

MIND *matters*

31 DAYS TO UNLEASH
CONFIDENCE AND
OUTWIT THE CRITIC

**Feel confident
and pursue
your goals.**

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MIND *matters*

31 DAYS TO UNLEASH CONFIDENCE AND OUTWIT THE CRITIC

Thank you for trusting me to be part of your journey towards positive thinking.

Awareness is the first step to healing and change. For these 31 days, you will step into a world of self-awareness, mindset shifts and transformation.

Be prepared to question your limiting beliefs, evaluate your relationships and change the way you think.

My prayer is that you will practice positive self-talk and feel more confident of yourself as time passes.

Here's to a more positive and courageous YOU!

Best Regards,

LaMora D. Pace



Transform your mindset with 1 prompt a day:



DAY #1:

Imagine your perfect day. What would you do, where would you be, and who would be with you?



DAY #6:

What is one thing/experience which recently brought you joy? What does it say about what truly matters to you?



DAY #2:

What's one thing you're grateful for today? Why does it make you happy?



DAY #7:

What is one lesson you've learned in life which you are grateful for?



DAY #3:

List 10 activities that energize you and make you feel truly alive.



DAY #8:

Imagine your perfect room or 'happy place.' What does it look like? What views, colors, furniture, and special items make it feel just right for you?



DAY #4:

What are 3 things you do better than most people? If you can think of more, even better. (Ex: writing, public speaking, listening with compassion, motivate others, etc)



DAY #9:

What are you looking forward to in the next few months? Why does it make you happy?



DAY #5:

What is one good habit you can start which will impact your life? Why would you want to start this habit?



DAY #10:

What's your favorite quote? Why does it inspire or uplift you?

Transform your mindset with 1 prompt a day:

DAY #11:

What is one work or business-related opportunity which you are grateful for? (If you are not working, you can write about one opportunity in life which you are thankful to have.)

DAY #16:

What qualities, experiences, or achievements do you have that might make others think, 'Wow, I wish I had THAT in my life'? (This isn't about comparison—it's about appreciation.)

DAY #12:

What do you love most about your work, office, or business? (If you're not working, what do you enjoy about your daily life?)

DAY #17:

What are you most proud of about yourself? Don't hold back—celebrate your wins!

DAY #13:

What's one thing you want to improve in your life? What specific actions, connections, or skills can help you make it happen?

DAY #18:

What would your ideal morning routine look like? How can you make this achievable?

DAY #14:

Who are the people you're most grateful for in your life? List them one by one and write why each person means so much to you.

DAY #19:

Create a Feel Good playlist in Spotify, Apple, etc. Choose about 10 songs which ALWAYS uplift you and fill you with vibes. (Don't feel embarrassed by your song choices - you can keep your Playlist private!)

DAY #15:

Name a teacher, mentor or coach whom you are grateful for. Why are you grateful for 'knowing' him or her? (You don't have to know them personally. You can be grateful to 'know' or be acquainted with Dr. Maya Angelou's work, for example.)

DAY #20:

What actions can you take today to feel accomplished and productive?

Transform your mindset with **1 prompt a day**:

**DAY
#21:**

In what ways have your character, attitude, or habits improved over the past year?

**DAY
#22:**

What new skills or abilities have you developed over the past year? What skills do you want to develop next?

**DAY
#23:**

Which relationships in your life are you grateful for? (This can include family relationships, friendships, romantic relationships or any form of human connection)

**DAY
#24:**

What can you do to make this week a fun and enjoyable week?

**DAY
#25:**

What beliefs might be holding you back from achieving the goals you have? Write down any unhelpful thoughts or mindsets keeping you stuck.

**DAY
#26:**

What are 5 things you did well today? Even small wins count!

**DAY
#27:**

Who has been kind to you today (or recently)? How did their actions make you feel supported or uplifted?

**DAY
#28:**

What's one way you can treat yourself in the next few days to feel on top of the world? (Think: indulging in your favorite dessert, booking a spa day, or splurging on something special.)

**DAY
#29:**

What are your favorite self-care activities? When can you set aside time for them this week?

**DAY
#30:**

Think of a recent incident that frustrated or irritated you. What lesson did it teach you?

**DAY
#31:**

Name a few characteristic traits you have in common with your favorite celebrities (or public figures). What are 3 qualities you'd like to develop in the near future?

THE POWER OF GRATITUDE: CULTIVATING INNER PEACE

Did you know that **focusing on the positives** in your life can bring happiness and inner peace? A simple way to **start is by writing down 1-3 things you're grateful for each day**. For a deeper gratitude practice, check out the Simply Lovable® Gratitude Journal—your companion for embracing life's blessings.

Gratitude helps you appreciate what you already have, reducing the urge to chase after temporary pleasures. It keeps you grounded in the present and helps you see the abundance around you.

While writing a gratitude list might seem challenging initially, it becomes easier with practice. The secret is to write down something you truly feel grateful for each day. Whether big or small, every day brings moments of joy. The key is to **recognize and acknowledge these moments**.

GRATITUDE PRACTICE TIPS:

KEEP IT SIMPLE

Start with one thing you're thankful for, and gradually add more as you build your gratitude practice.

BE DETAILED

Instead of saying "I'm thankful for my friend," try something more specific, like "I'm thankful for the uplifting conversation I had with my friend over coffee today."

MAKE IT ROUTINE

Make gratitude a part of your daily routine—try reflecting on what you're thankful for first thing in the morning or before bed.

NOTICE THE CHANGE

Recognize how your mindset shifts as you begin seeing more positives around you.

MY 31-DAY GRATITUDE LIST

Month of:

[illegible]

MY 31-DAY GRATITUDE LIST

Month of:

[illegible]

"You can't feel fear or anger while feeling **gratitude** at the same time."

- Anthony Robbins

25 POSITIVE ACTIVITIES TO INCREASE YOUR MOOD

Maintaining a positive mindset helps you face challenges head-on when life gets tough. Happier people often experience greater success in their work and relationships, making it clear why happiness is such a powerful focus..

To help you increase those feel-good moments, we've included a list of 25 mood-lifting activities. Since everyone's different, you'll also find space on the next page to create your own personalized list. Enjoy and have fun!

COOK OR BAKE SOMETHING YOU LOVE.	DANCE LIKE NO ONE'S WATCHING.	SINGING TO YOUR FAVORITE PLAYLIST	SPEND TIME WITH PETS OR CHILDREN.	ENJOY A WARM BATH OR WATER TIME.
MEDITATING FOR AT LEAST 15 MINUTES!	A FORM OF EXERCISE WHICH YOU ENJOY.	READ A GOOD BOOK.	GET ARTISTIC AND CREATE SOMETHING ON CANVAS	WINDOW SHOP ONLINE—ADD TO YOUR CART, NO CHECKOUT NEEDED
JOURNALING FOR AT LEAST 15 MINUTES!	SELF CARE (FACE MASKS, HAIR MASKS, BODY SCRUBS, ETC)	SPEND TIME IN NATURE.	MEET UPLIFTING FRIENDS.	TUNE INTO AN UPLIFTING PODCAST.
DECLUTTERING YOUR SPACE	EXPLORING YOUR LIFE PURPOSE (HINT: IT'S LINKED TO YOUR JOY)	LIST 3+ SKILLS OR TALENTS YOU'RE PROUD OF.	START PLANNING YOUR NEXT HOLIDAY OR OUTING	GIVE OR DONATE TO SOMEONE IN NEED
A 60-MIN TECH DETOX. (NO PHONES, NO LAPTOPS, NO TV).	WRITE AFFIRMATIONS THAT UPLIFT YOU.	SURROUND YOURSELF WITH BEAUTIFUL THINGS THAT INSPIRE POSITIVITY.	USE AROMATHERAPY TO RELAX AND UPLIFT YOUR MOOD.	WATCH ANYTHING THAT MAKES YOU LAUGH

MY FEEL-GOOD LIST

In each box, **write an activity or item that brings you joy**. When you're feeling down, revisit your feel-good list and try one or two activities.

RELATIONSHIPS & POSITIVE THINKING

Embracing a positive mindset calls for **immersing yourself in an environment where acceptance and understanding are the norms, not the exceptions.** It's about being in spaces where you're celebrated, not just tolerated, and your life choices are respected.

When you leave a conversation feeling invigorated, filled with inspiration, that's your cue to keep that person in your circle. But if you're left feeling overwhelmed or emotionally drained, it's time to rethink the time and energy you're pouring into that relationship.

In the space below, **name 10 people that you spend the MOST time with.** Rate each person from **1 - 10** based on how they make you feel after spending time with them. If they leave you feeling mentally and emotionally drained, give them a '1.' But if they have you floating on cloud nine, feeling inspired and good vibes, they deserve a '10.'

NAME	SCORE
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

RELATIONSHIPS & POSITIVE THINKING

1 Does anything about your list surprise you?

2 Are there people you'd prefer to spend less time with? Who are they?

3 Are there people you'd like to strengthen your relationship with based on your ratings?

4 What steps can you take to improve these relationships?

5 List the people you want to spend more time with:

6 What qualities do they have, which make you want to spend more time with them?

7 How could your life improve by spending more time with people who uplift and inspire you?

QUESTION YOUR SELF-TALK + FEEL MORE CONFIDENT

Challenge your negative self-talk with this powerful tool. You'll realize that some of your thoughts can be **irrational and have no basis!** While it won't increase your self-esteem overnight, it can reduce anxiety, uncertainty, and help you feel more confident.

How do you complete this worksheet?

EXAMPLE:

- **My limiting belief:** "I'm not worthy of great success."
- **Evidence supporting my belief:** "I haven't reached my goals yet, and I'm afraid of failing."
- **Evidence NOT supporting my negative belief:** "I've overcome tough challenges, gained valuable skills, and built a strong foundation for success."
- **My new balanced belief:** "I have the strength, resilience, and potential to succeed. I just need to stay focused, trust my abilities, and take action."

**MY LIMITING
BELIEF**

**EVIDENCE
SUPPORTING
MY BELIEF**

**EVIDENCE NOT
SUPPORTING
MY NEGATIVE
BELIEF**

**MY NEW
BALANCED
BELIEF**

MY NOTES

[illegible]



simply**lovable**

LAMORA D. PACE

LICENSED CLINICAL **SOCIAL WORKER**
RELATIONSHIP EXPERT

who is LaMora Pace:

As an entrepreneur who had to overcome crippling self-doubt to succeed, LaMora Pace quickly discovered that it takes more than a degree and credentials to build a thriving and fulfilling business. But now, as the **founder and creator of Simply Lovable® and founder of The Healing Crest® Counseling Services**, LaMora has mastered the art of helping men and women heal, discover their self-worth, and learn how to honor, value and respect themselves.

As a Licensed Clinical Social Worker, LaMora has over **20 years of experience** as a mental health professional and **15 years of executive leadership knowledge** working in a social services organization.

Known for her deep empathy and compassion, LaMora has dedicated more than two decades of her life to supporting her clients as they overcome past trauma, build healthy relationships, form healthier habits and find real self-love.

Always looking for unique opportunities to help clients become their best selves, she founded The Healing Crest® Counseling Services and created Simply Lovable®.

Through these mediums, she's able to empower more men and women to move past lingering insecurities and **embark on a journey of self-love**.

I stay connected

Join my email community and connect with me on social media as you stay inspired and step into your next level. This isn't just about change—it's about evolving into a confident, fearless woman who's unstoppable in pursuing her dreams.



email:

WITHLOVE@IAMSIMPLYLOVABLE



social:

@IAMSIMPLYLOVABLE

Stay connected, stay informed, and most importantly, stay inspired.



ready to step into your power?

Contact us for more information.

IAMSIMPLYLOVABLE.COM

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