

CAPTIVATE MY DAY

A JOURNAL SERIES

TO HELP YOU HAVE MORE ENTHUSIASTIC DAYS

8 WEEKS WHERE YOU'LL HAVE THE OPPORTUNITY TO CONTROL YOUR OWN THOUGHTS AND ACTIONS.

Martine Cloutier-LeBlanc
CAPTIVATE MY DAY LLC
San Antonio, Texas, USA

Welcome to YOUR private place. In these next 8 weeks, you'll:

- ✓ Grow
- ✓ Smile
- ✓ Share a few tears
- ✓ Laugh
- ✓ Become more empower

But more importantly, you'll LEARN about yourself in ways you have not yet experienced. It is an HONOR for me to help you see your AWESOMENESS.

Get yourself ready and EMBRACE your journey.

With Love,

Martine Cloutier-LeBlanc

Founder and CEO of Captivate My Day and Captivate My Day's
journal series

Week 2

You're starting your 2nd week of learning how to captivate your days. Trust me, you'll get in the groove of all of this soon enough. You got this.

Enjoy your week

Martine

There're always two sides

I know **you have not always** cheered every situation you've encountered. At the same time, I also know **you've experienced good moments** worth celebrating. This week, I want you to **write any failures** that come to mind. The smallest of the smallest to the biggest of the biggest. **Here's the thing though**, for every failure you write, **you'll write a success or a victory** that you have also experienced. **The goal** is for you to realize it may have rained most of your life yet you also experienced plenty of sunny days.

P.S. There are plenty of failures that may be coming to your mind right now and it's ok. But before listing them, use the space above to get your emotions out. Write any emotions that may currently be plaguing your mind. Before moving on, take a moment to breath and give yourself time to digest the information.

My failures

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.

My successes and victories

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.

Bonus Tips

If you feel like it, here's a few bonus tips for you. Write in the space below the number of successes and victories you came up with. Did you anticipate writing as many as you did? What surprised you the most with this activity?

About the Author



Martine Cloutier-LeBlanc has been paving the ways with her enthusiasm, love for life, and excitement toward helping others captivate THEIR days. With her national and international experiences as a track and field athlete, her knowledge, as a fitness trainer, toward helping thousands of people lose weight and regain confidence in a battle they often “felt lost”; she is passionate about finding new creative ways to connect with her audience.

As a writer, her work inspires and motivates those who want to see changes in their lives, but more specifically, those who want to see changes in THEMSELVES. She speaks in ways they can understand her perspectives, but also use concrete tools and examples to facilitate their own interpretations. She sees life as a continual DIVING BOARD where each dive allows YOU to know yourself better, gives YOU the opportunity to work on yourself a little bit deeper, and provides YOU with an understanding that YOU can captivate ANY days when you allow yourself to be a STUDENT of your OWN life.

Martine loves to connect with her readers and would love to connect with you. Follow Captivate My Day on Instagram and Facebook. Email her at captivatemyday@gmail.com and be part of the first people to know about her next articles, book, journal series, and plenty more.