



MODULE 5

MIND
RISE

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Own Your Power Mastery

Welcome to Module 5 of Your Journey! Can you believe we are in the second half of our Own Your Power Mastery Program? Creating a theme for your life sets an intention for how you want to live and experience your life. An intention in the form of a theme creates forward momentum. Let's use this opportunity to grow your intentions.

MODULE 5: *Your Personal Theme*

From our work, we know that intentions are powerful forces for life by planting seeds for change and growth. Carefully choosing a theme and defining what it means to live by it is one of the most powerful tools we can use to create lasting change.

Key Elements: **Your Personal Theme**

- Using reflection to create momentum
- Learn to cultivate & grow your intentions
- Discover how to your own personal theme every day

Tools: **Your Personal Theme**

Your Theme Builder

Creating Your Own Theme

Top three **Highlights** this year:

- 1.
- 2.
- 3.

Three things you want to leave behind:

- 1.
- 2.
- 3.

WHO do you want to be in the coming year?

What do you **DESIRE** to feel, do, and have?

A year from now, you look back to reflect, in your thought you say, "I'm so happy and grateful now that...."

Your Personal Theme

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Your Theme Builder

FIND Your THEME, list potential words here:

Whittle down your list to one or two words- your **theme** for the road ahead

Create **THREE goals** (big or small) that you'd like to accomplish based on your theme:

- 1.
- 2.
- 3.

What are easy things you can do to **INTEGRATE** your **THEME** into your daily life?

- 1.
- 2.
- 3.

Own Your Power Mastery

You've completed Module 5!

Let's celebrate! Screenshot
or snap a picture of the next
page...

Post on your story + tag
[@themindrise](#) on Instagram
to anchor in your theme.



Planting Seeds
for growth
+ *Change*

M | N D
R | S E