Free 7-day printable

begin 7

Your first 7 mornings.

A free printable from Mind Mapping Morning. Your foundation for the season you're in.

One page a day. Twenty minutes, one pen, one honest page. Join me live Monday to Friday at 6:00 am CT, or follow along on your own.

EACH PAGE

LAND
One word for how you feel.

CLEAR
Clear one surface.

DUMP
What do I want more of? Less of?

MAP
One focus in the center. Branch out.

Then your **mantra** and your **top three**: the three things that matter most today.

SET A TIMER
Have 10, 20 or 30 minutes? Set an alarm for the time you have, and give that time fully to yourself. When it rings, you stop. What you finished is enough.

Missed a day? Skip it and keep going. Messy is fine. You cannot do this wrong.

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Mind Mapping Morning

Map It Out

day 1

Affirmation: "I get it out of my head and onto the page."

LAND · ONE WORD FOR HOW I FEEL

CLEAR · THE SURFACE I CLEARED

DUMP · WHAT DO I WANT MORE OF? LESS OF?

MAP



MY MANTRA TODAY

MY TOP THREE FOR TODAY

REMEMBER

Get it out of your head and onto the page.

Affirmative Meditation

Say It to Shape It

day 2

Affirmation: "My words shape my reality."

LAND · ONE WORD FOR HOW I FEEL

CLEAR · THE SURFACE I CLEARED

DUMP · WHAT DO I WANT MORE OF? LESS OF?

MAP



MY MANTRA TODAY

MY TOP THREE FOR TODAY

REMEMBER

Your words shape your reality.

Life With Lee

Start on Purpose

day 3

Affirmation: "I begin before I feel ready."

LAND · ONE WORD FOR HOW I FEEL

CLEAR · THE SURFACE I CLEARED

DUMP · WHAT DO I WANT MORE OF? LESS OF?

MAP



MY MANTRA TODAY

MY TOP THREE FOR TODAY

REMEMBER

Start on purpose, end in peace.

Lifestyle With Lee

Check Your Energy

day 4

Affirmation: "I align my energy with balance, purpose, and positivity."

LAND · ONE WORD FOR HOW I FEEL

CLEAR · THE SURFACE I CLEARED

DUMP · WHAT DO I WANT MORE OF? LESS OF?

MAP



MY MANTRA TODAY

MY TOP THREE FOR TODAY

REMEMBER

Notice what fills you and what drains you.

Style Life With Lee

Create From Clarity

day 5

Affirmation: "My creativity flows freely."

LAND · ONE WORD FOR HOW I FEEL

CLEAR · THE SURFACE I CLEARED

DUMP · WHAT DO I WANT MORE OF? LESS OF?

MAP



MY MANTRA TODAY

MY TOP THREE FOR TODAY

REMEMBER

An idea becomes real with a next step.

Lee Talks

Return to Your Center

day 6

Affirmation: "I am grounded in my truth, and I trust the guidance within me."

LAND · ONE WORD FOR HOW I FEEL

CLEAR · THE SURFACE I CLEARED

DUMP · WHAT DO I WANT MORE OF? LESS OF?

MAP



MY MANTRA TODAY

MY TOP THREE FOR TODAY

REMEMBER

Know your center.

SocialLee connected

Review

day 7

Affirmation: "I am proud that I came back."

LAND · ONE WORD FOR HOW I FEEL

CLEAR · THE SURFACE I CLEARED

DUMP · WHAT DO I WANT MORE OF? LESS OF?

MAP



MY MANTRA TODAY

MY TOP THREE FOR TODAY

REMEMBER

Consistency, not intensity.

Your first week.

WHAT I CLEARED

WHAT I LEARNED

WHAT I AM KEEPING

MY INTENTION FOR NEXT WEEK

KEEP GOING

The 30-Day Journal is where you practice it, one spread a day. The 90-Day Season is where you master it: Root, Rise, Radiate. Find both at houseoflepoi.com.

Thank you for joining. I hope you stay with me on your journey of life!

Love, Lee