I Get To Shift!
7-Day Challenge

Change Your Perspective,
Elevate Your Mood &
Start Transforming Your Life!

Bonnie Durkin

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7 Days to Change Your Perspective,
Elevate Your Mood & Start Transforming Your Life!

By Bonnie Durkin

The Power of "I Get To"

Welcome to the beginning of your 7-Day journey. You might be wondering how three simple words—*I get to*—can make a meaningful difference in your life. But as you'll soon discover, these words are not just a shift in language; they're a shift in perspective, in energy, and in how you experience your everyday moments.

Think about your typical day. How often do you find yourself saying, *"I have to"*? I have to go to work. I have to clean the house. I have to exercise. These statements often carry a sense of burden, as if life is made up of endless obligations. But what if you replaced those words with *"I get to"*?

I get to go to work and contribute my skills.

I get to clean my house and enjoy a comfortable space.

I get to move my body and nurture my health.

This simple adjustment can transform a mundane task into a moment of gratitude and opportunity. Suddenly, the things you once viewed as chores become privileges. Each moment becomes a gift rather than a demand.

The Science Behind Your Words

Studies in positive psychology show that our thoughts and words have a direct impact on our emotions and behaviors. When we choose empowering language, we rewire our brain to seek out the positive. Over time, this strengthens our ability to experience joy, resilience, and fulfillment.

Your words shape your perspective, and your perspective shapes your reality.

The "I Get To" Mindset in Action

During this 7-Day Challenge, you will practice viewing your life through the lens of *"I get to."* Every day, you will apply this mindset to common situations, write about your experiences, and observe how your mood and sense of attraction shift. You will begin to notice new opportunities,

experience greater appreciation for the little things, and attract more positivity into your life.

But remember, this is not about toxic positivity or ignoring life's challenges. It's about choosing to find perspective even amidst difficulties. Life will always present obstacles, but how you respond is within your control.

Your Thoughts Create Your Reality

Your thoughts are powerful. In fact, they shape everything in your life. Most of us have been creating our reality not deliberately, but by default—through habitual patterns of thought that we aren't even aware of. But once you realize that you *get to* choose your perception, everything changes.

How Thoughts Shape Your Experience

Your thoughts have energy, and that energy has attracting power. Consider these key principles:

1. Thoughts are magnetic and attract experiences, people, and circumstances that match their energy.
2. Thoughts that are repeated often enough become beliefs, which then serve as the framework for your life.
3. The better your mood, the more positive things you attract into your life.

Since everything in the universe is made up of vibrating energy, including your thoughts, what you focus on is what you attract. If you focus on struggle, you get more struggle. If you focus on opportunities, you attract more opportunities.

Your Mood is Your Magnet

Your mood is the frequency you are broadcasting into the world. Imagine yourself as a radio tower sending out signals. The thoughts and emotions you consistently experience determine the frequency you are tuned to—and what you receive in return.

If you want better experiences, you must first shift your internal world. Instead of saying, *"I have to go to work,"* try saying, *"I get to go to work."* The shift may seem small, but it has a profound effect on your mood, which in turn affects what you attract into your life.

A Simple Experiment

Right now, think of something you often complain about or dread. Write it down. Now, rewrite it using *"I get to..."* and find a positive aspect of the situation. Repeat this practice throughout your day and observe how your emotions shift.

Your reality begins with your perception. The more you refine your thoughts and words, the more you refine your experience.

The Energy of Perception

Perception is everything. How you choose to see a situation determines how you feel about it. And how you feel about it determines the actions you take and the results you get.

The Role of Emotion in Manifestation

Every thought carries a frequency, but more importantly, the *emotion* attached to that thought determines its power. Think of it like a radio station—you must tune into the right frequency to hear the music you want.

If you are constantly thinking thoughts of frustration, doubt, or fear, you are tuning yourself into experiences that match those emotions. But if you

shift to thoughts of gratitude, possibility, and joy, you begin to attract experiences that feel good.

Using the Power of "I Get To" – To Shift Perception

When you start a thought with *"I get to..."* you immediately shift into a space of appreciation and positive expectation. Consider this simple example:

- *"I have to go to the grocery store."* → Feels like a burden.
- *"I get to go to the grocery store."* → Opens up gratitude for having access to food and resources.

By making this subtle shift, you start seeing everyday moments as opportunities instead of obligations. And when you feel good, you take inspired action, making everything flow more effortlessly.

Aligning with the Frequency of What You Want

If there are things in your life that you want to improve, it simply means you need to align your thoughts and emotions with those desires.

To receive the things you truly want:

1. You must consistently feel good and maintain a sense of positive expectation.
2. You must believe that what you want is possible for you.
3. You must recognize that you are worthy and deserving of all that you desire.

Everything starts with perception. If you shift the way you see things, your entire reality will begin to change.

Your First Step

To get started, take a moment to reflect. What is one thing you often say you *"have to"* do? Write it down. Now, rewrite it as something you *"get to"* do. Notice how it feels. Does it shift your energy, even slightly?

Commit to this practice each day for 30 Days. Each time you catch yourself using the words *"I have to"*, pause and reframe. Give yourself the gift of choice and see how it transforms your experience.

Today, replace *"I have to"* with *"I get to"* in every situation. Be conscious of how it makes you feel and note any changes in your mood or energy. Your goal is to train your brain to see opportunities instead of burdens.

Remember, your thoughts shape your reality. The more you embrace *"I get to,"* the more empowered and joyful you become.

Let's begin this journey together. You get to embrace this adventure. You get to create meaningful change! You get to live the life you choose!

Are you ready? Let's go!

Instructions for Your 7-Day Challenge

Welcome to your 7-day journey of shifting your perception and embracing the power of "I Get To." This experiment is designed to help you see your life through a lens of gratitude, empowerment, and joy. Follow these simple steps each day to transform your thoughts, elevate your mood, and attract more positivity into your life.

Morning Practice

1. **Wake Up with Gratitude:**
    - As soon as you awaken, say aloud or silently, *"Thank you! I get to have another day on this earth! I get to choose how I think and perceive things today! I get to be alive!"*
2. **Set Your Intention:**
    - Notice any thoughts that arise about what you *have to* do. Immediately reframe those thoughts using *"I get to..."* instead of I have to. Start your day with the empowering belief that each task is an opportunity.

Daily Journaling

- Use the journal pages that follow to write down what you *get to do* today. Approach this as a positive acknowledgment of your opportunities.
- At the end of each day, take a few moments to reflect and write down what you *got to do* during the day. Celebrate even the simplest moments of joy, connection, or growth.

Daily Inspiration

- Each day, you'll find a thought-provoking quote designed to inspire and uplift you. Take a moment to reflect on the quote and how it applies to your current experience.

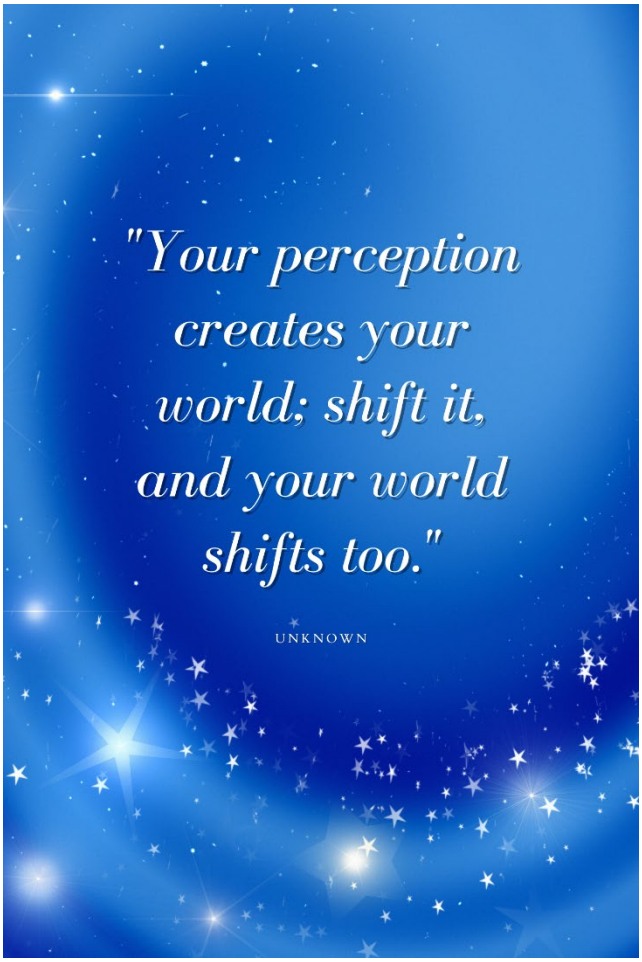
Mood-Boosting Exercises

- Throughout the 7 days, you'll receive daily email with inspiration, and simple exercises designed to shift and improve your mood. These practices will help you anchor the *"I Get To"* mindset even more deeply.

Approach with Curiosity and Joy

- Enter into this 7-day Adventure with an open mind and a willingness to see life from a fresh perspective.
- Have fun with it! Play with your thoughts, challenge old patterns, and celebrate the shifts you experience.

You get to take this journey. You get to create a life filled with joy and appreciation. Let's begin!



****Before You Begin****

Before you begin your journey take a moment to fill out the assessment on the next page. This is your personal check-in guide. It will help you reflect on where you are emotionally and mentally at the start—and again at the end—of your journey. You'll be amazed at what can shift in just 7 days.

"I Get To Shift!" Self-Assessment

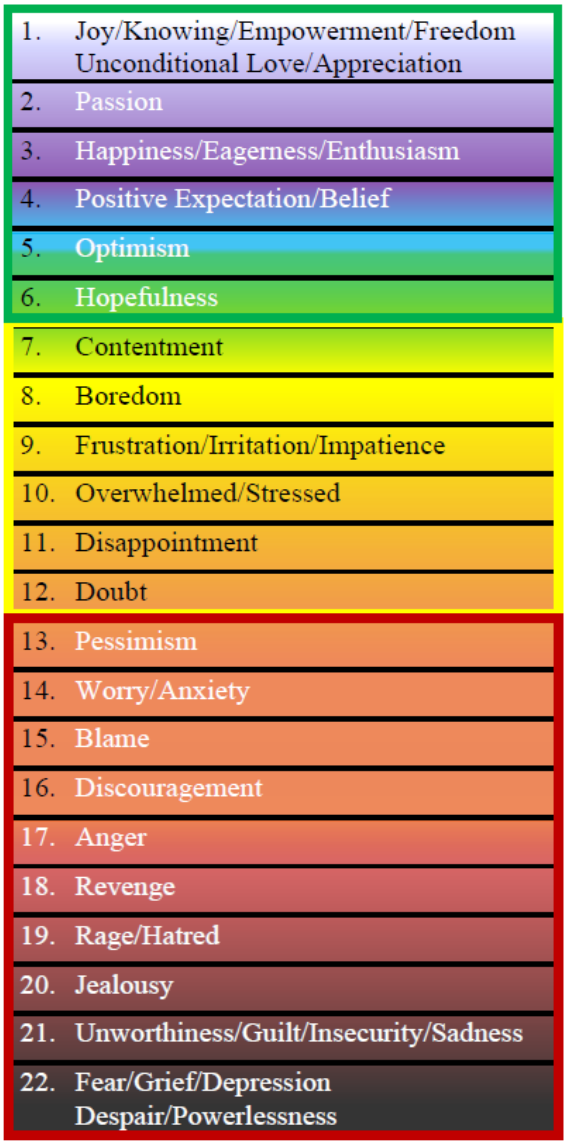
To be completed *before* and *after* your 7-Day Challenge

This is your personal check-in guide. It will help you reflect on where you are emotionally and mentally at the start—and again at the end—of your journey. You'll be amazed at what can shift in just 7 days.

Section 1: Emotional Frequency Check-In

Take a look at the **Emotional Frequency Scale** below.
Where would you say your **normal range of mood** is most of the time?
(*1 = Highest vibration, 22 = Lowest vibration*)

Emotional Frequency Scale



Most of the time my mood is in the range of:

_____

_____

_____

Section 2: Mood & Emotional State

Rate the following from **1 (Strongly Disagree)** to **5 (Strongly Agree)**

- I feel generally happy and content with my life. _____
- I feel energized and excited about my daily activities. _____
- I notice and appreciate small joys in everyday life. _____
- I find it easy to stay positive, even when things don't go as planned. _____
- I feel emotionally resilient when facing challenges. _____
- I believe I have some control over how I feel each day. _____

Section 3: Perception of Life & the World

Rate from **1 (Strongly Disagree)** to **5 (Strongly Agree)**

- I feel grateful for the life I have. _____
- I see opportunities more than I see obstacles. _____
- I view my daily tasks as meaningful and purposeful. _____
- I feel empowered by the choices I make. _____
- I believe life is working **for** me, not **against** me. _____
- I focus more on what I have than what I lack. _____

Section 4: Reflection Questions

1. **What are three things you often say you "have to" do that feel like burdens?**
    1. _____
    2. _____
    3. _____

2. **How do you typically feel at the beginning of a normal day?**

3. **How do you usually respond to life's unexpected challenges?**

4. **What do you hope to shift or experience differently through this 7-day challenge?**

"Change the way you look at things
and the things you look at Change." – Wayne Dyer

Day One - *I Get To 7- Day Shift!*

Today I Get To... Date: _____

Today I Got To...

"Your perception creates your world; shift it, and your world shifts too."

Day Two - *I Get To 7- Day Shift!*

Today I Get To... Date: _____

Today I Got To...

"Change the way you look at things and the things you look at change."
– Wayne Dyer

Day Three - *I Get To 7- Day Shift!*

Today I Get To... Date: _____

Today I Got To...

"Your perception creates your world; shift it, and your world shifts too."

Day Four - *I Get To 7- Day Shift!*

Today I Get To... Date: _____

Today I Got To...

"Change the way you look at things and the things you look at change."
– Wayne Dyer

Day Five - *I Get To 7- Day Shift!*

Today I Get To... Date: _____

Today I Got To...

"Your perception creates your world; shift it, and your world shifts too."

Day Six - *I Get To 7- Day Shift!*

Today I Get To...

Date: _____

Today I Got To...

"Change the way you look at things and the things you look at change."
– Wayne Dyer

Day Seven - *I Get To 7- Day Shift!*

Today I Get To... Date: _____

Today I Got To...

"Your perception creates your world; shift it, and your world shifts too."

Post-Challenge Reassessment

Complete this again after Day 7

Emotional Frequency Check-In

Go back to page 9 of this workbook and look at the Emotional Frequency Scale.

Where do you fall now on the Emotional Frequency Scale?

Go through the rest of the assessment once again and answer the question.

Notice and reflect upon any differences between where you were before you started the challenge and where you are and how you answered the questions now.

Final Reflections

- **What was the most surprising shift you experienced?**

- **Which "I get to" reframe had the biggest impact?**

- **How has your perception of everyday life changed?**

- **How do you plan to carry this mindset forward?**

Congratulations & Thank You!

You did it! You showed up for yourself for 7 days with intention, curiosity, and a willingness to shift your perspective—and that's no small thing.

By practicing the "I Get To" mindset, you've taken powerful steps toward living with more gratitude, more emotional freedom, and a higher vibration. You've seen firsthand how your words shape your mood, your mood shapes your energy, and your energy shapes your life.

You get to choose how you see the world.

You get to feel better, think better, and live better.
You get to keep going.

Thank you for being part of this challenge. I'm so grateful to have walked this journey with you. Your growth, your openness, and your light matter—not just to you, but to the world around you.

I'd truly love to hear about your experience.
Whether you had an a-ha moment, a favorite reframe, or a personal shift—your story matters to me. You can email me directly at:
bonnie@bonniedurkin.com

This challenge is just the beginning. There's so much more ahead, and I hope you continue to explore the power of your perception and the magic of mindset work.

With appreciation and love,
Bonnie