



Instructions:

1. Go to "File" → "Make a Copy"
2. Retitle it and save it somewhere in your Google Drive folder where you can find it easily.
3. This is your **Moonrock Motivation Manifesto**



Eat Greedy Every Day

~

*7 Munchies to Motivation in 7
days*



Seven Munchies

Meditate

Educate

Stimulate

Medicate

Concentrate

Lustrate

Create





1. Meditate

This is when your thoughts are working diligently toward your goals.

2. Educate

This is when you #putaquestion on it, then find answers to increase your skills, talents and your value.

3. Stimulate

This is when you rise to physical action by encouraging your body to develop or increase activity.

4. Medicate

Taking the appropriate measures for healing and curing your physical body.

5. Concentrate

This is when you bring your mind to a center, focused on a thing to get it done.

6. Lustrate

This is when you wash to remove the mistakes of day or the past.

7. Create

This when you design a new shape for yourself. You get to bring into existence your new life.



Different people get motivated in different ways. What works for a coworker may fail dismally for you. Here, you'll practice my 7 munchies to get motivated. To help you keep the main thing the main thing, I recommend eating your munchies as a part of your morning routine.

Each one has helped me reach my goals. Try'em out for 7 days to help you unlock your pot potential. At the end of each daily exercise answer your PNY question!

On day 7, you will not only increase productivity, Increase Creativity, and Increase your mental health for wealth,

You will have your Moonrock Manifesto to Niche your New Decade success!

Can I get a Hemp, Hemp Hooray

Let's get Started!





Turn The Key

You'll notice that each of the following seven Munchies has A PNY question for you to chew on. These exercises will bring out both your logical and creative sides.

As a first step, introduce yourself, then write down your cannabis idea that you are trying to motivate yourself to do:

Ex: Heyy, I'm Shawmeeka. I want to motivate myself to start CBD service online.

Your Turn: _____

Next, set your niche launch goal date"

02/14/20

MM/DD/YY

Phases of motivation

Contemplation - You're deciding if it is worth the effort.

Determination/Preparation - You're ready to make plans.

Action - You have your plan and you implement it.

Check your phase of motivation?

___ **Contemplation**
___ **Determination/Preparation**
___ **Action**





Ex:

Monday: 10/8/2019

Meditate

Time: 6:30 am

Means: YouTube

Duration: 10 minutes

Sum it up: _____

Medicate

Time: 6:45 am

Means: Allergy, herbal energy

Duration: 2 minutes

Sum it up: _____

Educate

Time: 8:00 am

Means: Hubspot Webinar

Duration: 1 hr

Sum it up: _____

Concentrate

Time: 6:15 am

Means: Card deck

Duration: 10 minutes

Sum it up: _____

Stimulate

Time: 9:00 am

Means: Ridgecrest Park

Duration: 1 hr

Sum it up: _____

Lustrate

Time: 6:00 am

Means: Face

Duration: 15 minutes

Sum it up: _____

Create

Time: 7:00 am

Means: Journal

Duration: 15 minutes

Sum it up: _____

What are your personal interests?:

Example

- | |
|---|
| <ol style="list-style-type: none"> 1. Bringing women together 2. Cannabis education for autism 3. Take better care of myself |
|---|





Monday:

Meditate

Time:

Means:

Duration:

Sum it up: _____

Medicate

Time:

Means:

Duration:

Sum it up: _____

Educate

Time:

Means:

Duration:

Sum it up: _____

Concentrate

Time:

Means:

Duration:

Sum it up: _____

Stimulate

Time:

Means:

Duration:

Sum it up: _____

Lustrate

Time:

Means:

Duration:

Sum it up: _____

Create

Time:

Means:

Duration:

Sum it up: _____

What are your personal interests?:

Example

1. Bringing women together
2. Cannabis education for autism
3. Take better care of myself

Your Turn:

- 1.
- 2.
- 3.



Tuesday:

Meditate

Time:

Means:

Duration:

Sum it up: _____

Medicate

Time:

Means:

Duration:

Sum it up: _____

Educate

Time:

Means:

Duration:

Sum it up: _____

Concentrate

Time:

Means:

Duration:

Sum it up: _____

Stimulate

Time:

Means:

Duration:

Sum it up: _____

Lustrate

Time:

Means:

Duration:

Sum it up: _____

Create

Time:

Means:

Duration:

Sum it up: _____

What are your professional experiences?:

Example

1. Customer Service
2. Mental Health Worker
3. Everyday I'm Hustlin

Your Turn:

- 1.
- 2.
- 3.



Wednesday:

Meditate

Time:

Means:

Duration:

Sum it up: _____

Medicate

Time:

Means:

Duration:

Sum it up: _____

Educate

Time:

Means:

Duration:

Sum it up: _____

Concentrate

Time:

Means:

Duration:

Sum it up: _____

Stimulate

Time:

Means:

Duration:

Sum it up: _____

Lustrate

Time:

Means:

Duration:

Sum it up: _____

Create

Time:

Means:

Duration:

Sum it up: _____

What would you like to start doing?:

Example

1. Start a cbd blog for moms with children with autism
2. Find best hemp products for austistic kiddos
3. Take better care of myself

Your Turn:

- 1.
- 2.
- 3.



Thursday:

Meditate

Time:

Means:

Duration:

Sum it up: _____

Educate

Time:

Means:

Duration:

Sum it up: _____

Stimulate

Time:

Means:

Duration:

Sum it up: _____

Medicate

Time:

Means:

Duration:

Sum it up: _____

Concentrate

Time:

Means:

Duration:

Sum it up: _____

Lustrate

Time:

Means:

Duration:

Sum it up: _____

Create

Time:

Means:

Duration:

Sum it up: _____

What can you get paid for?:

Example

1. Consultation/Coaching
2. Content writing
3. Speaking engagements

Your Turn:

- 1.
- 2.
- 3.



Friday:

Meditate

Time:

Means:

Duration:

Sum it up: _____

Medicate

Time:

Means:

Duration:

Sum it up: _____

Educate

Time:

Means:

Duration:

Sum it up: _____

Concentrate

Time:

Means:

Duration:

Sum it up: _____

Stimulate

Time:

Means:

Duration:

Sum it up: _____

Lustrate

Time:

Means:

Duration:

Sum it up: _____

Create

Time:

Means:

Duration:

Sum it up: _____

What is your WHY?:

Example

So I can educate myself and others about the benefits of cbd for autism and self-care. Treat my kiddo with a natural remedy, And, create an additional income stream

Your Turn:



Saturday:

Meditate

Time:

Means:

Duration:

Sum it up: _____

Medicate

Time:

Means:

Duration:

Sum it up: _____

Educate

Time:

Means:

Duration:

Sum it up: _____

Concentrate

Time:

Means:

Duration:

Sum it up: _____

Stimulate

Time:

Means:

Duration:

Sum it up: _____

Lustrate

Time:

Means:

Duration:

Sum it up: _____

Create

Time:

Means:

Duration:

Sum it up: _____

What would you do if there were no limits?:

Example

1. Spend a month in Venice, Italy
2. Attend a cannabis festival in every state
3. Start a Hemp research foundation for kids with autism

Your Turn:

- 1.
- 2.
- 3.



Sunday:

Meditate

Time:

Means:

Duration:

Sum it up: _____

Medicate

Time:

Means:

Duration:

Sum it up: _____

Educate

Time:

Means:

Duration:

Sum it up: _____

Concentrate

Time:

Means:

Duration:

Sum it up: _____

Stimulate

Time:

Means:

Duration:

Sum it up: _____

Lustrate

Time:

Means:

Duration:

Sum it up: _____

Create

Time:

Means:

Duration:

Sum it up: _____

Day 7, Solidify your Moonrock Motivation Manifesto with Confidence!

1. Post your 2020 Niche Success Plan on FB (Be sure to tag us, we'd love to share your motivation:))
2. Share your plan with friends & family - This keeps you accountable
3. Read your plan in the mirror - This helps to build confidence in you, for you



Your Moonrock Motivation Manifesto

Introduce yourself, then read your cannabis idea that you are motivated to do:

Ex: Heyy, I'm Shawmeeka. I want to motivate myself to start a CBD service online.

Your Turn: _____

Next, state when your niche launch date is:

Ex: I will launch my cannabis idea by 02/14/20

Your Turn: _____

Now describe your interests:

Ex: My personal interests in the hemp market are bringing women together, Cannabis education for autism, Taking better care of myself.

Your Turn: _____

Tell us about your professional experiences:

Ex: Professionally, I've worked in Customer Service, Mental Health, Everyday I'm Hustlin

Your Turn: _____



Go into what you're motivating yourself to start doing:

Ex: I'm motivating myself to start a cbd blog for moms with children with autism, find the best hemp regiment for autistic kiddos, and because I am an autistic parent - practice better self-care.

Your Turn: _____

Describe the ways to generate income with your cannabis idea:

Ex: I will get pay for Consultation/Coach services for other moms, become a freelance content writer, and speaking engagements.

Your Turn: _____

Share your WHY:

I'm motivated to make this change so I can educate myself and others about the benefits of CBD for autism. Create a stigma-free life for kiddos and family living with autism who use CBD as treatment, and create an additional income.

Your Turn: _____

What will you do when you reach your goal:

My vision is to vacation 30 days a year in Venice, Italy, host a CBD for autism event in every state, and start a Hemp research foundation for autism.

Your Turn: _____

Congrats! You just Nixed your New Year's Plan for Success!

Now, keep is pushing!

***Eat Greedy & Practice your 7 Munchies daily
Practice makes Meals***