

BUILD COMMUNITY
3
DR.
THROUGH LOVE



MINDSET MOMENTUM

AN INTENTIONAL 21-DAY RESET

THE 90 - DAY JOURNAL

Welcome

Build Community Through Love (B.C.T.L.) presents Mindset Momentum: An Intentional 21 Day Reset. This conference-esque experience is designed to ignite hope to those who have struggled during the existing COVID-19 pandemic; to ignite hope to those who have suffered through and been angered by social and economic injustice, and systemic racism; and to ignite a mindset shift for those looking to make 2021 their comeback year.

We are focusing on transforming the mind - from helplessness to hopefulness, from experiencing restlessness to experiencing joy, from a mindset of scarcity to a mindset of abundance. We are providing resources to assist in crafting a 2021 master plan: set realistic goals, and build momentum to live out all of 2021 with purpose.

As you go through this 21 Day Reset and this journal, please use this time to be intentional with your renewed plans.



The Build Community Through Love family

Tap the icon or visit us online to check out all the projects we are working on to build our community.

"I have only just a minute. Only sixty seconds in it. Forced upon me, can't refuse it. Didn't seek it, didn't choose it. But it's up to me to use it. I must suffer if I lose it. Give an account if I abuse it. Just a tiny little minute, but eternity is in it."

Dr. Benjamin E. Mays

name

My Why

What is your why?

ABOUT BUILD COMMUNITY THROUGH LOVE

Build Community Through Love (B.C.T.L.) seeks to infuse AGAPE LOVE into the strategic and actionable redesign of authentic community. In every community, people must be the primary asset. When we are intentional about loving people with an agape mindset, we indirectly enhance business and the local economy, we influence policies that uphold the best interest of the community, and we tear down and redesign systems that foster equitable opportunity and access to each community member with a current emphasis on those who are systemically, racially, and economically disenfranchised.

HOW TO USE THIS JOURNAL

This journal is designed to accompany Mindset Momentum: An Intentional 21 Day Reset and provide an outline for you to attack each week on purpose, executing the goals you will establish during these first 21 days. The next 21 pages corresponds with the daily topics of the 21 Day Reset.

Days 1 through 7 focus on mindset shift; where you are right now, and where you want to be at the end of these 90 days.

Days 8 through 14 focus on crafting your master plan and developing tools to guide the execution of that plan.

Days 15 through 21 focus on building momentum, confidence, and endurance.

The prompts on these page are designed to stimulate your thinking, document your plans and goals, and get you in the routine of attacking each week on purpose. Use the space provided herein, but do not limit your writing to just these pages. Our hope is that you will develop intentionality in all that you do; in the plan you want to execute, in the people you look to serve, in the relationships you seek to strengthen, and in the building of your community.

DAY 1: BE PRESENT

Where you are right now, take a moment today to reflect and conduct a self assessment by answering the questions and filling out the chart below:

Where am I? (in all physical, emotional, spiritual aspects of life)

Where do I want to be?

In the space below, list your strengths, passions, weaknesses, and fears.

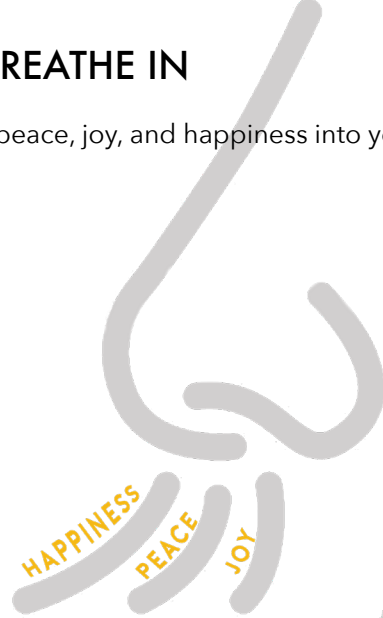
MY STRENGTHS	MY WEAKNESSES
MY PASSIONS	MY FEARS

"Wherever you are, be all there"

Jean Elliott

DAY 2: BREATHE IN

List all things that bring positivity, peace, joy, and happiness into your life.

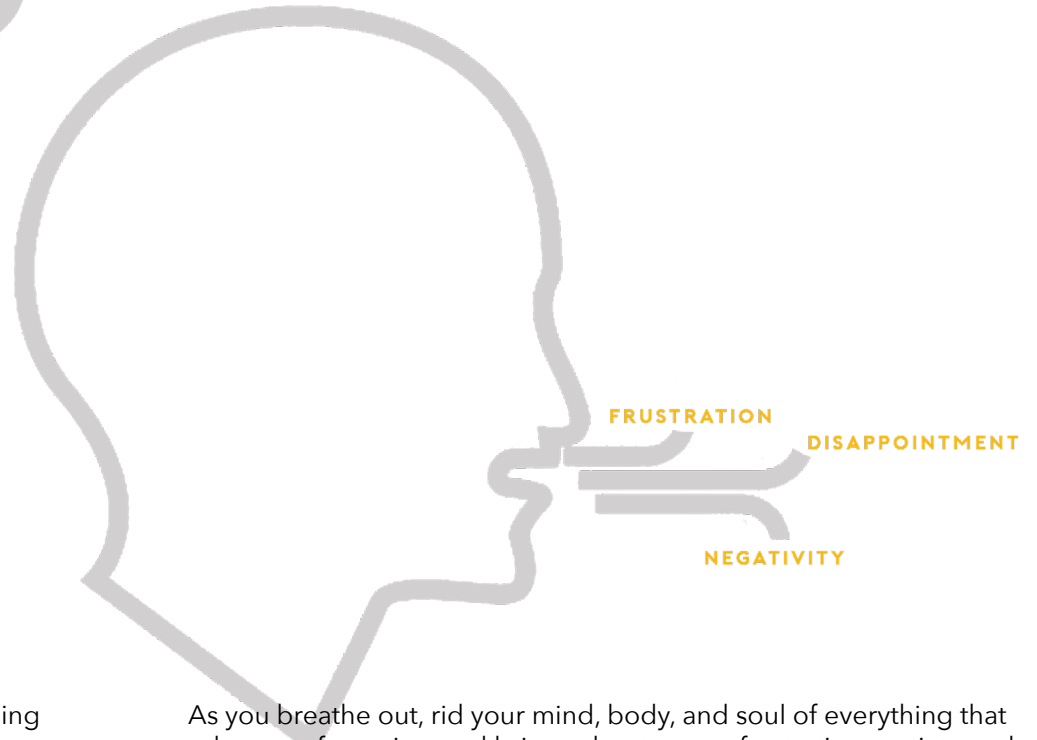


As you breathe in, breathe in positive energy, breathe in everything that brings you joy, peace, and hope.

[TAP TO PRACTICE & ENJOY THIS DAILY MEDITATION](#)

DAY 3: BREATHE OUT

List all things that bring you negativity, frustration, and disappointment.



As you breathe out, rid your mind, body, and soul of everything that robs you of your joy, and brings about anger, frustration, anxiety and depression.

[TAP TO PRACTICE & FORM A DAILY HABIT OF MEDITATION](#)

DAY 4: HOPE & FAITH

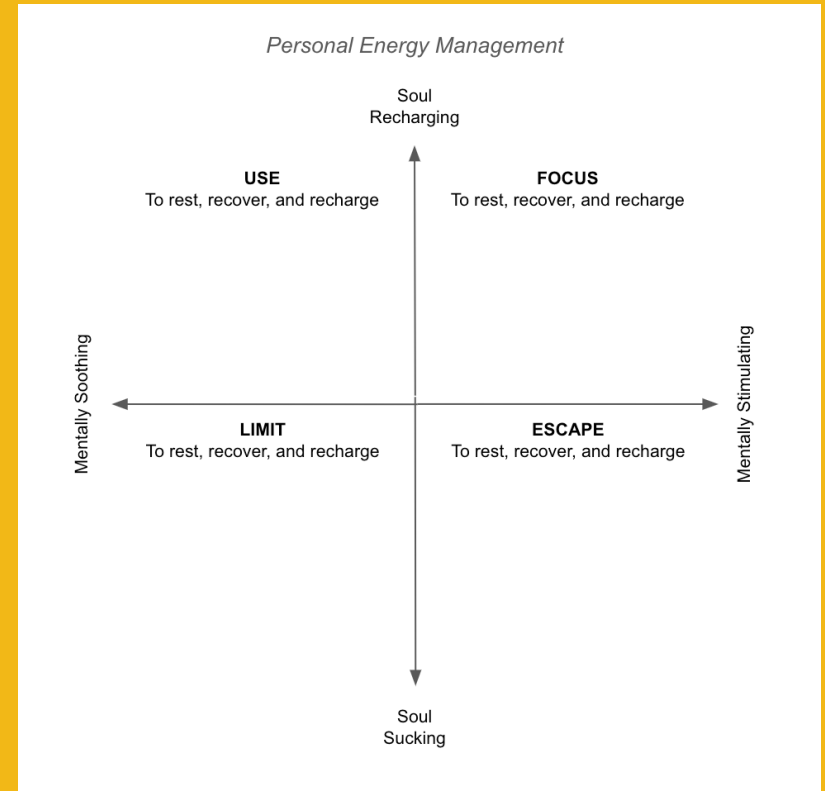
Write a letter to yourself on where you plan on being at the end of these 90 days.

Dear _____

Sincerely,

DAY 5: ENERGY

Energy cannot be created or destroyed. Therefore, it needs to be managed appropriately so we can be effective and efficient.



TAP TO VIEW

SOURCE: OPTIMIZE YOUR DAY FOR MAXIMUM PRODUCTIVITY

DAY 6 (FUEL): YOGA - TRANSFORM YOUR MIND, BODY, & SPIRIT

"It's time to roll out your yoga mat and discover the combination of physical and mental exercises that for thousands of years have hooked yoga practitioners around the globe. The beauty of yoga is that you don't have to be a yogi or yogini to reap the benefits. Whether you are young or old, overweight or fit, yoga has the power to calm the mind and strengthen the body. Don't be intimidated by yoga terminology, fancy yoga studios and complicated poses. Yoga is for everyone."

Kelly Conturier, The New York Times

10 Yoga Poses You Should Know

- Child's Pose
- Downward-Facing Dog
- Plank Pose
- Four-Limbed Staff Pose
- Cobra Pose
- Tree Pose
- Triangle Pose
- Seated Half-Spinal Twist Pose
- Bridge Pose
- Corpse Pose



Yoga Helps:

- Reduce back pain
- Strengthen bones and muscles
- Improve balance and posture
- Stave off mental decline
- Reduce stress
- Relieve depression
- Create body awareness

JOIN US FOR OUR FREE YOGA FUEL SESSION

follow @buildcommunitythroughlove

DAY 7: IS YOUR ATTITUDE WASTING YOUR TIME



VectorStock®

© 2020 All Rights Reserved

YOUR ATTITUDE - SELF REFLECTION

Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

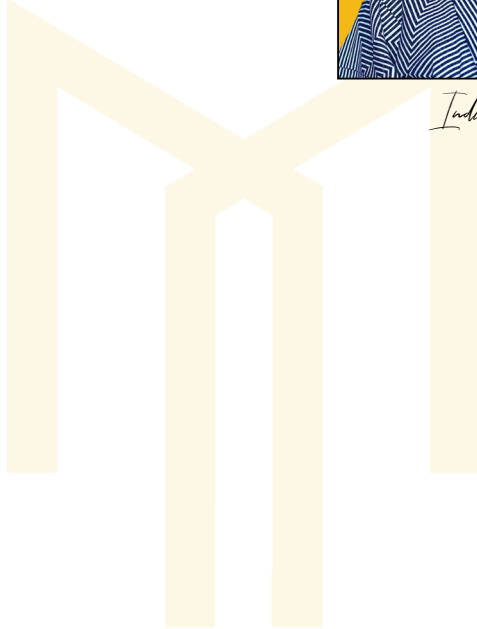
Romans 12:2

DAY 8: CRAFTING YOUR MASTER PLAN

WORKSHOP NOTES



India Martin



"When I dare to be powerful, to use my strength in the service of my vision, then it becomes less and less important whether I am afraid."

Audre Lorde

DAY 9: GOAL SETTING

On a blank sheet of paper, identify 3 goals you will work towards to execute on your 2021 master plan. Use the S.M.A.R.T. goal setting technique to fully craft each of your goals. Information about the S.M.A.R.T. Goal Setting method is below. Keep your goals in a location where you can see them every morning when you wake up and every evening before you go to sleep.

S. SPECIFIC

- + Define good expectations
- + Avoid generalities and use verbs to start the sentence

M. MEASURABLE

- + Quality, quantity, timeliness, and cost

A. ACHIEVABLE

- + Challenging goals within reason. Do not assign too many goals even though each one is within reason

R. RELEVANT

- + Reasonable, realistic and resourced, results-based

T. TIME-BOUND

- + Date or elapsed time to complete the goal

SOURCE: S.M.A.R.T. GOALS, HOW TO MAKE YOUR GOALS ACHIEVABLE

DAY 10: STOP SITTING ON YOUR ASSETS

WORKSHOP NOTES



Dr. Joe Daniels Jr.



DAY 11: BUILD YOUR ROUTINE

A routine keeps you on schedule and allows you to make the best use of your time, energy, and resources. Create a template of your most effective/efficient 24 hour day as it relates to the time you sleep, eat, and handle work/school obligations.

24-hour day planner

12 AM		12 PM	
1 AM		1 PM	
2 AM		2 PM	
3 AM		3 PM	
4 AM		4 PM	
5 AM		5 PM	
6 AM		6 PM	
7 AM		7 PM	
8 AM		8 PM	
9 AM		9 PM	
10 AM		10 PM	
11 AM		11 PM	

© 2010 www.BlankCalendar.info, All Rights Reserved.

Now transpose this on an excel spreadsheet or similar platform to build out your week.

DAY 12: DAILY AFFIRMATIONS

List 10 affirmations to recite, out loud, three times a day.

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

DAY 13 (FUEL): SOCANOMICS®

[Welcome To Socanomics®](#)

Socanomics® is the #1 dance fitness global village! A Caribbean Dance Workout fueled by Soca music; seamlessly combining dance, fitness and the energy of Caribbean carnival into an energizing workout & empowering experience! Socanomics® is designed for all-level movers; the perfect atmosphere for letting loose. You will burn up to 1,000 calories, build endurance, tone your body, all while we #STAYHOME, having fun dancing and building community!

Why It Works

- This 60-minute workout guarantees a cardio burn with selected fat-burning movements and choreography sequences.
- Socanomics builds endurance, tones and burns up to 1,000 calories. The low-to-the-ground movements blast your core, legs, and butt.
- The integrated movement in this workout challenges your rhythm & musicality and therefore improves the neuromuscular response.
- The multi-planar movements boost stability, flexibility, mobility, cardiorespiratory efficiency and increase balance.
- Cardio is proven to reduce mental stress and anxiety.
- Each carefully curated playlist guides Socanomics classes like an internal GPS. It forces you out of your head and into your body.
- It's a fun physical and spiritual experience!

Philosophy

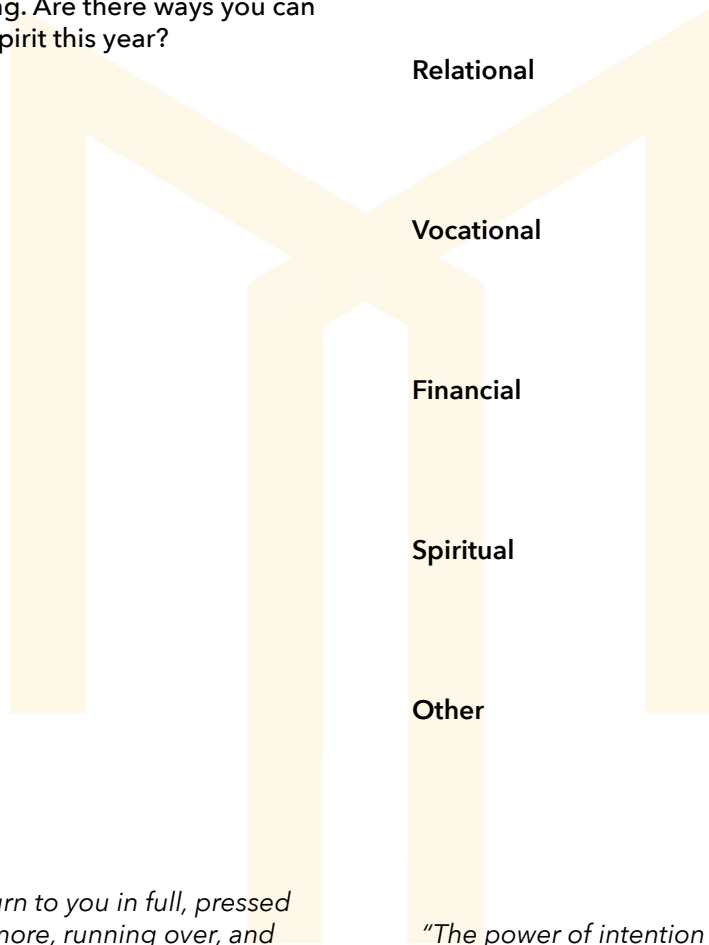
- WE BELIEVE in the power and energy of Soca music!
- WE SUPPORT the unleashing of Bacchanal
- WE ENCOURAGE you to Throw Dat Bumpah!
- WE PROMOTE Wotless Behavior!
- WE TRUST the rhythm will empower you to let go!
- WE KNOW that Socanomics can change your Life!



JOIN US FOR OUR FREE SOCANOMICS FUEL SESSION

DAY 14: LAW OF THE HARVEST

Is there an area of your life you feel you could give more of yourself? Finances, time, friendships, or even your own personal skillsets? List them below and reflect on the power of giving. Are there ways you can work towards a more generous spirit this year?



DAY 15: BE INTENTIONAL

What things do you need to start being intentional about in the following areas?

Relational

Vocational

Financial

Spiritual

Other

"Give, and you will receive. Your gift will return to you in full, pressed down, shaken together to make room for more, running over, and poured into your lap. The amount you give will determine the amount you get back."

Luke 6:38

"The power of intention is the power to manifest, to create, to live a life of unlimited abundance, and to attract into your life the right people at the right moments."

Wayne Dyer

DAY 16: GETTING COMFORTABLE BEING UNCOMFORTABLE - "LEAP OF FAITH"

LIVE PODCAST NOTES



Lori Jones



DAY 17: UNDERSTANDING THE PERSON IN THE MIRROR

WORKSHOP NOTES



Jenna Jett Barrett



DAY 18: STAY PATIENT

What is something you feel like you're waiting on?

What would active patience look like in your life?

Is there a delay in your life that you can turn into positive movement?

DAY 19: EMBRACE THE JOURNEY, TRUST THE PROCESS

BUILDING GOOD HABITS

What good habits do you need to continue building?

BREAKING BAD HABITS

What bad habits do you need to break?

STAYING MOTIVATED

What things help you stay motivated?

REFINING YOUR CIRCLE

You've heard the phrase: "Show me your friends, and I'll show you your future." With where your master plan is taking you, evaluate if your circle of influence will help you execute that plan or hold you back.

CELEBRATE SMALL & LARGE VICTORIES

How will you celebrate small and large victories won and goals achieved?

DAY 20 (REFUEL): REVISITING "MY WHY" 5K WALK/RUN

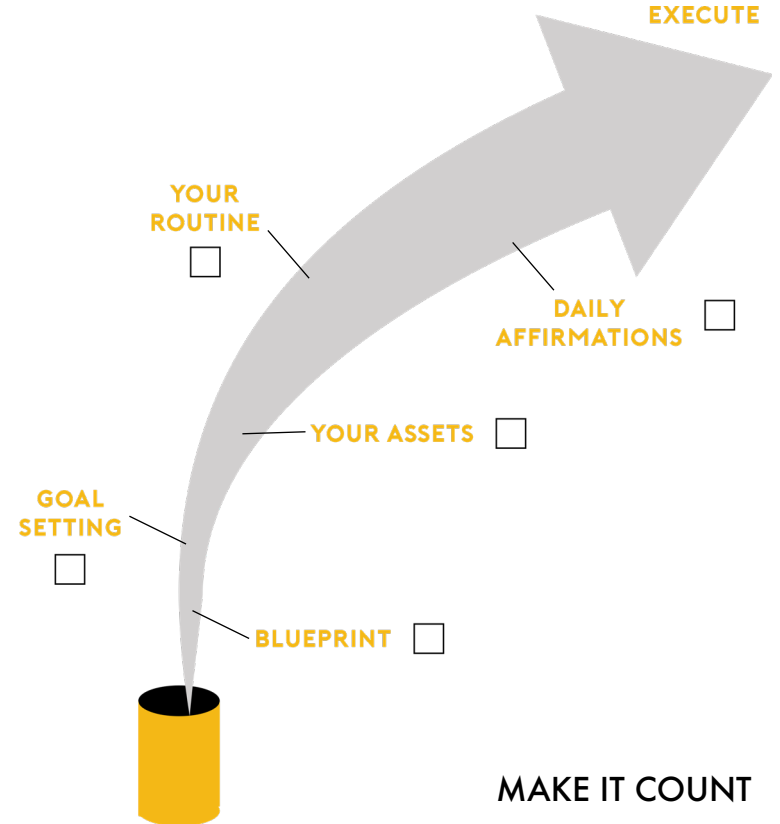
Rewrite your WHY in the space below and let it fuel your 5k Walk/Run.



JOIN THE 5K WALK/RUN

- Download the Nike Run Club App on mobile device
- Create an account (if you do not have account)
- Under "Feed" tab go to "Add Friend"
- Search for "BCTL Walk-Run" and add friend
- We will accept friend request and invite you to the "Revisiting My Why 5K Walk/Run Challenge"

DAY 21: BUILD YOUR ENDURANCE, KEEP MOVING FORWARD



MAKE IT COUNT

Having a plan is so important, but if you fail to follow the plan and execute, the plan goes to waste. Therefore, as you move forward, every day think, "EXECUTE."

"I can do all things through Christ who strengthens me."

Phillippians 4:13

THIS WEEK'S GAME PLAN

This week, I will:

These tasks help me execute my goal(s) by:

I will be intentional about:

"Intentional Living is the art of making our own choices before others' choices make us."

A handwritten signature in black ink that reads "Richie Norton". The signature is written in a cursive, flowing style.

DAY 24

DAY 25



THIS WEEK IN REVIEW

This week, I accomplished:

Areas I can improve on next week are:

Going into the weekend, I plan to:

THIS WEEK'S GAME PLAN

This week, I will:

These tasks help me execute my goal(s) by:

I will be intentional about:

"Good planning and hard work lead to prosperity, but hasty shortcuts lead to poverty."

Proverbs 21:5

"The key is not to prioritize your schedule, but to schedule your priorities."

Steven Covey

DAY 30

DAY 31



THIS WEEK IN REVIEW

This week, I accomplished:

Areas I can improve on next week are:

Going into the weekend, I plan to:

TAKE 15 MINUTES TO ESTABLISH A HEALTHY MEAL PLAN FOR NEXT WEEK

"But those who wait on the Lord shall renew their strength; They shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint."

Isaiah 40:31

THIS WEEK'S GAME PLAN

This week, I will:

These tasks help me execute my goal(s) by:

I will be intentional about:

"When a person really desires something, all the universe conspires to help that person realize [their] dream."

Paulo Coelho

DAY 38

DAY 39



THIS WEEK IN REVIEW

This week, I accomplished:

Areas I can improve on next week are:

Going into the weekend, I plan to:

THIS WEEK'S GAME PLAN

This week, I will:

These tasks help me execute my goal(s) by:

I will be intentional about:

"Gracious words are a honeycomb, sweet to the soul and healing to the bones."

Proverbs 16:24

"If you're going to grow, you have to be intentional."

Curt Thompson

DAY 44

DAY 45



THIS WEEK IN REVIEW

This week, I accomplished:

Areas I can improve on next week are:

Going into the weekend, I plan to:

DO SOMETHING ACTIVE FOR AT LEAST HALF AN HOUR TODAY

"For those who exalt themselves will be humbled, and those who
humble themselves will be exalted."

Matthew 23:12

THIS WEEK'S GAME PLAN

This week, I will:

These tasks help me execute my goal(s) by:

I will be intentional about:

*"Work on purpose, play on purpose, rest on purpose.
Do not let yourself or anyone else waste your time."*

Izzy Victoria Oluse

DAY 52

DAY 53



TAKE 15 MINUTES TO MEDITATE BEFORE JOURNALING

THIS WEEK IN REVIEW

This week, I accomplished:

Areas I can improve on next week are:

Going into the weekend, I plan to:

THIS WEEK'S GAME PLAN

This week, I will:

These tasks help me execute my goal(s) by:

I will be intentional about:

"A generous person will prosper; whoever refreshes others will be refreshed."

Proverbs 11:25

"Be intentional to add value to every person you meet everyday."

John C. Maxwell

DAY 58

DAY 59



THIS WEEK IN REVIEW

This week, I accomplished:

Areas I can improve on next week are:

Going into the weekend, I plan to:

TAKE 15 MINUTES TO ESTABLISH A HEALTHY MEAL PLAN FOR NEXT WEEK

"Hope deferred makes the heart sick, but a longing fulfilled is a tree of life."

Proverbs 13:12

THIS WEEK'S GAME PLAN

This week, I will:

These tasks help me execute my goal(s) by:

I will be intentional about:

"I did then what I knew how to do. Now that I know better, I do better."

Mary Angelou

DAY 66

DAY 67



THIS WEEK IN REVIEW

This week, I accomplished:

Areas I can improve on next week are:

Going into the weekend, I plan to:

THIS WEEK'S GAME PLAN

This week, I will:

These tasks help me execute my goal(s) by:

I will be intentional about:

"I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful."

John 15:1-2

"What you get by achieving your goals is not as important as what you become by achieving your goals."

Zig Ziglar

DAY 72

DAY 73



THIS WEEK IN REVIEW

This week, I accomplished:

Areas I can improve on next week are:

Going into the weekend, I plan to:

DO SOMETHING ACTIVE FOR AT LEAST HALF AN HOUR TODAY

"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done."

Philippians 4:6

THIS WEEK'S GAME PLAN

This week, I will:

These tasks help me execute my goal(s) by:

I will be intentional about:

"When your intention is clear, so is the way."

Alan Cohen

DAY 80

DAY 81



TAKE 15 MINUTES TO MEDITATE BEFORE JOURNALING

THIS WEEK IN REVIEW

This week, I accomplished:

Areas I can improve on next week are:

Going into the weekend, I plan to:

THIS WEEK'S GAME PLAN

This week, I will:

These tasks help me execute my goal(s) by:

I will be intentional about:

"No eye has seen, no ear has heard, and no mind has imagined what God has prepared for those who love him."

1 Corinthians 2:9

"Intentional days create a life on purpose."

Adrienne Eng

DAY 86

DAY 87



THIS WEEK IN REVIEW

This week, I accomplished:

Areas I can improve on next week are:

Going into the weekend, I plan to:

DAY 90

TAP TO FOLLOW OUR JOURNEY

1ST QUARTER CHECK-IN
WITH BUILD COMMUNITY THROUGH LOVE



*Tell 'em we're
building!*



TAP TO VISIT OUR SITE



TAP TO LISTEN TO OUR PODCAST