



# **GILC: Victorious Thinking Course**

12-Week Guided Workbook for Transformational Living

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## **GILC: Victorious Thinking Course – 12-Week Outline**

This 12-week self-discovery course is designed to help participants become aware of their thoughts, shift their mindset, align their goals, and live victoriously through intentional thinking, emotional clarity, and personal alignment. Use this printable guide for weekly structure, journaling, and mindfulness exercises.

### **Week 1: Self-Discovery – Who Are You?**

1. What did I discover about myself this week?
2. What thoughts or behaviors am I becoming more aware of?
3. What was my biggest insight or breakthrough?
4. What would I like to do differently next week?
5. What am I proud of this week?

Lines for Reflection:

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 **Guided Journaling Prompts:**

- Awareness of thoughts vs. imagination
  - 5-minute breathing meditation
1. What did I discover about myself this week?
  2. What thoughts or behaviors am I becoming more aware of?
  3. What was my biggest insight or breakthrough?
  4. What would I like to do differently next week?
  5. What am I proud of this week?

Lines for Reflection:

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 **Guided Journaling Prompts:**

- Journaling: Awareness check-in

**Week 2: Intentional Thinking – Wisdom is Conscious**

1. What did I discover about myself this week?
2. What thoughts or behaviors am I becoming more aware of?
3. What was my biggest insight or breakthrough?
4. What would I like to do differently next week?
5. What am I proud of this week?

Lines for Reflection:

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 **Guided Journaling Prompts:**

- Internal voice activation: 'I am...'
  - Understanding imagination vs. thought
1. What did I discover about myself this week?
  2. What thoughts or behaviors am I becoming more aware of?

3. What was my biggest insight or breakthrough?
4. What would I like to do differently next week?
5. What am I proud of this week?

Lines for Reflection:

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 **Guided Journaling Prompts:**

- Journaling: 7-sentence vision of who you're becoming

**Week 3: Knowing & Understanding**

1. What did I discover about myself this week?
2. What thoughts or behaviors am I becoming more aware of?
3. What was my biggest insight or breakthrough?
4. What would I like to do differently next week?
5. What am I proud of this week?

Lines for Reflection:

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 **Guided Journaling Prompts:**

- Intentional thinking vs. daydreaming
  - Thought discernment practice
1. What did I discover about myself this week?
  2. What thoughts or behaviors am I becoming more aware of?
  3. What was my biggest insight or breakthrough?
  4. What would I like to do differently next week?
  5. What am I proud of this week?

Lines for Reflection:

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 **Guided Journaling Prompts:**

- Journaling: Meeting your ideal self (14+ sentences)

**Week 4: Goals & My 'Self'**

1. What did I discover about myself this week?
2. What thoughts or behaviors am I becoming more aware of?
3. What was my biggest insight or breakthrough?
4. What would I like to do differently next week?
5. What am I proud of this week?

Lines for Reflection:

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 **Guided Journaling Prompts:**

- Link goals with core values
  - Mindful word awareness
1. What did I discover about myself this week?
  2. What thoughts or behaviors am I becoming more aware of?
  3. What was my biggest insight or breakthrough?
  4. What would I like to do differently next week?
  5. What am I proud of this week?

Lines for Reflection:

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 **Guided Journaling Prompts:**

- Journaling: 'How awesome I am becoming'

**Week 5: Mental Health & Positive Psychology**

1. What did I discover about myself this week?
2. What thoughts or behaviors am I becoming more aware of?
3. What was my biggest insight or breakthrough?
4. What would I like to do differently next week?
5. What am I proud of this week?

Lines for Reflection:

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 **Guided Journaling Prompts:**

- Breathing, grounding, and stress relief tools
  - Replace negative thought patterns
1. What did I discover about myself this week?
  2. What thoughts or behaviors am I becoming more aware of?
  3. What was my biggest insight or breakthrough?
  4. What would I like to do differently next week?
  5. What am I proud of this week?

Lines for Reflection:

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 **Guided Journaling Prompts:**

- Journaling: Positive life reflections

**Week 6: Body, Mind & Soul – Exercise, Lifestyle & Sleep**

1. What did I discover about myself this week?
2. What thoughts or behaviors am I becoming more aware of?
3. What was my biggest insight or breakthrough?
4. What would I like to do differently next week?
5. What am I proud of this week?

Lines for Reflection:

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 **Guided Journaling Prompts:**

- Focus on movement, rest, and nutrition
- Identify & build on one strength

1. What did I discover about myself this week?
2. What thoughts or behaviors am I becoming more aware of?
3. What was my biggest insight or breakthrough?
4. What would I like to do differently next week?
5. What am I proud of this week?

Lines for Reflection:

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 **Guided Journaling Prompts:**

- Journaling: Gratitude for your body

**Week 7: Love, Work, Rest & Play**

- Assess emotional attachments & joy
- Create your ideal life vision
- Journaling: Write your future story

**Week 8: Recovery – Personal & Spiritual Practice**

- Develop personal affirmations
- Recovery visualization
- Journaling: Only the good, loving thoughts

**Week 9: Behaviors & Mindset**

- Track & shift limiting behaviors
- Behavior change experiment
- Journaling: Reflect on growth behaviorally

**Week 10: Recovery Continued – Practice Makes Progress**

- Repetition and mindfulness discipline
- Revisit tools and recovery habits
- Journaling: What you're reclaiming

**Week 11: Personal & Spiritual Practices**

- Build or deepen spiritual rituals
- Write a personal spiritual affirmation
- Journaling: Spiritual connection reflection

## **Week 12: Finalizing – Creating Structure**

- Create a vision board or growth plan
- Design a daily victory structure
- Journaling: Reflect on your journey and future