

# business + breathwork

— BOOTCAMP —



bootcamp journal

## day two

01. Create 3 next level you "I am" statements.

EXTRA INFORMATION PROMPTS GO HERE IN THIS LINE.

I am...

I am...

I am...

ONCE DONE, SHARE THESE ON INSTAGRAM AND TAG @AVAJOHANNA

day three

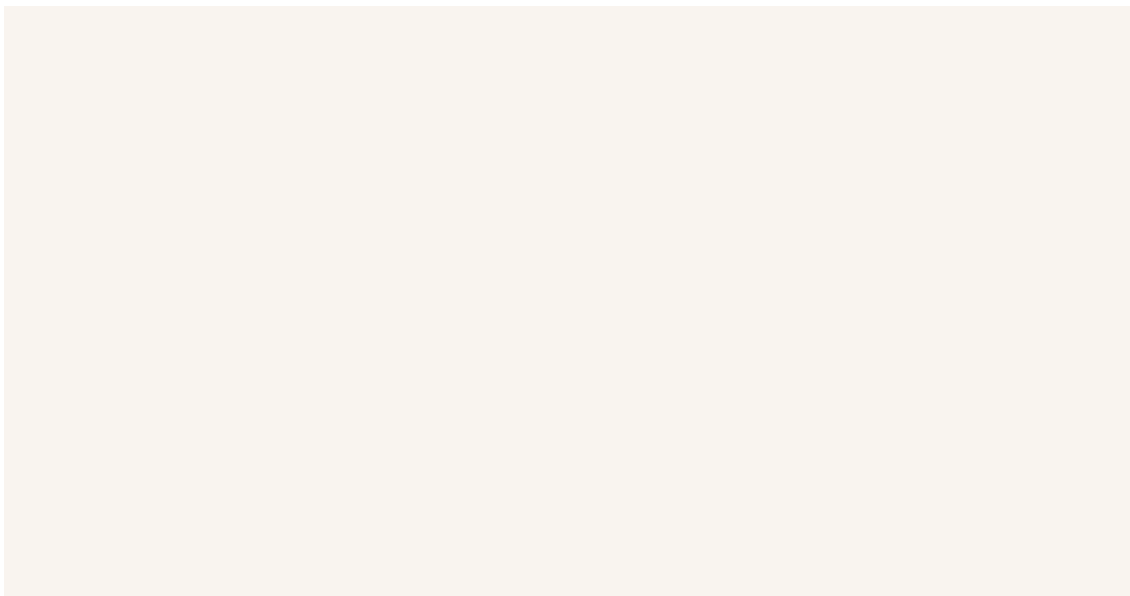
01. What came up for you during today's practice?

EXTRA INFORMATION PROMPTS GO HERE IN THIS LINE.



02. What action could you take **today** on this?

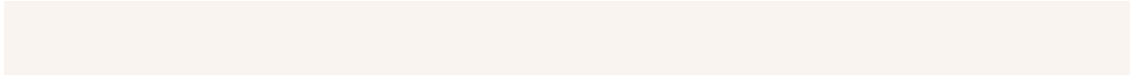
EXTRA INFORMATION PROMPTS GO HERE IN THIS LINE.



day four

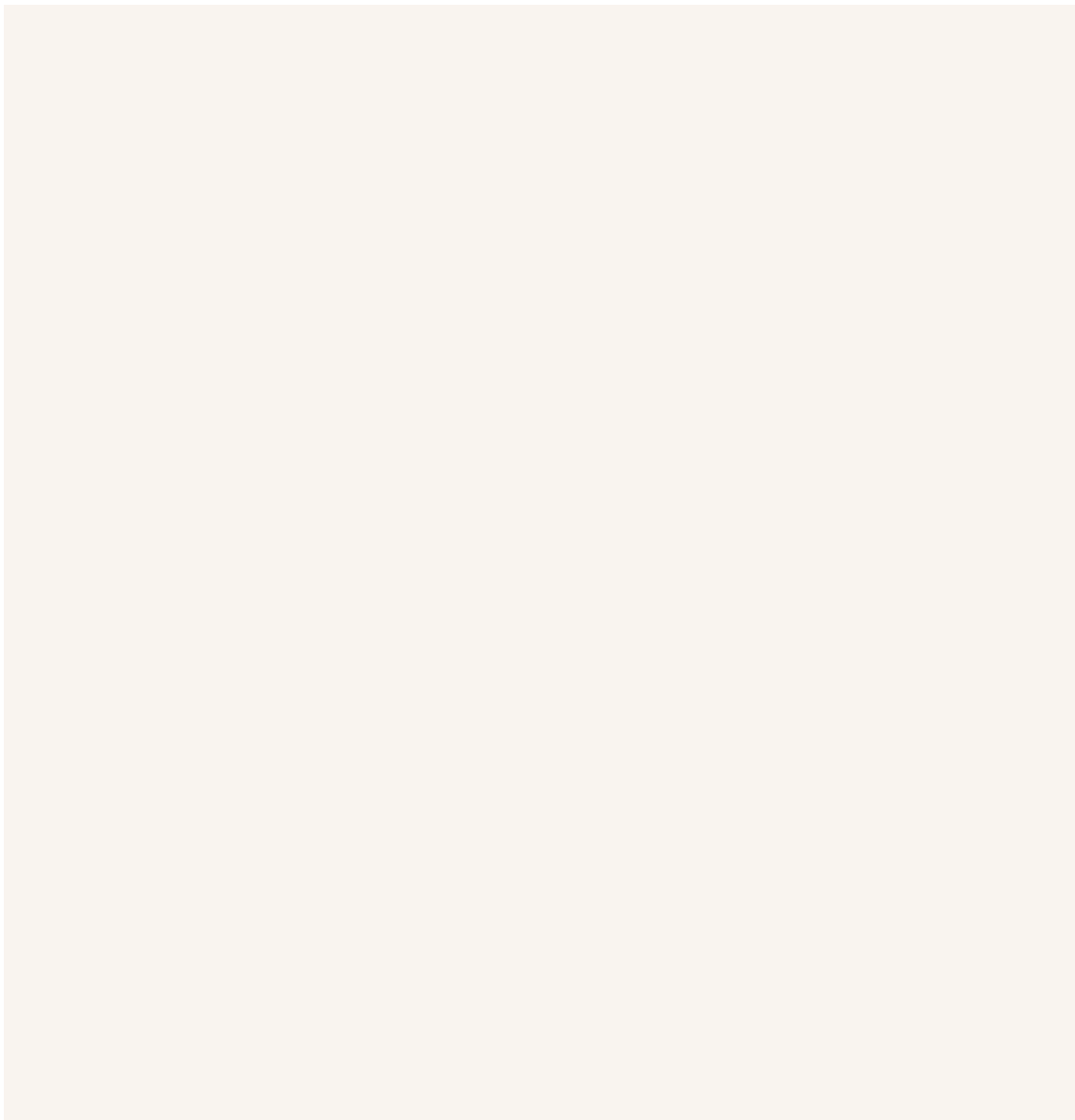
01. What is your big number for the end of the year?

... GO BIG OR GO HOME BABY



02. Write out all the ways you wil make it happen.

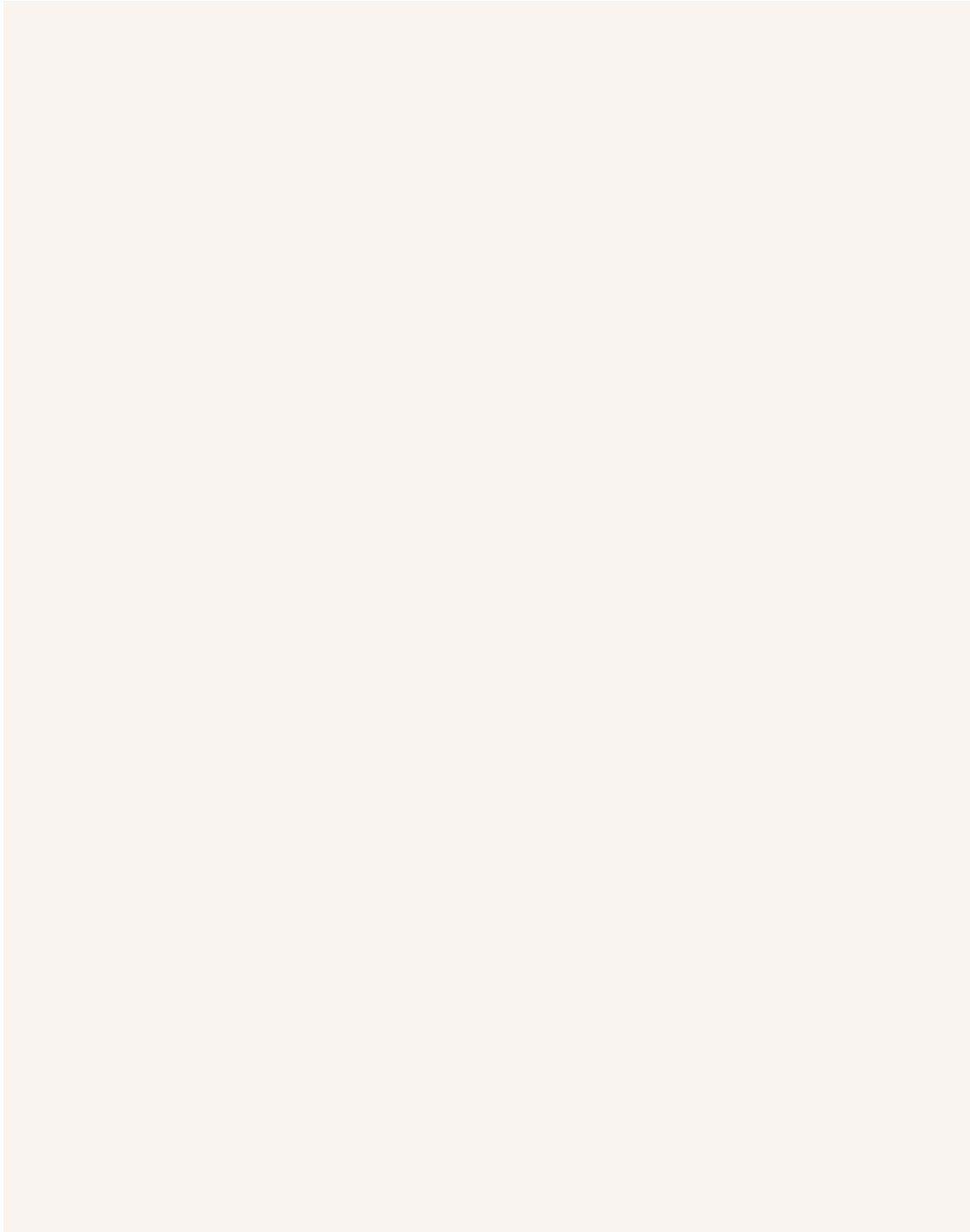
EG. SPECIAL OFFERS, PARTNERSHIPS, NEW PROGRAMS / SERVICES



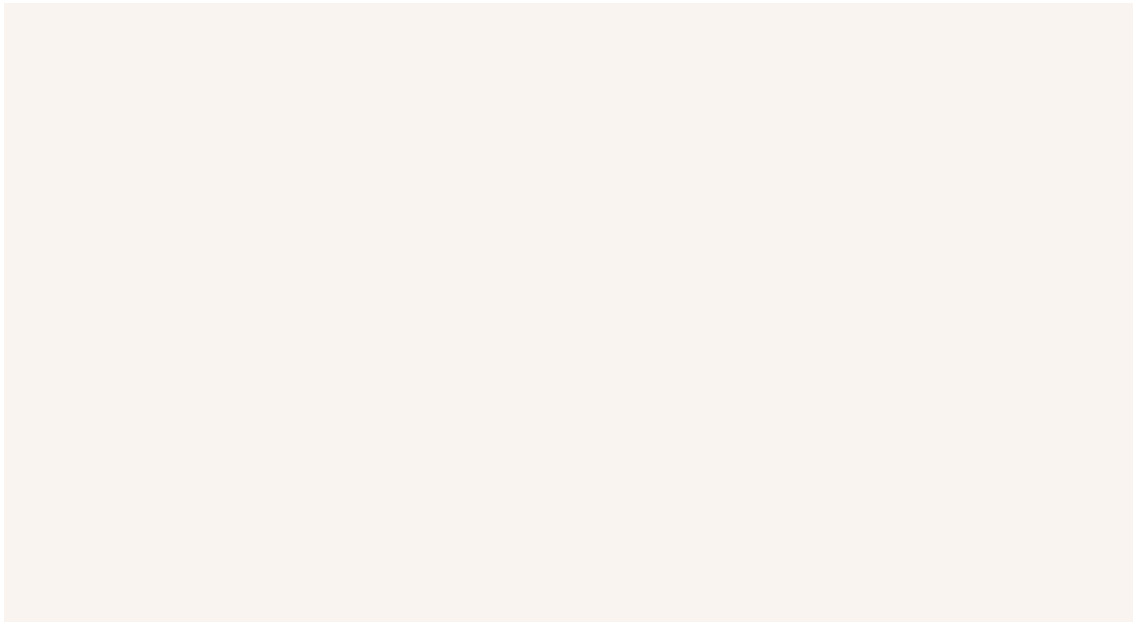
## day five

### 01. What does your next level look like?

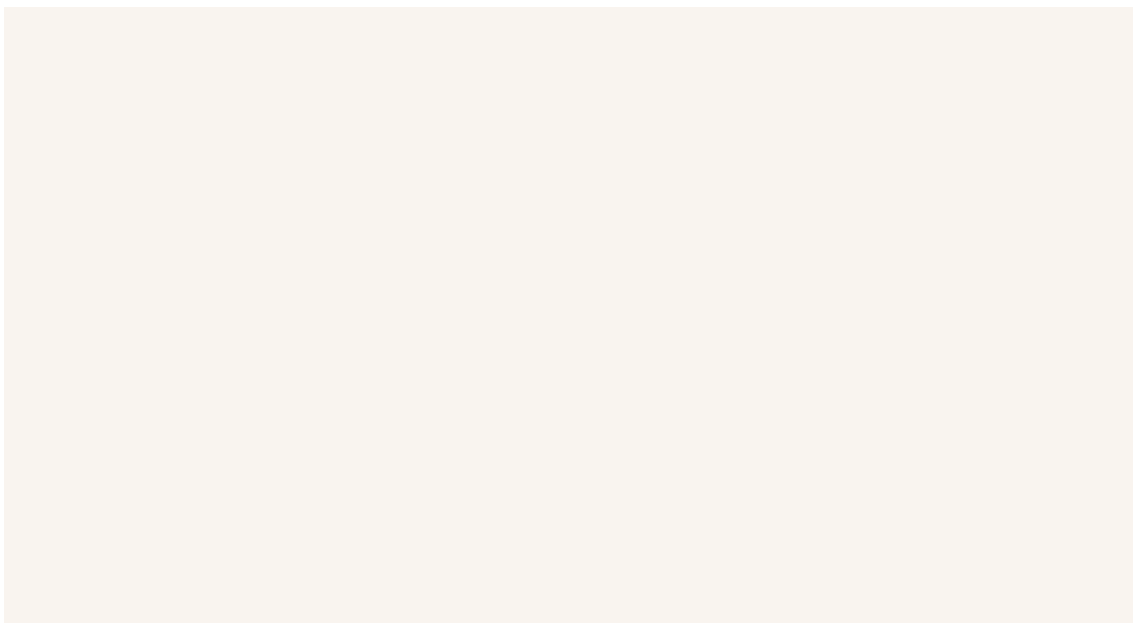
REMEMBER - YOUR VISION AND DESIRES ARE MEANT FOR YOU



02 From this new energy, how will you act?



03. From this new energy, how will you think?

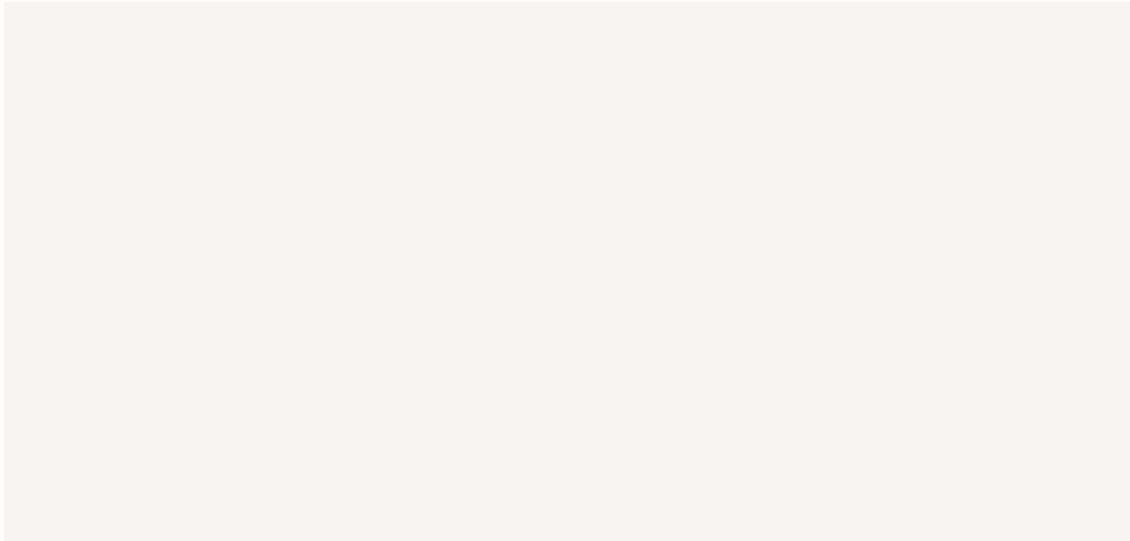




day five

04. From this new energy, what new choices are you going to make this week?

E.G LET GO OF FEAR OF JUDGEMENT, STOP ASKING FOR PERMISSION



05. As a leader, what example are you going to set this week?

YOUR CLIENTS LOOK TO YOU, HOW WILL YOU SHOW UP?

