

WARRIOR MOM



G.A.M.
CHALLENGE
— 5 DAYS TO A —
WARRIOR MOM
MINDSET

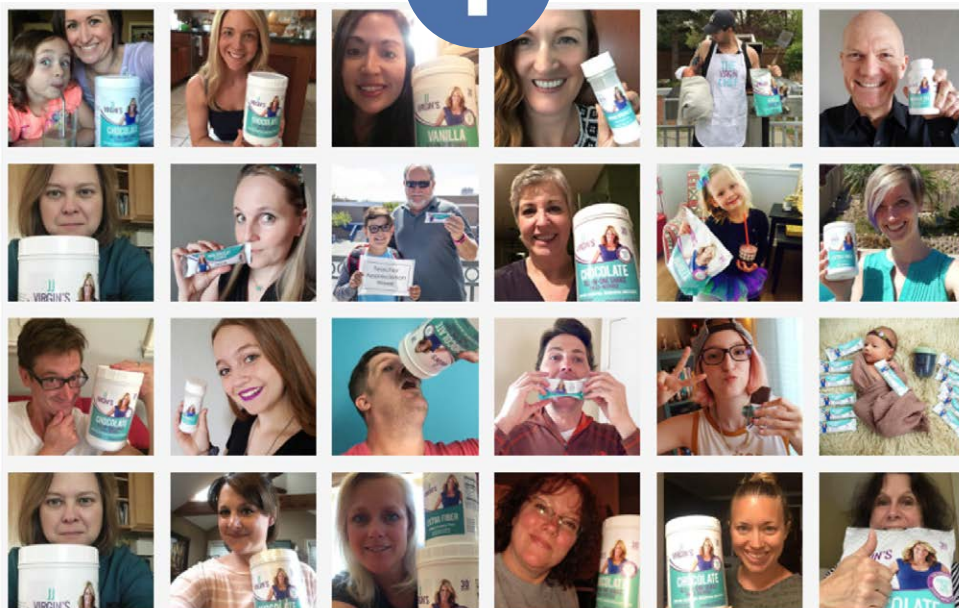
JJ VIRGIN

WARRIORMOM G.A.M. CHALLENGE

gratitude miracles
appreciate

The G.A.M. Challenge consists of 3 easy steps to help every Warrior Mom keep a strong, positive mindset on even your most challenging days!

This has really made a difference in my own life, as well as thousands of others. Try it for the next 5 days, and you'll be amazed by the difference it can make. (For extra credit, post your daily G.A.M.s in the JJ Virgin Lifestyle Community Facebook group.)



DAY 1



STEP 1

Begin with gratitude:

Every morning, write down 3 things you're grateful for. Remember, this can be as simple as the fact that you're breathing or able to read...

1

2

3



STEP 2

Appreciate others:

Reach out to someone and share your appreciation of them. You'll be amazed by what an amazing impact one kind text or email can have!

Who did you contact?

What happened?

How did it affect your mindset?



STEP 3

Acknowledge daily miracles:

Every evening, write down 3 wins - your miracles for the day. There are so many ways you have a positive impact on those around you, even if it's just smiling at the grocery store cashier.

1

2

3

DAY 1

Thoughts
and Notes:



DAY 2



STEP 1

Begin with gratitude:

Every morning, write down 3 things you're grateful for. Remember, this can be as simple as the fact that you're breathing or able to read...

4

5

6



STEP 2

Appreciate others:

Reach out to someone and share your appreciation of them. You'll be amazed by what an amazing impact one kind text or email can have!

Who did you contact?

What happened?

How did it affect your mindset?



STEP 3

Acknowledge daily miracles:

Every evening, write down 3 wins - your miracles for the day. There are so many ways you have a positive impact on those around you, even if it's just smiling at the grocery store cashier.

4

5

6

DAY 2

Thoughts
and Notes:



DAY 3



STEP 1

Begin with gratitude:

Every morning, write down 3 things you're grateful for. Remember, this can be as simple as the fact that you're breathing or able to read...

7

8

9



STEP 2

Appreciate others:

Reach out to someone and share your appreciation of them. You'll be amazed by what an amazing impact one kind text or email can have!

Who did you contact?

What happened?

How did it affect your mindset?



STEP 3

Acknowledge daily miracles:

Every evening, write down 3 wins - your miracles for the day. There are so many ways you have a positive impact on those around you, even if it's just smiling at the grocery store cashier.

7

8

9

DAY 3

Thoughts
and Notes:





STEP 1

Begin with gratitude:

Every morning, write down 3 things you're grateful for. Remember, this can be as simple as the fact that you're breathing or able to read...

10

11

12



STEP 2

Appreciate others:

Reach out to someone and share your appreciation of them. You'll be amazed by what an amazing impact one kind text or email can have!

Who did you contact?

What happened?

How did it affect your mindset?



STEP 3

Acknowledge daily miracles:

Every evening, write down 3 wins - your miracles for the day. There are so many ways you have a positive impact on those around you, even if it's just smiling at the grocery store cashier.

10

11

12

DAY 4

Thoughts
and Notes:



DAY 5



STEP 1

Begin with gratitude:

Every morning, write down 3 things you're grateful for. Remember, this can be as simple as the fact that you're breathing or able to read...

13

14

15



STEP 2

Appreciate others:

Reach out to someone and share your appreciation of them. You'll be amazed by what an amazing impact one kind text or email can have!

Who did you contact?

What happened?

How did it affect your mindset?



STEP 3

Acknowledge daily miracles:

Every evening, write down 3 wins - your miracles for the day. There are so many ways you have a positive impact on those around you, even if it's just smiling at the grocery store cashier.

13

14

15

DAY 5

Thoughts
and Notes:



Want to do even
more to build a strong,
positive mindset?

— GET THE COMPLETE —
**MIRACLE MINDSET
ACADEMY!**

7 simple video lessons, plus
all the resources and community
support you need to stay
resilient and meet your goals

[LEARN MORE NOW](#)

THE
**MIRACLE MINDSET
ACADEMY**

BUILDING A STRONGER, POSITIVE YOU.

JJ VIRGIN

