

INSPIRING PASSION, CONFIDENCE & AUTHENTICITY

October 2023 Newsletter



DR. JOLENE CHURCH

Welcome to another addition of the Successful Thinking Newsletter!

The Rhythms of Commitment Unveiling Transformation Through Consistent Endeavors

October's gentle embrace ushers in a season of reflection and transformation. As the leaves transition to golden hues and the air grows crisp, there's a palpable sense of change and evolution. Much like nature, our own journeys are marked by seasons—seasons of growth, stagnation, introspection, and rebirth. In this vast expanse of time, 30 days might seem but a brief moment. However, just as each leaf contributes to the beauty of autumn, each day of focused commitment adds depth and dimension to our lives.

The beauty of consistency lies in its simplicity. While grand gestures and pivotal moments do leave their mark, it's the day-to-day dedication, the unwavering commitment, that crafts our character and shapes our destiny. Every masterpiece, after all, is but a series of brush strokes, each significant in its own right. This October, we delve into the transformative power of dedicating 30 days to a singular purpose, exploring the alchemy that arises when consistency meets potential.

CONTINUED PAGE 2

What would it look like to commit wholeheartedly for a mere month? To embrace a purpose, a passion, or even a curiosity with unyielding devotion? Join us on this exploration of dedication, and let's uncover the magic that resides within a month of unbroken focus.



The Magic of 30 Days When Consistency Meets Potential



The ticking of a clock, the turn of calendar pages—time has a way of slipping through our fingers. In the grand theatre of life, where days blend seamlessly into weeks and months, taking out a mere 30 days to commit to a single purpose might feel both insignificant and a tad overwhelming. Yet, tucked within this finite frame...

[READ MORE](#)

Launch Party!
 FREE event - Open to ALL
 Saturday, October 21st 11 a.m. - 1 p.m.
 Come join us
 celebrate the release
 of this amazing
 celebration of
 Women!




Dr. Jolene Church



Dr. Ennette Morton

THE HANGOUT
 2122 E 4th St Long Beach, CA 90814



TURNING IMPOSSIBLE INTO POSSIBLE



🍁 30-Day Transformation Challenge 🍁

Harness the transformative power of consistency by dedicating 30 days to a chosen purpose or activity.

What you will need ~

A Calendar or Planner
A Journal or Notebook
Pen or Pencil

Here's what you will do ~

- **Choose Your Focus** ~ Identify an area, skill, or habit you've been wanting to cultivate. It could be anything—reading, meditation, learning a new instrument, or even a fitness routine.
- **Mark the Dates** ~ Using your calendar or planner, block out the next 30 days, starting from a date that feels right to you.
- **Set Clear Intentions** ~ In your journal, jot down what you hope to achieve by the end of these 30 days. Whether it's a tangible outcome or a feeling, be clear about your desired transformation.
- **Daily Dedication** ~ Dedicate time each day to your chosen focus. It could be as little as 10 minutes or as much as an hour—what matters is consistency.
- **Reflect & Record** ~ At the end of each day, spend a few moments reflecting on your experience. Record your insights, challenges, and breakthroughs in your journal.
- **Stay Accountable** ~ Share your 30-day challenge with a friend or on social media use **#DJC30DayChallenge**. Having someone to share the journey with can amplify motivation and ensure you stay on track.
- **Celebrate & Contemplate** ~ At the end of the 30 days, celebrate your journey and commitment. Reflect on the transformations, however big or small, and decide how you'd like to incorporate this learning into the future.

AS OCTOBER UNFURLS ITS BEAUTY, MAY THIS CHALLENGE BE A TESTAMENT TO THE REMARKABLE TRANSFORMATIONS THAT ARISE WHEN WE COMMIT WITH HEART AND ACT WITH UNWAVERING CONSISTENCY. HAPPY EVOLVING! 🌱🌞





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TURNING IMPOSSIBLE INTO POSSIBLE

