TONY “MOJO” LUCERO · THE O.I. GUY

FREE STARTER KIT

Your Next Chapter starts here.

You may feel chosen. You may feel let down by how life keeps turning out. Either way, the next chapter begins when you choose.

1	What am I still waiting for someone or something to give me?	DECLARATION
2	What chapter am I closing, and what do I need to flush out to get there?	DETOX
3	If I trusted myself fully, what would I do this week?	DISTRACTIONS
4	What have I known deep down that I haven’t acted on yet?	DISCERNMENT

How to use this: one page at a time · write your answers · do the action today

1 DECLARATION

What am I still waiting for someone or something to give me?

Stop waiting. **Make a declaration about how you are going to show up.**

A declaration is not a decision. You can change a decision in a moment, and most people do. A declaration is who you are and how you show up, said out loud and lived.

Starting today, I declare that I show up as...

2 DETOX

What chapter am I closing, and what do I need to flush out to get there?

Clean your mind and body of what needs to be flushed out of your life.

- The thoughts that keep looping
- **The old story** you tell yourself
- The belief systems that no longer serve you

The old story I am done telling...

The belief I am ready to let go of...

3 DISTRACTIONS

If I trusted myself fully, what would I do this week?

Whatever is in the way of that answer has to go. **Remove the distractions.**

- People who pull you off course
- Social media scrolling
- Starting new projects before you finish the current ones
- TV and anything else that eats your attention

The three distractions I am removing this week...

1 _____

2 _____

3 _____

What I will do with that time...

_____

_____

_____

4 DISCERNMENT

What have I known deep down that I haven't acted on yet?

What are you truly embodying every day? What is your truth? What do you know? What are you questioning?

What I am truly embodying every day...

What I know to be true...

What I am still questioning...

YOUR NEXT 24 HOURS

Do these today.

Reading is the easy part. Take these four steps before you go to bed tonight.

1 **Declare it.**
Write your declaration on a sticky note. Put it where you will see it first thing tomorrow. Say it out loud.

2 **Detox it.**
Write down the old story you are done telling. Then tear it up or delete it.

3 **Remove one distraction.**
Pick one from your list and remove it today. Not this week. Today.

4 **Act on one thing you know.**
Take one small step on what you wrote under Discernment.

> **Declare it. Flush it. Clear it. Live it.**

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Questions or want to go deeper? tony@tonylucero.com