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. These are the first seven mornings of Mind Mapping Morning, page for page, so you can map right along with me.

WEEK ONE IS FREE

Join me live Monday to Friday at 6:00 am CT on YouTube. Print today's page, grab a pen, and we map together. Can't make it live? 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.

Share your map in **The Passport** on Skool (SocialLee connected) and collect your stamp.

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Land Here

Day 1 · 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 · ONE THING THAT MATTERS TODAY



MY MANTRA TODAY

MY TOP THREE FOR TODAY

REMEMBER

Start simple. One map, one thing that matters.

Brain Dump, No Judgment

Day 2 · Map It Out

day 2

Affirmation: "I let it all out, and I let it be messy."

LAND · ONE WORD FOR HOW I FEEL

CLEAR · THE SURFACE I CLEARED

DUMP · EVERYTHING IN MY HEAD, NO JUDGMENT

MAP · WHAT ACTUALLY NEEDS ME TODAY



MY MANTRA TODAY

MY TOP THREE FOR TODAY

REMEMBER

Messy is welcome here. Get it all out.

Find the Center

Day 3 · Map It Out

day 3

Affirmation: "I know what matters most to me today."

LAND · ONE WORD FOR HOW I FEEL

CLEAR · THE SURFACE I CLEARED

DUMP · WHAT IS PULLING AT ME?

MAP · THE ONE THING MY DAY BRANCHES FROM



MY MANTRA TODAY

MY TOP THREE FOR TODAY

REMEMBER

Every map has a middle. Name yours.

Branch It Out

Day 4 · Map It Out

day 4

Affirmation: "Small steps still move me forward."

LAND · ONE WORD FOR HOW I FEEL

CLEAR · THE SURFACE I CLEARED

DUMP · ONE BIG GOAL ON MY MIND

MAP · THE SMALL STEPS I CAN TAKE TODAY



MY MANTRA TODAY

MY TOP THREE FOR TODAY

REMEMBER

Big goals feel lighter as branches.

Week One Check-In

Day 5 · Map It Out

day 5

Affirmation: "I am proud of how I showed up this week."

LAND · ONE WORD FOR HOW I FEEL

CLEAR · THE SURFACE I CLEARED

LOOK BACK · WHAT SHOWED UP AGAIN THIS WEEK?

MAP · WHAT GOT LIGHTER



MY MANTRA TODAY

MY TOP THREE FOR TODAY

REMEMBER

Look at how far four mornings took you.

Say It to Shape It

Day 6 · Say It to Shape It

day 6

Affirmation: "My words shape my reality."

LAND · ONE WORD FOR HOW I FEEL

CLEAR · THE SURFACE I CLEARED

DUMP · THE WORDS I SAY TO MYSELF MOST

MAP · WORDS THAT FEEL TRUE TODAY



MY MANTRA TODAY

MY TOP THREE FOR TODAY

REMEMBER

Words set the tone for the day.

Write Your Own Affirmation

Day 7 · Say It to Shape It

day 7

Affirmation: "I write my own words for my real life."

LAND · ONE WORD FOR HOW I FEEL

CLEAR · THE SURFACE I CLEARED

DUMP · WHAT DO I NEED TO HEAR RIGHT NOW?

MAP · WHAT IT LOOKS LIKE IN ACTION



MY AFFIRMATION, IN MY OWN WORDS

MY TOP THREE FOR TODAY

REMEMBER

Your words, your life. Say it like you mean it.

Your first week.

WHAT I CLEARED

WHAT I LEARNED

WHAT I AM KEEPING

MY INTENTION FOR NEXT WEEK

DAY 8 STARTS TOMORROW

Keep going with the Guide + 30-Day Journal (color PDF) or the Tablet Journal, and keep mapping live with me as a Mind Mapping Morning member on YouTube. Find it all at houseoflepoi.com.

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

Love, Lee