

5 Day Challenge

Worksheet with bebo mia inc.

Day 1 - DECIDE!

Let's make a decision!
Kicking ass in 2018 starts with the decision to kick ass!

We need to consciously decide to:

Create habits that lead to success and growth in our business.

Change the things that aren't working.

Accept that sometimes these changes are **uncomfortable and hard**,
AND you are **willing to commit** to your decision to reach your goals.

SO, LET'S TAKE A MOMENT RIGHT NOW AND DECIDE!

Homework:

Let's make a future you! Close your eyes and picture yourself in **1 year's time**.

What do you look like? What does your day look like? What is your business like? Your home life?

Are you the type of person that feels **calm & collected**? Do you get stuff done? Do you have **fun**? Do you have time to do the **activities you enjoy**? Do you **travel**? Is your business **profitable**?

Now, what would it feel like to fast forward 1 year and be in the **body of that future you**?!

What **actions** are you willing to take to get you closer to the person you dream up?

CREATE SOMEONE THAT YOU WANT TO BE!

TIP: If you are having a hard time with this, find people in your lives or leaders that have elements of their lives that you admire, and dig around to see if you can find what they do each day to get closer to their goals. Have someone in your community that you admire? Ask them what they do to seemingly get the lives they want!

Homework Notes:

