



# 30 DAYS OF POWER

*Power Book*

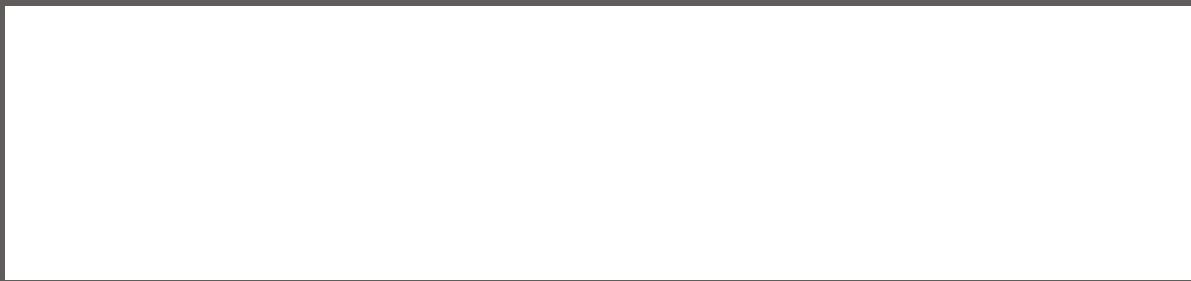
MOTIVATE | INSPIRE |  
EMPOWER

OMAR SHEDRICK

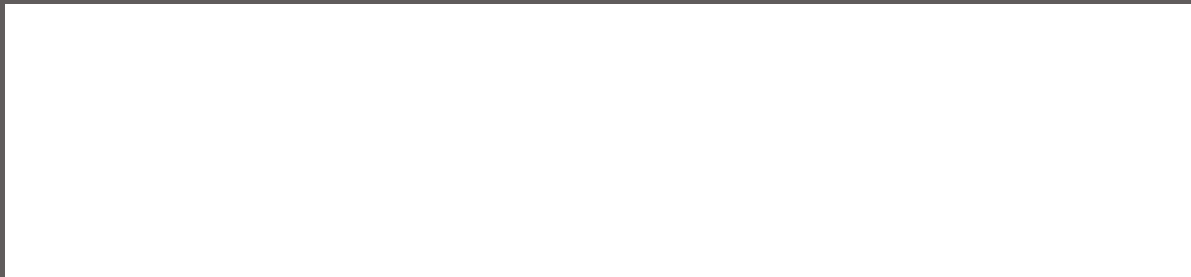
What are some of the negative thoughts you deal with daily, and what can you do to replace them with positive thoughts?



What are your triggers for these negative thoughts?



If your having trouble thinking of a positive thought, just the fact that your alive and able to read this, is amazing! so focus your mind on that and name a positive thought !



"PICK A QUITE PLACE AND TIME, TO JUST FOCUS YOUR MIND ON BEING STILL AND AT PEACE"

## **POWERCISE OF THE DAY**

DONT ALLOW ANYONE TO IRRITATE YOU FOR THE FIRST HOUR OF YOUR DAY ! (NO PHONE NO TEXT NO SOCIAL MEDIA.)

# POWER THOUGHT



"IT'S EASIER TO SMILE AND BE HAPPY, THAN TO FROWN AND BE MAD" – OMAR SHEDRICK



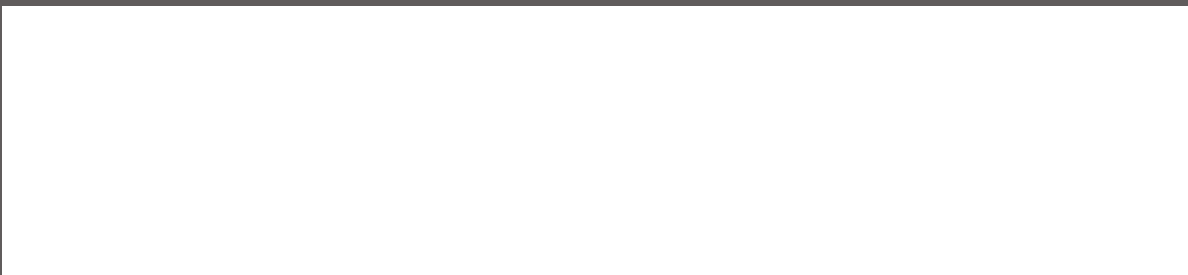
What are some of the things you have been through that has had an impact on your perception of life?



Do you allow your perception of life to govern your every action?



What can you do to change/shift your mindset from mistakes to lessons?



"YOU HAVE THE POWER TO CHANGE YOUR DESTINATION IN LIFE... WHAT ARE YOU GOING TO DO ABOUT IT?"

# POWERCISE OF THE DAY

"On paper, write down your top 5 priorities and goals then stick it in a place you go first thing in the morning"

# POWER THOUGHT



"People that aren't making mistakes are not playing in the game of life"

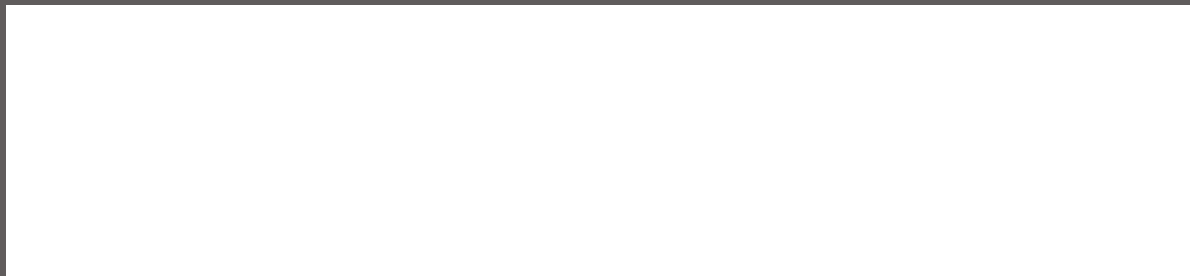


What small steps can you do  
daily to be a better you?



Since you deserve the best, write down a list of your number1 thing in each of  
the following categories !

(LIFE, FINANCES, HEALTH, EMOTIONALLY, SPIRITUALY) HANG  
THESE WHEREVER YOU HUNG THE LAST LIST.



## **POWERCISE OF THE DAY**

"FOCUS ON CULTAVATING A RECIEVING  
SPIRIT, BY PREPARING YOUR MIND, TO RECIEVE  
WHAT YOU ARE ASKING FOR."

# POWER THOUGHT

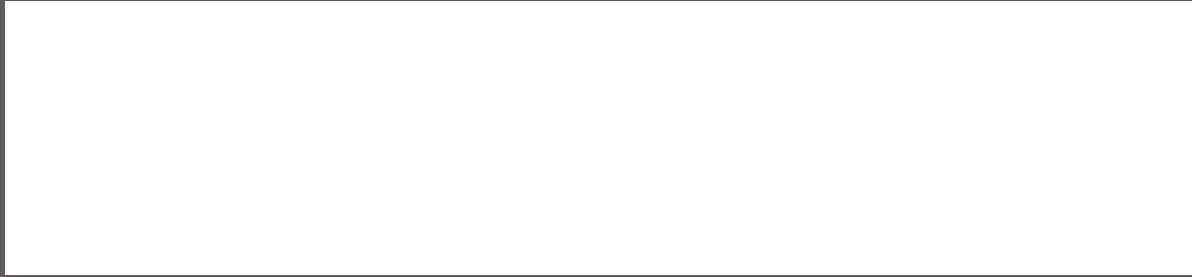


"JUST AS A FARMER HAS TO WORK THE LAND BEFORE PLANTING AND GROWING ANYTHING WE ALSO HAVE TO CULTIVATE OUR MIND TO RECIEVE WHAT WERE MANIFESTING."

*Omar Shedrick*



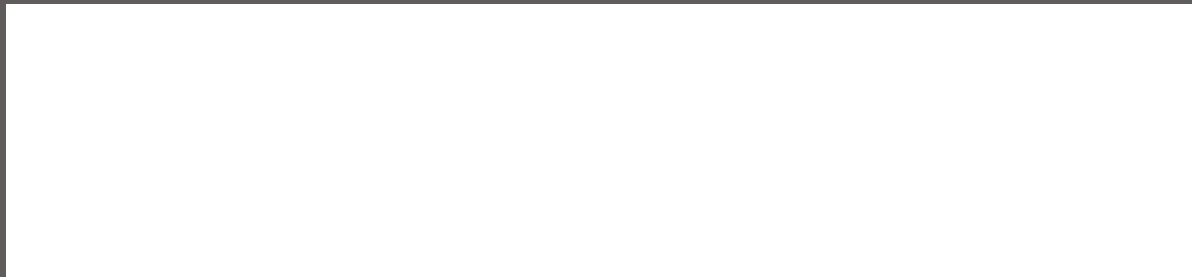
In life you must have a strategy. so what is your strategy for life?



Looking at your life, are you where you want to be? Better yet, are you even heading in the direction you want to go? If not, now is the time to write down your dream and vision for your life



Decisions are difficult to make sometimes but they have to be made. What are your decision making confidence boosters? (mine is music)



## **POWERCISE OF THE DAY**

"PUT TOGETHER A PLAYLIST OF MUSIC  
THAT GETS YOU HYPE!"



# POWER THOUGHT



"YOU PLANR TO FAIL IF YOU FAIL TO PLAN"



What was one big mistakes that you learned from?

What's one lesson you learned from watching someone else ?

What's one situation that occurred in your life that you dwelled on to long ?  
And whatd did it accomplish ?

What stops you from making a decision ? List three of them below.

**POWERCISE**

"Attempt to go with your first mind on everything today, than write down the outcome of it all ? "

## **POWER THOUGHT**



"Dwelling on mistakes, is the downfall of a great mind!"



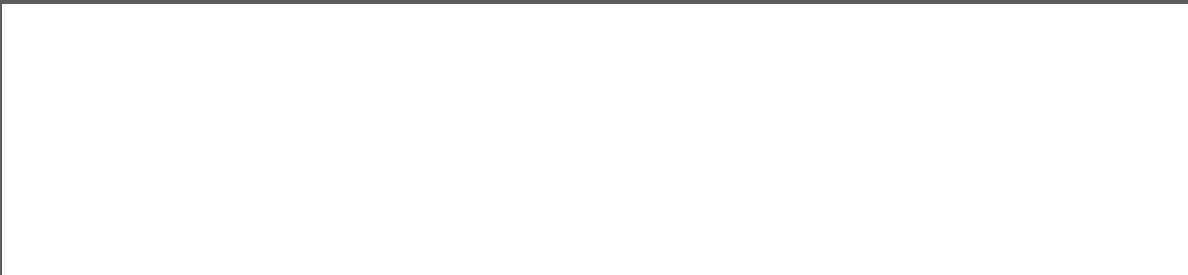
What kind of things do you listen to, read, and think about?



How do you think the things you take in affect your way of thinking ?



what are 3 things you would like to learn?



"The first thing on your above list, type into youtube and begin to learn about it now!"

# POWERCISE

"Learn one thing from your list a month until you complete the entire list ....than come up with another list and do it again!"

# POWER THOUGHT



"Your a direct reflection of what you allow into your spirit!"



LIST A COUPLE TIMES YOU DIDNT GO FOR IT ?




WHAT WAS THE REASON YOU DIDNT GO FOR IT ?



ARE YOU A GOOD REPRESENTATION OF YOUR  
BRAND AND WHAT YOUR SELLING ?



ARE YOU PREPARED TO SELL YOURSELF, YOUR BRAND, WHEN  
THE OPPORTUNITY PRESENTS ITSELF ?



DO YOU HAVE A 2 MINUTE  
ELEVATOR PITCH? WRITE DOWN YOUR BEST ONE!



**POWERCISE**

"GO OVER YOUR 2 MINUTE ELEVATOR PITCH  
UNTIL IT BECOMES SECOND NATURE"

# POWER THOUGHT



"YOU WILL NEVER WIN  
UNTIL YOUR PREPARED!"



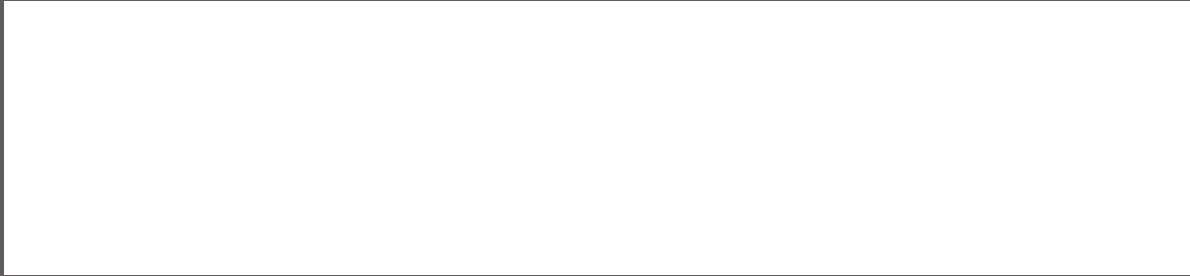


CAN YOU LIVE ANOTHER PERSONS LIFE ?

WHAT ARE YOUR DREAMS AND GOALS  
FOR LIFE ? (WRITE THEM DOWN)

DOES SOMEONE ELSE'S OPINION OF  
YOU AFFECT YOUR LIFE ?

DO YOU HAVE A PLAN FOR YOUR LIFE? IF NOT USE THE SPACE BELOW  
TO BRANISTORM WHAT YOU WOULD LIKE TO DO



HOW DO YOU WANT YOUR LIFE TO TURN OUT ? WHERE DO YOU  
SEE YOURSELF 10 YEARS FROM NOW ?



# **POWERCISE**

"THE FIRST THING ON YOUR  
DREAM LIST, BEGIN WORKING ON IT TODAY!"

# POWER THOUGHT



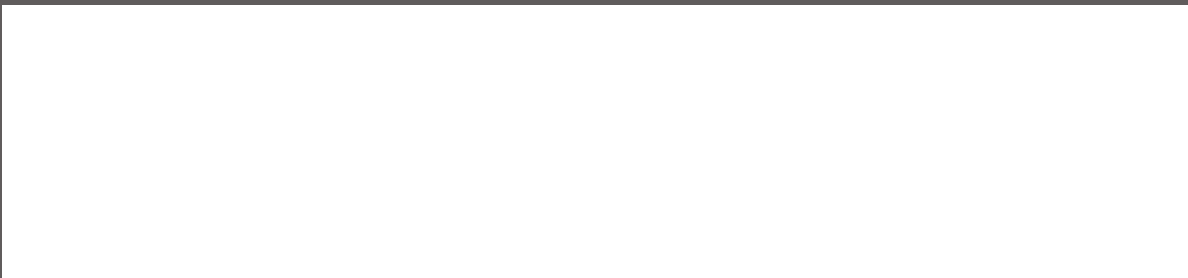
"DREAMS BECOME REALITY WHEN YOU WORK ON YOUR DREAMS DAILY!"



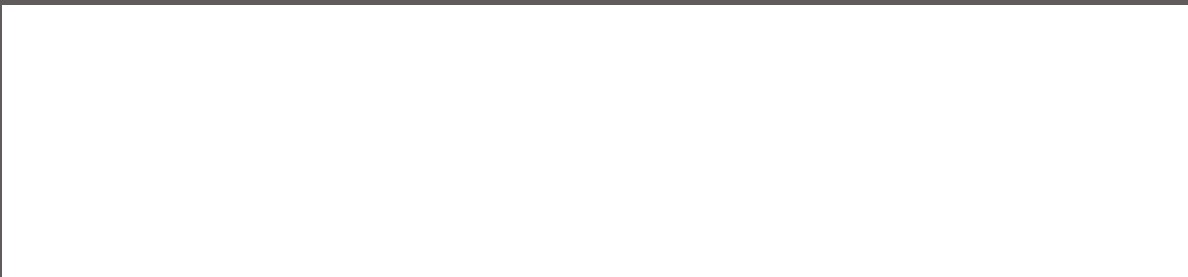
HOW MANY HOURS DAILY DO YOU DEDICATE AND INVEST INTO YOUR GOALS ? WHAT CAN YOU REMOVE IN YOUR DAY IN ORDER TO INVEST MORE ?



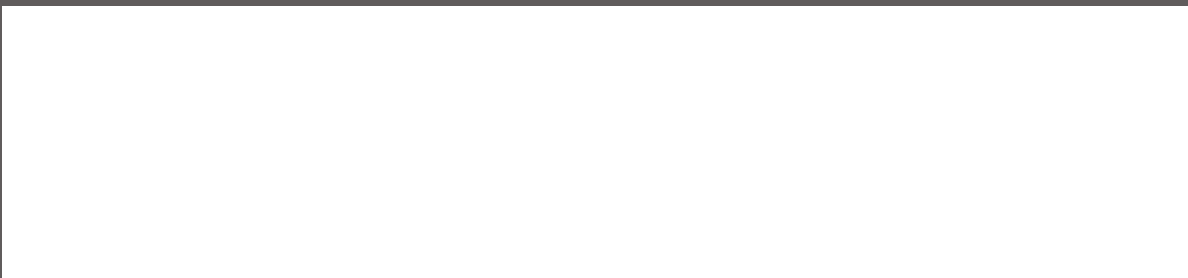
DO YOU ENVISION YOUR SUCCESS? WRITE DOWN YOUR DEFINITION OF SUCCESS.



DO YOUR GOALS CONSUME YOUR EVERY WAKING MOMENT AND THOUGHT ?



HOW MUCH TIME HAVE YOU HONESTLY PUT INTO YOUR DREAMS SINCE THE DAY YOU CONCEIVED THEM ?



# POWERCISE

TELL 10 PEOPLE ABOUT YOUR BRAND  
OR YOUR BUSINESS TODAY DONT WASTE  
TIME DO IT NOW!

# POWER THOUGHT

"SUCCESS IS ACHIEVED WHEN YOU BREAK YOUR  
DREAMS DOWN INTO ATTAINABLE GOALS."



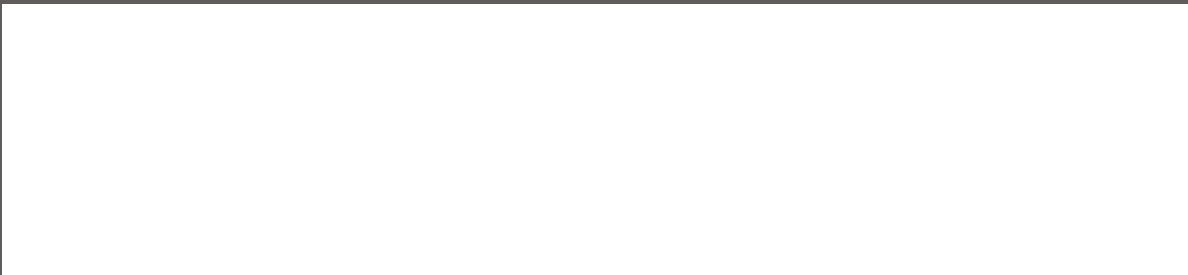
WHEN YOU MEET PEOPLE DO YOU PICK  
UP ON THERE VIBEZ? WRITE DOWN HOW THE PEOPLE AROUND  
YOU MAKE YOU FEEL.



HOW MANY TIMES HAVE YOU SAID, "I SHOULD HAVE  
WENT WITH MY FIRST MIND ? EXPLAIN A SITUATION BELOW.



DO YOU BELIVE YOUR SPIRIT CAN GUIDE  
YOU? EXPLAIN BELOW



HOW MANY TIMES WITHIN THE PAST WEEK HAVE  
YOU HAD A GUT FEELING ABOUT SOMETHING, YOU DIDNT  
LISTEN AND YOU ENDED UP PAYING THE PRICE? WRITE IT BELOW



DO YOU BELIEVE THAT YOU WERE CREATED WITH EVERYTHING  
INSIDE OF YOU THAT YOU NEED TO THRIVE ON THIS EARTH ?



## **POWERCISE**

"PAY ATTENTION TO THE VIBEZ YOU  
GET FROM PEOPLE THIS WEEK!  
THEY WILL TELL YOU A LOT MORE  
THEN WORDS."

# POWER THOUGHT



"YOU WERE CREATED  
PERFECTLY DONT DOUBT YOURSELF."

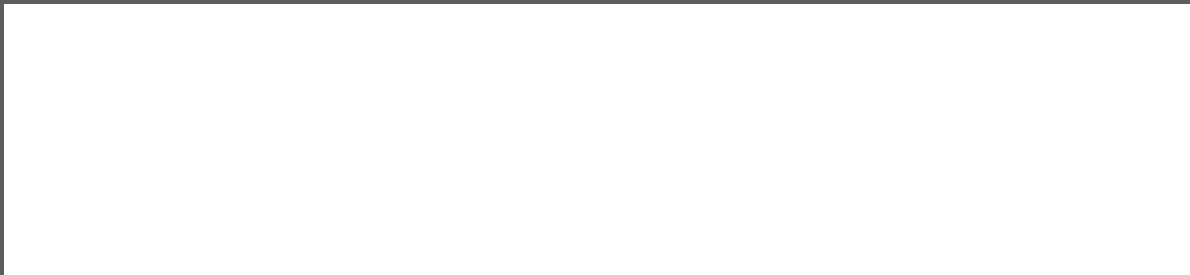
*perfect*



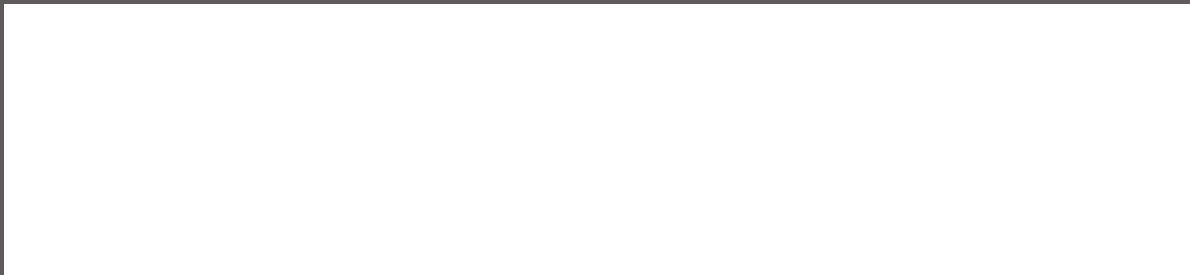
DO YOU THINK YOU MAKE MOVES ACCORDING TO YOUR VISION OR ACCORDING TO YOUR CIRCUMSTANCES? EXPLAIN BELOW.



DO YOU HAVE A CLEAR VISION OF WHERE YOUR GOING IN LIFE? IN NOT WRITE DOWN 2 THINGS YOU WANT OUT OF LIFE



CAN YOU PICTURE YOURSELF SUCCESSFUL, DO YOU BELIEVE YOU HAVE WHAT IT TAKES TO BECOME SUCCESSFUL ?



WHAT SKILLS DO YOU ALREADY POSSES THAT YOU  
CAN BUILD OFF OF TO BECOME SUCCESSFUL?

## POWERCISE

"TAKE ONE STEP DAILY TOWARDS  
PERFECTING YOUR SKILLS"

## POWER THOUGHT



"WITHOUT VISION THERE IS  
NO WAY YOU CAN SEE YOUR PURPOSE."



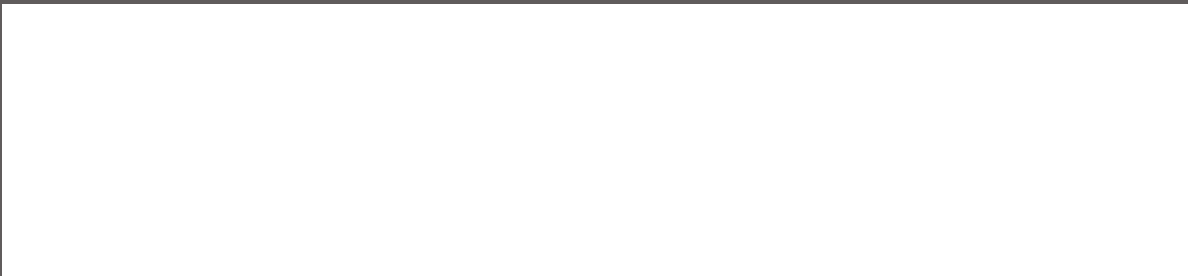
HOW WOULD A CHANGE IN MINDSET  
HELP YOUR SITUATION ?



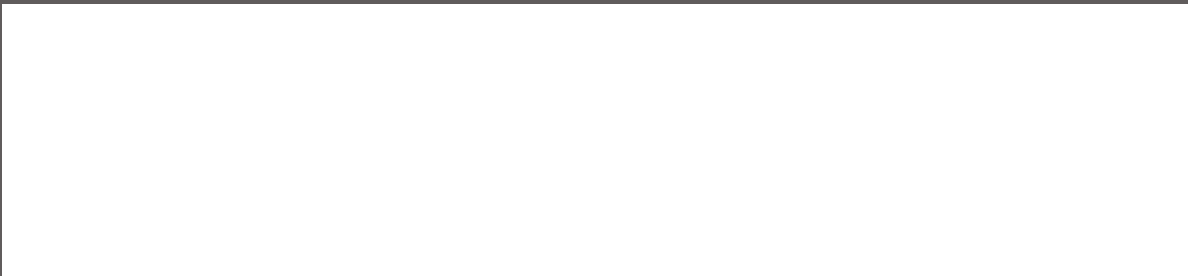
ARE YOU FEELING STRESSED OUT?  
WRITE DOWN THE REASON BELOW.



CAN YOU CHANGE WHATEVER HAS YOU STRESSED OUT?  
HOW WRITE IT DOWN BELOW.



WHAT STEPS CAN YOU TAKE TO  
BE PREPARED FOR ANYTHING? WRITE 3 BELOW.



# POWERCISE

"WRITE DOWN 3 THINGS YOU NEED TO CHANGE YOUR MINDSET ON, THAN WORK ON CHANGING THE SITUATIONS."

# POWER THOUGHT



"CHANGE WHATS IN YOUR POWER TO CHANGE, AND IF IT'S NOT DONT GIVE IT MORE THEN 2 MINUTES



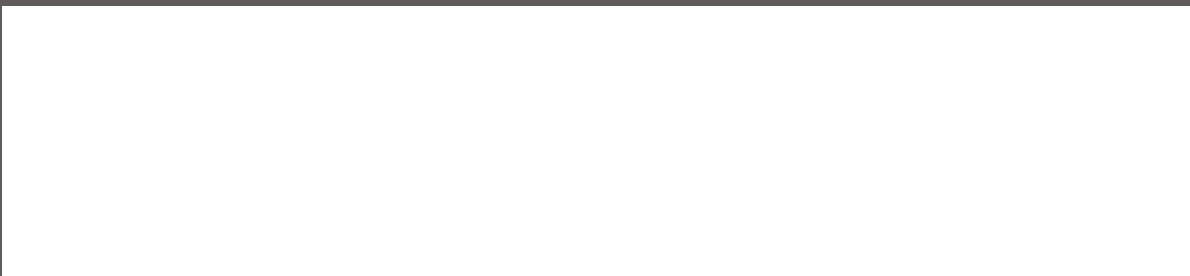
looking back at your life and how far you've come do you think that this is where your supposed to stop?



do you truly want to succeed at your goals in life? why?



DO YOU HAVE A PLAN B FOR YOUR GOALS AND DREAMS?  
WRITE DOWN YOU PLAN B



# POWERCISE

IF YOU WROTE DOWN A PLAN B.....FLUSH IT  
DOWN THE TOILET! THERE ARE NO PLAN B'S

# POWER THOUGHT



FAILURE IS AN OPTION!



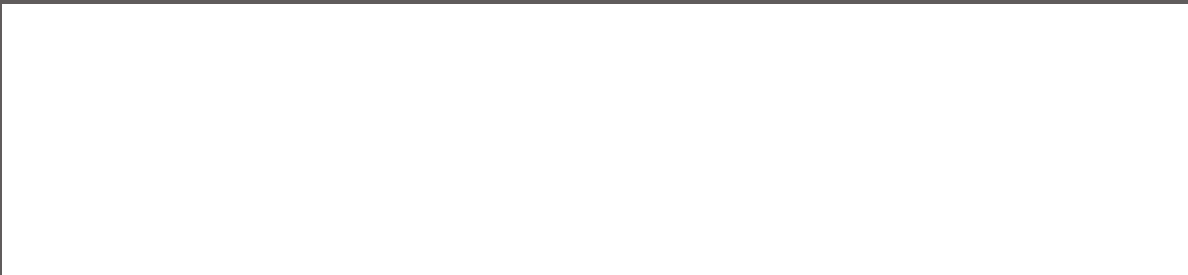
ARE YOU GRATEFUL FOR THE LITTLE THINGS YOUR  
BLESSED WITH DAILY? NAME 5 THINGS YOU'RE GRATEFUL FOR.



NAME ONE THING YOU WEREN'T  
GRATEFUL FOR, THAN LOST?



WHAT CAN YOU DO TO BE MORE GRATEFUL DAILY?





# POWERCISE

"FOR THE NEXT 30 DAYS AS SOON AS YOU WAKE UP IN THE MORNING IMMEDIATELY SAY OUT LOUD WHAT YOU'RE THANKFUL FOR."

# POWER THOUGHT



"BEING GRATEFUL IS A MINDSET NOT AN ATTITUDE"



# THE NEXT 16 DAYS

The next 16 days will be spent implementing everything you've written down, every list that you have every goal that you finally put on paper, everything you said you wanted to do.... YOUR ABOUT TO START TODAY!!!!

THIS IS CALLED 30 DAYS OF POWER, NOT 30 DAYS OF READING!!!! I figured if you can keep a routine of reading, and doing a workbook for 14 days, than spent 16 days working toward what you've written down the other 335 days of the year will become routine work! see habits are formed in 16 days! so by doing everything in this book you have added 3 good habits which are.

**READING DAILY**

**WRITTING DOWN YOUR GOALS**

**DEVELOPING AN ACTION PLAN WITH A CLEAR VISION TO EXECUTE.**

The end of this workbook will still have 16 days of blank space. I want you to use that everyday to write your daily thoughts and accomplishments and new goals and dreams. goals change and dreams evolve we can never stop dreaming or working towards our dreams. the pursuit of our dreams is the essence of our youth! to stop working on our dreams is to accept failure, mediocrity, and defeat none of which should be in your vocabulary. you were born to succeed you were blessed with the skills to conquer the earth you have the god given ability to change your life..... LET'S BE LEGENDARY!



Inspiration



*Dedication*




# Determination



Discipline



# Goals

A large, empty white rectangular box with a black border, occupying the lower half of the page. It is intended for the user to write their goals.

Plan





Work



Grind



Hustle



Achieve



Potential



Empower



Consistency

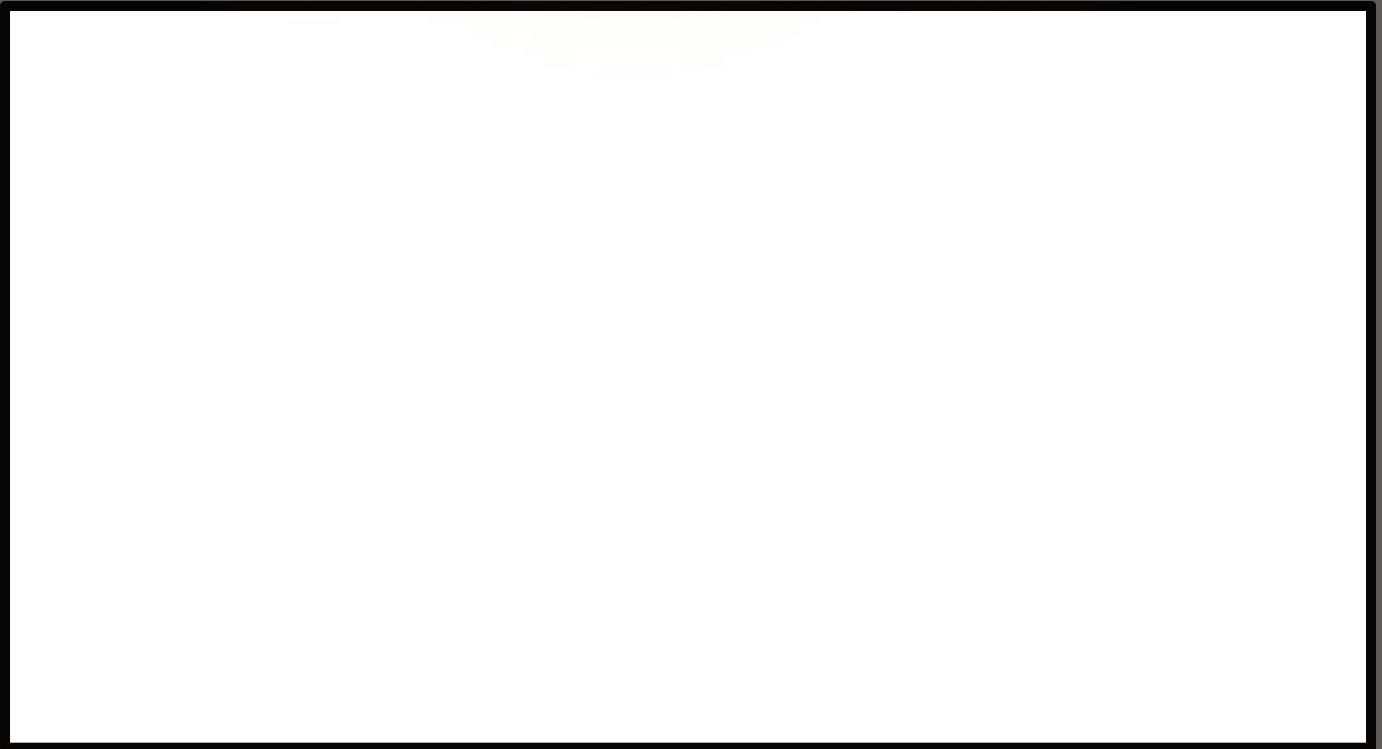


Focus





Respect



you have successfully completed your 30 days of power!!!!!! congratulations you should be very proud of yourself. IM PROUD OF YOU!!!! it takes a brave person to look at themselves and say I'm not where I want to be and have the gumption to change it! A lot of people say they want to change and do nothing YOUR NOT ONE OF THOSE PEOPLE!! you took the necessary steps to gain the information and motivation needed to make a change in your life! YOU DID THAT! YOU MADE IT THROUGH THE 30 DAYS! YOU MADE THAT CHANGE! But this is only the beginning, you have to continue to walk this power walk you cant get tired in the middle remember to be successful you have to remain in a state of success! So from now on out lets approach each day with the mindset

of ....

LETS BE LEGENDARY!!!!1

