

# The 5-Day BEST LIFE Challenge

## PROMOTING MYSELF!

Throughout your day, think and say things that lighten your spirit, bring joy into your life and promote you to you! You need to be your best cheerleader. It's a huge departure for most people, but one that will help propel you to your BEST LIFE. Literally stop and smell the roses. Notice things around you that you like, bring you joy, and bring a smile to your face. Then think or say something positive about yourself.

Start out with silly things in the beginning if you need to. Remember how using the word "croissant" to describe yourself when nothing positive comes to mind sounds ridiculous, but at least it's not negative?

Well, you can use it here also. "I'm like a croissant!" Aahhh.... But croissants are loved the world over and there are a thousand layers, each one bringing a buttery richness of magnificent delight.

So, pick things that will make you smile, that will fill your heart and bring joy love to yourself – from yourself.

## EXAMPLES

- ♥ I am finding moments of joy in my life.
- ♥ I am me . . . and I like that!
- ♥ I am unique!
- ♥ I love me!
- ♥ I am now choosing to dance through life!
- ♥ I am learning new wonderful things about myself.
- ♥ I am strong.
- ♥ I am grateful.
- ♥ I love honeybees and I am learning to love my life!
- ♥ I am like a tank. Strong and keeps moving until I accomplish my goal.
- ♥ I am like a butterfly. Just moving my wings change the energy around me. . . and can affect other energy positively that I don't even realize now.
- ♥ Let's do this!
- ♥ My heart is in this.
- ♥ Yes! I'm doing it!
- ♥ These little moments of joy during the day are wonderful!