

Podcast & Video Recording OVERVIEW

THEME: Feel On Purpose

WORD OF THE WEEK: G.R.I.T.

SCRIPTURE OF THE WEEK: Jeremiah 29:11

SONG OF THE WEEK: Everyday By: Elijah Blake

MONTRA THAT GUIDES YOUR LIFE: Don't Fight the Feeling Invite the Feeling

GOALS FOR THE WEEK

MOV MOTIVATIONAL MONDAY:

- ✓ Blog Post: G.R.I.T.
- ✓ Social Media Inspirational Post
- ✓ **That's What She Said Podcast:** Life Journey Update & G.R.I.T. definition

ENTREPRENEUR TUESDAY:

- ✓ Blog Post: Being In your Feels (Feelings) **L27 Tool of the week**
- ✓ Social Media Inspirational Post
- ✓ YouTube Video: Entrepreneur Tuesday: G.R.I.T. & Controlling Feelings

L27 WEDNESDAY:

- ✓ Social Media Inspirational Post
- ✓ YouTube Video: Short Dorm Room Haul
- ✓ **LEVEL Up with Coach K Podcast:** College Advice

THURSDAY:

- ✓ Ask Optimistic K Thursday
- ✓ **RECORD PETTY & FRIENDS PODCAST:** Interview Chayse Collier

FRIDAY:

- ✓ POST EPISODE 14 of Petty & Friends Podcast

To Do List:

- ✓ Wednesday Bible Study (Church)
- ✓ Hit the Gym (Monday, Wednesday, Friday)
- ✓ 30 Miles on the track this week
- ✓ Stick to writing schedule
- ✓ Work on curriculum

Declarations:

1. I'm focused on the mission GOD has for me. I'm determined!
2. I will be the LIGHT of the World & the SALT of the EARTH!
3. I will be PRODUCTIVE & EFFICIENT! I will complete my goals!