

# 5 Day Challenge

---

Worksheet with bebo mia inc.

## Day 1 - FLIP IT!

We have your **Future You**. Let's get 'where you are now' closer to 'where you want to be'!

This requires vulnerability and honesty with yourself which can be really uncomfortable. This is the start of letting go of your ICE CUBE story and believing in the possibility of something **different**.

### WHAT ARE YOUR TOP 5 PAIN POINTS?

Here are some questions you can ask yourself to help determine your **top 5 pain points**:

- What **stops** you from getting from where you are to where you want to be?
- If you think of your day-to-day life, are you getting what you want **accomplished**? Why/why not?
- Are you saying **yes** to things when you really want to say **no**? Why/why not?
- Are you saying **no** to things when you really want to say **yes**? Why/why not?

Now, let's take these obstacles and figure out how we can **flip them** on their head to see what you want instead.

---

Let's look at a **FLIPPING IT** example:

'I have no support for my business, my partner is always at work'.

## NOW LET'S FLIP IT!!

What would 'future you' do? 'I have asked for help with my business'

### Some other ideas:

I am willing to do this uncomfortable thing to reach my goals:

Am I willing to restrict emails to specific time frames?

Am I willing to wake up before the kids and write for 45 min?

### Homework:

What are your **5 pain points/obstacles**? Write them down!

Now **flip them!** Write down what you **WANT** instead! **AND** what are you prepared to do to get it?

### Homework Notes:

---

---

---

---

---

---

---

---

