINNINGS

*"Your life does not get better by chance;  
it gets better by change."*

*- Jim Rohn*



**YOU ARE  
WORTHY  
OF LOVE**

***SELF LOVE &  
COMPASSION***

*"Self-compassion is simply giving  
the same kindness to ourselves  
that we would give to others." -  
Christopher Germer*



FEBRUARY





02 FEBRUARY

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NOTES

## SELF-LOVE & COMPASSION

*"Self-compassion is simply giving the same kindness to ourselves that we would give to others." - Christopher Germer*



# RESILIENCE & OVERCOMING CHALLENGES

*"Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength." - Arnold Schwarzenegger*

MARCH



03 MARCH

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### RESILIENCE & OVERCOMING CHALLENGES

*"Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength." - Arnold Schwarzenegger*





*GRATITUDE &  
APPRECIATION*

*"Gratitude turns what we have into enough." -  
Anonymous*

APRIL



04 APRIL

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NOTES

*GRATITUDE & APPRECIATION*

*"Gratitude turns what we have into enough."*

*- Anonymous*

**SUCCESS**

***GROWTH & PERSONAL  
DEVELOPMENT***

*"Life begins at the end of your comfort zone."  
- Neale Donald Walsch*

MAY





05<sup>MAY</sup>

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NOTES

*GROWTH & PERSONAL DEVELOPMENT*  
*"Life begins at the end of your comfort zone."*  
*- Neale Donald Walsch*



# *MINDFULNESS & PRESENT MOMENT AWARENESS*

*Mindfulness & Present Moment Awareness*  
*"The present moment is the only time over which*  
*we have dominion." - Thich Nhat Hanh*

JUNE





06 JUNE

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NOTES

*MINDFULNESS & PRESENT MOMENT AWARENESS*

*"The present moment is the only time over which we have dominion." - Thich Nhat Hanh*



# *CONFIDENCE & SELF-BELIEF*

*"Believe you can, and you're halfway there." -  
Theodore Roosevelt*

JULY



07 JULY

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NOTES

**CONFIDENCE & SELF-BELIEF**

*"Believe you can, and you're halfway there." -*

*Theodore Roosevelt*

# *GOAL SETTING & ACHIEVEMENT*



*"A goal without a plan is just a wish." - Antoine de Saint-Exupéry*

AUGUST



08 AUGUST

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NOTES

*GOAL SETTING & ACHIEVEMENT*

*"A goal without a plan is just a wish."*

*- Antoine de Saint-Exupéry*

# *PERSEVERANCE & DETERMINATION*



*"It does not matter how slowly you go as long as you do not stop." - Confucius*

SEPTEMBER



09 SEPTEMBER

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## NOTES

*PERSEVERANCE & DETERMINATION*  
*"It does not matter how slowly you go as long as you do not stop." - Confucius*

# *COURAGE & TAKING RISKS*

A woman with long blonde hair, wearing a white coat, a yellow beret, and a plaid scarf, is walking across a suspension bridge. She is looking to her right. The bridge has a metal railing and a chain-link fence. The background is a dense forest of tall trees, some with autumn-colored foliage. The lighting is warm, suggesting late afternoon or early morning.

OCTOBER

*"Life shrinks or expands in proportion to one's courage." - Anais Nin*







10 OCTOBER

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NOTES

## COURAGE & TAKING RISKS

*"Life shrinks or expands in proportion to one's courage." - Anais Nin*



# ABUNDANCE & SUCCESS

*"The key to success is to focus our  
conscious mind on things we desire,  
not things we fear." - Brian Tracy*



NOVEMBER



11 NOVEMBER

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NOTES

## ABUNDANCE & SUCCESS

*"The key to success is to focus our conscious mind on things we desire, not things we fear."*

*- Brian Tracy*



# REFLECTION & CELEBRATION

*"Success is not final; failure is not fatal: It is the courage to continue that counts." -  
Winston Churchill*

DECEMBER



12  
DECEMBER

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## NOTES

A large, empty rectangular box with a light purple background, intended for taking notes.

## REFLECTION & CELEBRATION

*"Success is not final; failure is not fatal: It is the courage to continue that counts." - Winston Churchill*