

Your Ten Keys Presents

THE 5 – DAY BEST LIFE CHALLENGE

Irresistible WORKBOOK

Train Your Mind & Energy For Your Ideal Life

Kate Hellmers
Jacqueline Hellmers

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Ideal Life

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Publisher: ENISPHERE, 433 N. Camden Dr. 4th Fl. Beverly Hills, CA 90210, USA

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Cover and Design: J.A. Hellmers

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Bonus!



- ◆ List of How To Make It A Habit
- ◆ 30-Day Accountability Sheet



DIRECTIONS

QUICK START

1. PICK A GOAL

Pick a short-term goal that you can work on during The 5-Day BEST LIFE Challenge. It will help you focus on something, and we'll help you achieve it!

2. EACH DAY

To secure your success, conquer the challenge as much as you can. Nobody is perfect and it takes a little time for you to change your thinking patterns. So, it's a work in progress. Some days will be easy. One day might be more challenging than the others while another may inspire some laughs. It will be interesting to see which day is which for you! Let us know!

3. ONLY ONE A DAY

You'll find greater success if you tackle each day separately so that you can build on your success.

4. ENJOY!

Make it fun! The more you laugh at yourself this week and relish the process, the more you will change your mind's neural pathways, create new ones and be successful in the Challenge – and in your goals!

Pre-Guide Challenge & Directions

It's easy as 1-2-3-4-5!

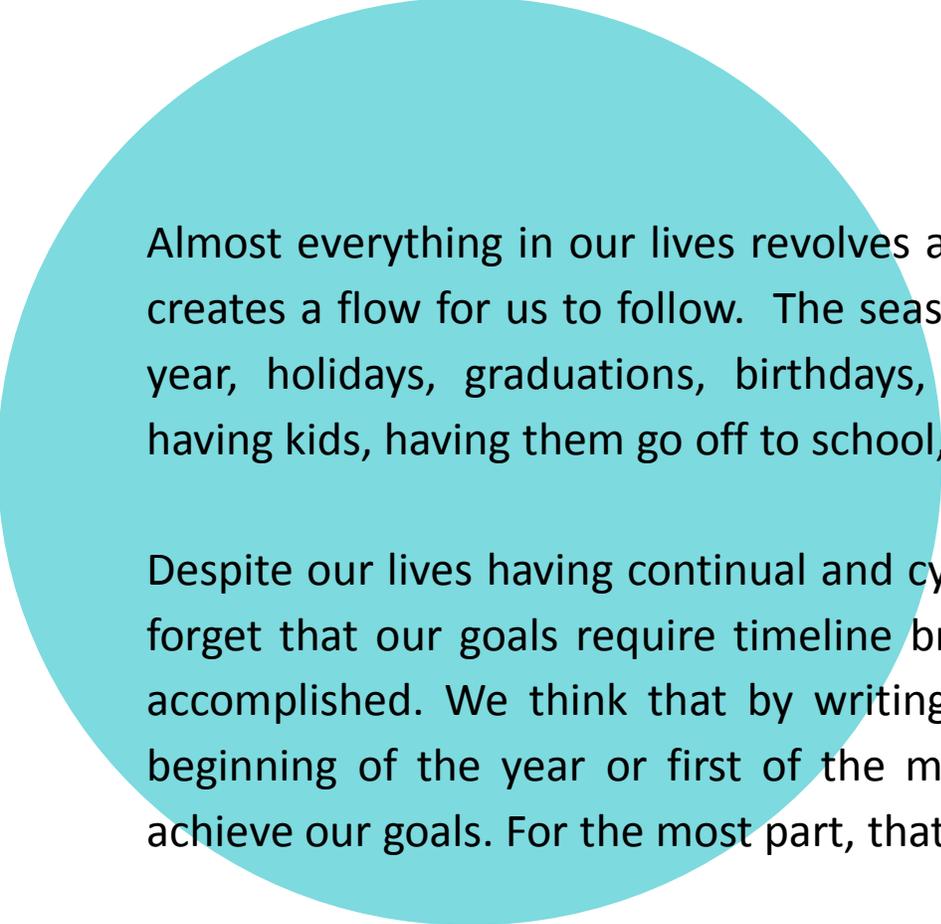
The 5-Day BEST LIFE Challenge is a program that allows you to be accountable for everything you say, think, and do so that you can reevaluate your life and set yourself in the direction of your choosing. There is nothing you can't do with the right mindset.

Each day, there is a challenge that will help turn your mind and energy around towards your goals. The words you think and speak should all have a positive tone to them.

One of the things that separates successful people from those who struggle to achieve their dreams is that everything they do, say, and think is focused on where they want to go and what they want to achieve. You need to be as passionately determined if you'd like to attain your own dreams. Set smaller goals, create deadlines, push yourself, and take breaks when needed, but never give up.

The 5-Day BEST LIFE Challenge was designed to give you the ideal mental reset to get you where you need to be to tackle your dreams. It doesn't matter how long it takes. Your journey is your own. You can reach whatever goal you would like so long as you have the right tools in your toolbox.

One of the most important tools is time management, which is something this challenge tackles through mental awareness exercises.



Almost everything in our lives revolves around blocks of time and creates a flow for us to follow. The season, calendar year, school year, holidays, graduations, birthdays, dating, getting married, having kids, having them go off to school, retirement, you name it.

Despite our lives having continual and cyclical deadlines, we often forget that our goals require timeline breakdowns in order to be accomplished. We think that by writing down a long list at the beginning of the year or first of the month that we'll magically achieve our goals. For the most part, that doesn't work.

We need structure, accountability, and a way to break big project down into daily tasks. For many people, a group setting with peers to help keep them motivated and competitively moving forward is helpful.

Do you have a dream that you've been trying to accomplish for years with little success? Without the right tools, our negative mental and emotional state can have us feeling like we aren't worthy or even capable of getting what we crave out of life.

The 5-Day BEST LIFE Challenge shows you the 5 areas in your life that have the most significant impact on how you view others, the world, and yourself - and how to turn them around. By tackling

these issues, you'll gain a new level of confidence, realize your limitless potential, and bring your dreams into reach.

So how do you participate in the challenge?

Each day you will watch a 10 – 20 minute video that will empower your day and teach you how to accomplish that day's challenge. There are 1-2 incredible worksheets to fill out that are easy, quick, and assist in self discovery and keeping you accountable to the challenge and your goals.

Then you are ready to conquer the day like the superstar you are!

Each day is important and builds upon the last. So make sure you complete the challenge and fully commit to each day.

At the end of the 5 days, you should have a stronghold on how to conquer the 5 areas that trip so many people up when trying to reach their dreams.

Then it's up to you to turn the mindset you've built during The 5-Day Best Life Challenge into a habit so you can keep moving forward with an achievers mentality.

At the end of the course, we give you directions on how to do that.

The background is a teal color with two white diagonal lines forming a large 'X' shape. The lines intersect in the center. Scattered across the teal background are numerous small black dots of varying sizes, some appearing as thin vertical streaks.

TRACKING SHEETS

STILL WORKING ON

Out of everything put forth in THE 5-Day BEST LIFE Challenge, see what items you would still like to work on and track them. Pick dates to check-in and calendar them right now. Then gauge your improvements. Red = still hard for you/Blue = calm and easy.

Date Where are you now?

1. _____

_____	<input type="checkbox"/>				
_____	<input type="checkbox"/>				
_____	<input type="checkbox"/>				
_____	<input type="checkbox"/>				

2. _____

_____	<input type="checkbox"/>				
_____	<input type="checkbox"/>				
_____	<input type="checkbox"/>				
_____	<input type="checkbox"/>				

3. _____

_____	<input type="checkbox"/>				
_____	<input type="checkbox"/>				
_____	<input type="checkbox"/>				
_____	<input type="checkbox"/>				

4. _____

_____	<input type="checkbox"/>				
_____	<input type="checkbox"/>				
_____	<input type="checkbox"/>				
_____	<input type="checkbox"/>				

5. _____

_____	<input type="checkbox"/>				
_____	<input type="checkbox"/>				
_____	<input type="checkbox"/>				
_____	<input type="checkbox"/>				

Continue your success!

ACCOUNTABILITY

. Accomplish EACH topic every day and ✓ the box.

DAY

1 2 3 4 5

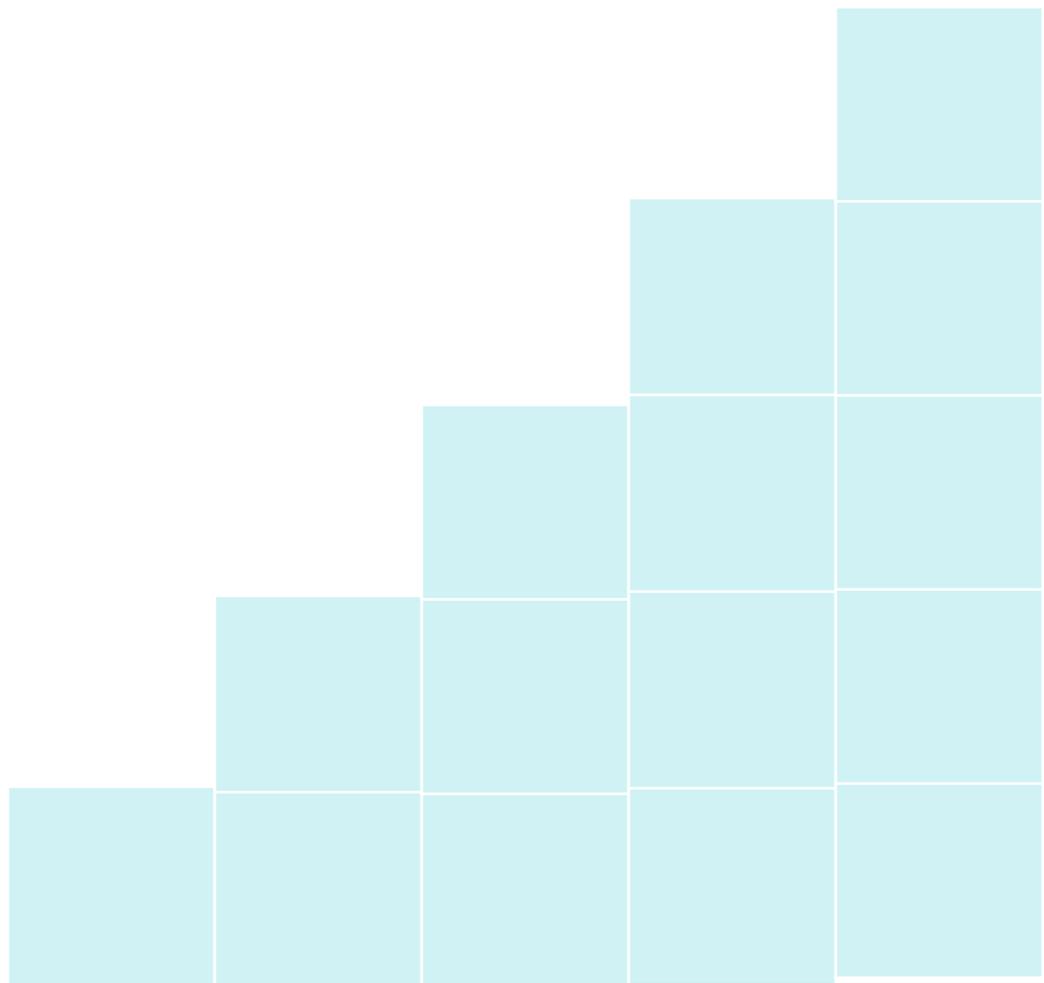
THINK
POSITIVE
THOUGHTS

POSITIVE
ABOUT ME

IMAGERY

Focus ON
YOU NOT
Others

Have A
GOAL &
MY MOTTO



. Once you accomplish the 5 Days, train your brain to help you automatically help you achieve your goal by Making It A Habit by repeating for 30 days.

Challenge

Day One

Challenge Day One

Choosing Your Life's Motto



Pick a Goal

DAY ONE – WORKSHEET #1D

PAGE 18

Good Idea!

OPTIONAL

PICK A SIMPLE GOAL YOU KNOW YOU CAN
ACHIEVE IN THE NEXT 5 DAYS

The personal experience of working on a goal while going through the exercises will solidify the idea in your mind as to how this can work in your life.

MY GOAL THIS WEEK IS:

Who Are You?

DAY ONE – WORKSHEET #1A

PAGE 19

LIST AS MANY QUALITIES THAT YOU LOVE ABOUT YOURSELF AS YOU CAN

- _____
- _____
- _____
- _____
- _____
- _____
- _____

WOULD YOU LIKE TO IMPROVE ANY?

HOW WOULD YOU GO ABOUT DOING THAT?

Who Are You?

DAY ONE – WORKSHEET #1A

PAGE 20

LIST 5 QUALITIES THAT YOU STRUGGLE WITH
(i.e. always running late, extremely forgetful)

1. _____
2. _____
3. _____
4. _____
5. _____

WOULD YOU LIKE TO IMPROVE ANY?

HOW WOULD YOU GO ABOUT DOING THAT?

WHAT QUALITIES ARE YOU GOING TO OWN?

What is MY Motto?

PAGE 21
DAY ONE – WORKSHEET #1B

CHOOSE A MOTTO

Pick a motto from the 100 listed on the following pages or write your own. Make sure that it resonates with you in your life right now. You can always change it for your next goal.

MY MOTTO IS

Place it on post its in different places around your house to keep your motto in the forefront of your mind. Say it every morning with joy to engrain it into your energy and subconscious..

100 MOTTOS!

Pick a motto that resonates with you.

When writing it or saying it yourself,, even if it's a quote, change the pronouns from "you" to "I" to be more powerful for yourself.

1. "Hakuna Matata" – "No worries – for the rest of your days!" The Lion King
2. Reach out and live life!
3. I'm on the right path using my inner self as guidance.
4. I pick a direction, I do everything I need to get there, and I have confidence that I'll be able to figure out a way over or around any obstacles to attain success.
5. I am possible. My Life is possible. My happiness is possible.
6. "Your heartbeat alone proves there are miracles. So, anything you want to do is possible!" Kate Hellmers
7. It's all inside me. I just need to get it out and live it!
8. With God with me, I can do anything!
9. I am creating the life of a champion in the way I think, feel, and live.
10. I Am strong enough
11. I do not fear failure. I am strong enough to turn anything around.
12. "Carpe diem"

Mottos!

DAY ONE – WORKSHEET #1C

PAGE 23

13. I thrive on challenges.
14. I am a leader.
15. I am a planner. I make my plan and execute it for success every part of my life.
16. Faster, higher stronger (Olympic athletes)
17. I am successful, kind, generous, and thoughtful.
18. Work harder and smarter than my competition.
19. Happiness depends on my attitude. (A version of Aristotle’s “Happiness depends upon ourselves.”)
20. “Above all to thine own self be true.” William Shakespeare
21. I am becoming the best version of myself.
22. “Always be a first-rate version of yourself, instead of a second-rate version of somebody else.” Judy Garland
23. Be kind and be confident.
24. I connecting to myself, centering myself, and therefore I can make decisions without regret.
25. I am discovering myself, changing what I want to and loving all of me.
 (“Know thyself.” Socrates)
26. “Successful people do things when they don’t want to.” Dr. Phil
27. Breathe in confidence and courage and release fear.
28. No one knows what he can do until he tries. Publilius Syrus
29. I am becoming the thousand points of light.
30. “Dream as if you’ll live forever. Live as if you’ll die today.” James Dean

Mottos!

DAY ONE – WORKSHEET #1C

PAGE 24

31. “My most important degree, is the PhD I received from the University of Failures. Now I know my direction and each step for success.” Kye H
32. “The purpose of life is a life of purpose.” Robert Byrne
33. “Do It Now!” Napoleon Hill
34. “Do or do not, there is no try.” (Yoda – Star Wars) George Lucas
35. Rome was not built in a day. (Be patient, consistent and it will happen)
36. I am the spark for everyone. (You inspire others)
37. I am the pack leader.
38. “If you are going through hell, keep going.” Winston Churchill
(It eventually ends.)
39. “It is better to light a candle than to curse the darkness.” Chinese proverb
(turning your mindset around)
40. “Tomorrow is another day.” (Vivien Leigh) Gone with the Wind.
Margaret Mitchell
41. “We must become the change we wish to see in the world.” Mohandas
(Mahatma) Gandhi
42. I will survive . (Powerful when you are facing tough times).
43. “When God closes a door, He opens a window.” (Julie Andrews)
Sound of Music, Rogers & Hammerstein
44. “When one door closes, another opens.” Alexander Graham Bell
45. Walt Disney’s had 2 main ones: “If you can dream it, you can do it.”
46. and “Never give up.”
47. Walt Disney’s motto for Disneyland: “The Happiest Place on Earth.”

Mottos!

DAY ONE – WORKSHEET #1C

PAGE 25

48. “My The best medicine is a happy and healthy lifestyle.
49. “Visions without actions is a daydream.” Japanese Proverb
50. Do something about it or accept it and not complain
51. “You are what you think about all day long.” Dr. Robert Schuller
52. I am not my mistakes. I am creating a better version of myself.
53. If you want to go fast, go alone. If you want to go far, go with others.”
African Proverb
54. “Every wall is a door.” Ralph Waldo Emerson
55. “Winners never quit and quitters never win!” Vince Lombardi (famous
coach)
56. I prefer progress to perfection.
57. I forgive myself for mistakes and step forward proudly.
58. He who hesitates is lost. Or the original from Joseph Addison’s play Cato
(1712) – “The woman that deliberates is lost.”
59. “You must do the things you think you cannot do.” Eleanor Roosevelt
60. “I, not events, have the power to make me happy or unhappy today.”
Groucho Marx.
61. “Count Your Blessing.” Og Mandino
62. “Live Well, Love Much, Laugh Often” Anonymous
63. “Courage doesn’t always roar.” Mary Anne Radmacher
64. Live!
65. Live, Love, Laugh!
66. I am Free to be Me!

Mottos!

DAY ONE – WORKSHEET #1C

PAGE 26

67. Excellence, Possibilities, and Doing it!
68. I fly with wings.
69. Hope, Dreams, and Confidence
70. Friendships, Love and Courage
71. “If you are afraid to stumble, don’t move.” Kye Hellmers
72. New Experiences are in my Future!
73. The power of myself is finally being realized.
74. My passions, my gifts, and myself are flourishing.
75. I am transforming into my best self.
76. Simplicity, quality, love.
77. Enduring, Foundational stability, Love of Life.
78. Nourish my self, my life, my business, and my life.
79. Keep Stepping Forward.
80. Hooked on life!
81. Let the power within me shine forth.
82. May the miracles of life shine upon me.
83. Empowering myself with my gifts, my passions, and creating success.
84. Solutions, Creativity, Productivity.
85. Changing my energy, changing my life!
86. More fun times!
87. More success!
88. Peace, helping others and success for myself and family
89. Dance, Love, Live

Mottos!

DAY ONE – WORKSHEET #1C

PAGE 27

90. I notice the beauty in life and release the negative from my life.
91. If my grass isn't greener, than I just haven't watered it yet.
92. I'm not going to let my wishes and dreams scare me. I'm going to take charge & do them!
93. "Release the negatives in your life, and multiply the positive things you think and do." Kate Hellmers (Release negative/multiply positive I do.)
94. Unicorns make me happy. (Nothing is impossible)
95. Being healthy, acting positive, loving life.
96. Life might not be easy, but when I pay attention, it is always worth it.
97. I do something for someone today, and then do something to step forward in my own life today.
98. "Smile at someone today. It might be the only smile they see all day."
Patrick Ryan, Sr.
99. "Life is like a butterfly. It can start out hard and ugly and turn into something beautiful that can effect breezes across the world." Kate Hellmers
100. "Every accomplishment starts with the decision to try." JFK

Day 1

EXTRA TIPS

- Look up tag lines and mottos of companies that you like to see if their motto could fit in your life right now.
- When you are watching TV, and there is an inspirational line or speech, listen for phrases that resonate with you.
- Search for quotes from your favorite celebrities and mentors to see what words could inspire your motto.

Challenge

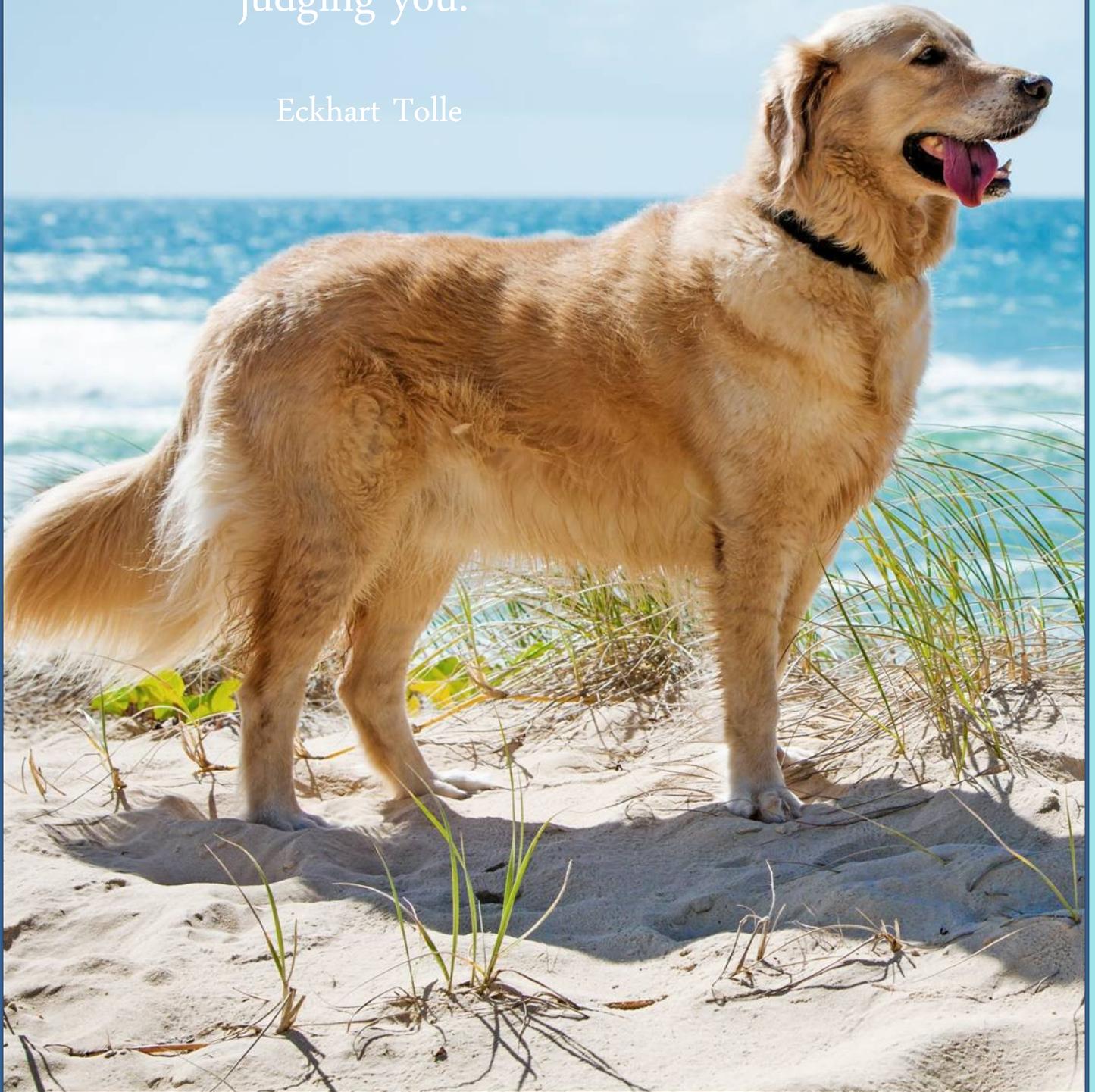
Day Two

Challenge Day Two

Not Saying
Anything Negative
About Anyone Else!

“When the dog looks at you, the dog is not thinking what kind of a person you are. The dog is not judging you.”

Eckhart Tolle



Eliminating the Negative

PAGE 32
DAY TWO – WORKSHEET #2A

ELIMINATING THE NEGATIVE

LIST THE NEGATIVE
COMMENTS
YOU ARE MAKING

WHAT COULD YOU SAY TO
MAKE IT POSITIVE (OR DO YOU
CHOOSE TO KEEP QUIET?)

- | | | |
|-----|-------|-------|
| 1. | _____ | _____ |
| 2. | _____ | _____ |
| 3. | _____ | _____ |
| 4. | _____ | _____ |
| 5. | _____ | _____ |
| 6. | _____ | _____ |
| 7. | _____ | _____ |
| 8. | _____ | _____ |
| 9. | _____ | _____ |
| 10. | _____ | _____ |

When you have been saying negative things about others, how has it diverted you from your goals?

WHAT GOALS HAVE BEEN AFFECTED?

Attracting the Positive

PAGE 33
DAY TWO – WORKSHEET #2A

ATTRACTING THE POSITIVE

- A.** LIST 5 PEOPLE YOU ARE DRAWN TO, THAT BY EMULATING SOMETHING THEY HAVE DONE, YOU CAN IMPROVE YOUR LIFE.
- B.** WHAT QUALITIES DO THEY HAVE THAT YOU'D LOVE TO ACQUIRE?
- C.** HOW TO DO IT – OR WHAT CHANGES DO YOU NEED TO IMPLEMENT TO MAKE IT HAPPEN?

	A	B	C
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____

Day 2

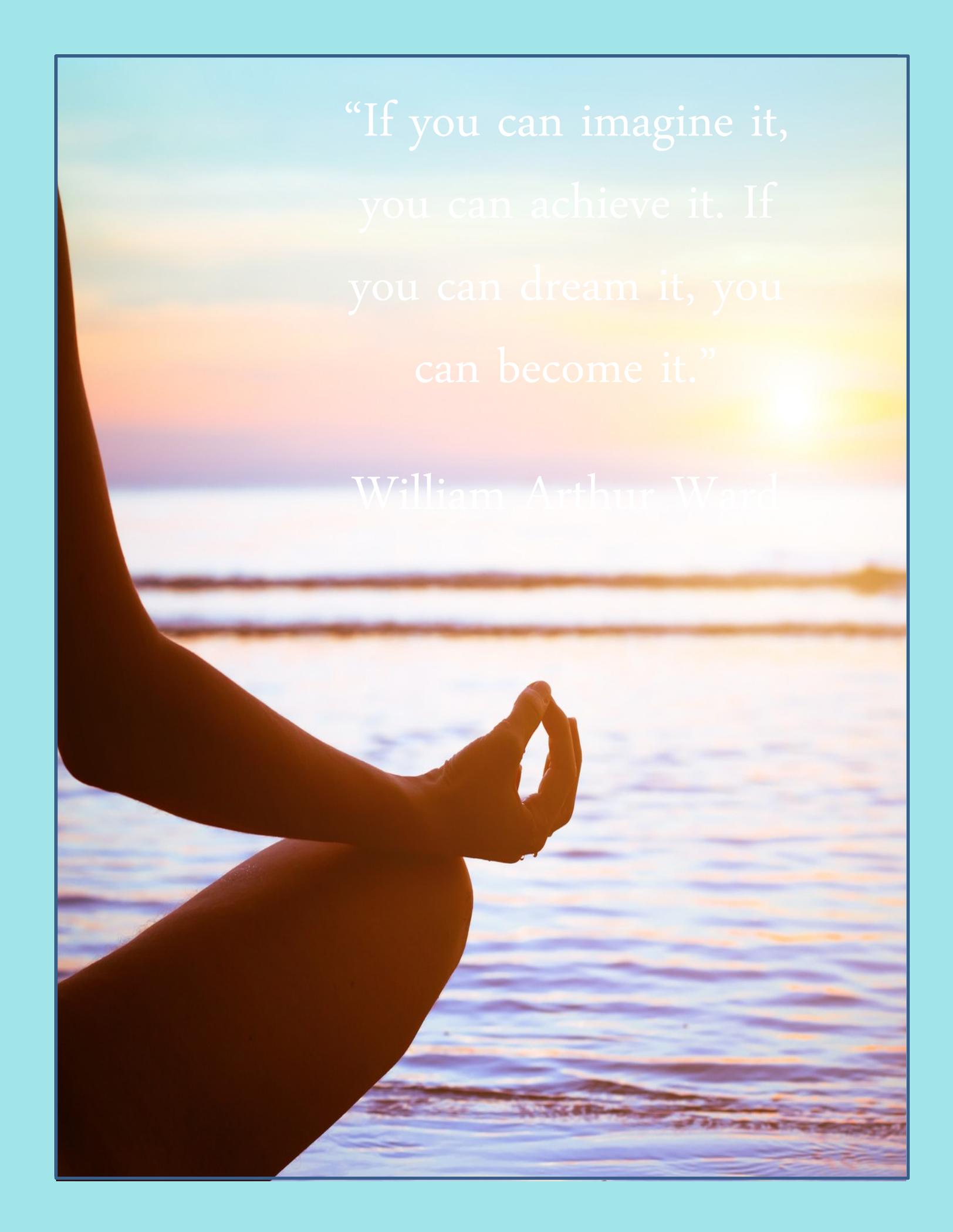
“Do not let the behavior
of others destroy your
inner peace.”

Dalai Lama

Challenge Day Three

Challenge Day Three

Imaging Success

A person is shown in silhouette, sitting in a meditative pose (lotus or similar) on a beach. Their hands are resting on their knees in a mudra. The background is a serene sunset over the ocean, with the sun low on the horizon, casting a warm, golden glow across the sky and water. The water has gentle ripples, and the overall atmosphere is peaceful and contemplative.

“If you can imagine it,
you can achieve it. If
you can dream it, you
can become it.”

William Arthur Ward

Day 3

“When the Walt Disney Studio was bursting forth with creativity in the early thirties, the first storyboard was born. Today it is standard procedure in the cartoon industry.

The storyboard is ideally suited . . . It tells the story graphically, exactly as the camera's eye will see it, and is also flexible.

Changes in the storyboard can be made by merely unpinning sketches and substituting others or even changing the sequence of the boards. The boards show pace, movement, excitement.

Sixty boards generally comprise a board. No attempt is made at art.”

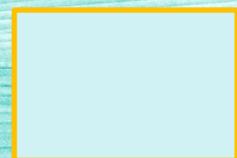
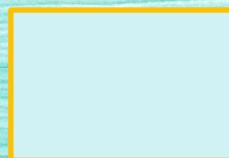
Appeared in “Wisdom” magazine in 1959, written by
Walt Disney.

IDEAS

You have the Universe at your fingertips and the most powerful computer in existence within your brain. Use it to create each frame of a mini-movie that becomes your visualization.

Start with the main ideas of how your goal looks, feels, how you are going to accomplish it, and how you are going to feel. Can't draw a straight line? As the famous art teacher, Janet Weber, says, "Then don't. Draw what comes out of you." Art, lyrics, or even do it in bullet points describing the visuals.

Start with index cards or post its. Hang them on your wall, and create! Write it down in one fell swoop or each morning do a visualization with what you have and create more until you have created a mini-movie that you can run through over and over until your entire being knows it, feels it, and is living it.



BASIC VISUALIZATION CHECKLIST

Use this list to help you create an inspirational visualization for yourself over the next week or so.

The moment of achievement:

- Where am I?
- What am I doing?
- Who is with me?
- What does it look like around me?
- Am I outside? If so, what is the weather? Is there a breeze? What does it feel like on my skin? On my face? My toes? What does it sound like? Smell like?
- Am I inside? If so, what does the room look like? Big, small? Where am I in the room? On stage? Or being recognized from the state? Is it colorful? Is there music playing or any sound? Do I have a microphone? Are there lots of people or just a few? Is it cold in there or hot? Do I need to add a jacket or sweater – get down to every detail.
- Am I tasting milk like the champion of the Indy 500 car race, drinking champagne from a crystal flute, or enjoying just the sweet taste of success and being proud of myself?

What am I wearing?

What jewelry, if any, am I wearing?

What shoes?

Am I carrying anything?

Write down right before the moment of achievement and the next few minutes or as long as you would like in detail.

Then, think of yourself at the moment of achievement, look back at the path you took in your mind, and start to write, how you achieved the goal (from a general sense – you can add detail every day that you work on it).

DAILY ACCOUNTABILITY

PAGE 42

DAY THREE – WORKSHEET #3A

MY DAILY POSITIVE ACCOUNTABILITY

Day & Date _____

Fill out the Accountability Sheet every morning or night;
or fill it out once and read every single day.

Motto: _____

Goal: _____

I'm really good at:

Working on:

Affirmation, journaling, or 3 positive things about today:

What am I imagining and are grateful for in life:
(Include your goal achieved. Spend 1-20 minutes visualizing it in a way that brings joy to you.)?

What action steps am I going to take today (or tomorrow if it's pm):

Notes:

MY MONTHLY POSITIVE ACCOUNTABILITY

(Create a Tradition: Either every night before bed or every morning relaxed with a cup of your favorite AM beverage, fill this out or fill it out once and read it everyday. Check off the day of the month so that you are consistent.)

Month _____

Motto: _____

Goal:

I'm really good at:

Working on:

Affirmation, journaling, or 3 positive things about today:

What am I imagining and are grateful for in life?
(Include your goal and think of it as achieved already. Spend 1-20 min. visualizing your goal, how you achieved it, the moment you achieve it and in a way that brings joy to you.)

What action steps am I going to take today (or tomorrow if it's pm):

Notes:

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13
- 14
- 15
- 16
- 17
- 18
- 19
- 20
- 21
- 22
- 23
- 24
- 25
- 26
- 27
- 28
- 29
- 30
- 31

3 BIGGEST MISTAKES

3 BIGGEST MISTAKES PEOPLE MAKE

1. PRETENDING

You need to be in the moment and connect with your inner self as well as every aspect of your mind and body while absorbed in your visualization. By just going through the motions and pretending that you are engaged, you are telling your mind that it really doesn't matter.

2. NOT FOLLOWING THROUGH DAILY

- In order to change your mind tracks, you need to create new ones in order to achieve your goal. Visualizations can help you achieve it in the fulfilled way.
- When you don't make a concentrated effort to work on, think of, or visualize your goals everyday, you reduce the chances of them coming to fruition. What your mind is solving is what is going to be happening. Make it your dream goal!
- It takes 28 days to create a habit. Make It A Habit in order for it to become a part of your daily routine in an easy fun way.

3. NOT STEPPING FORWARD

It's YOUR LIFE! Be a part of it! Live it like you are the star and have the courage to step forward and pick the goal, research how to get it done, plan it out, and work on it to get it done. Achieve it and CELEBRATE! But you can only do that if you STEP FORWARD!

Challenge

Day Four

Challenge Day Four

Not SAYING
Anything Negative
About YOURSELF!

Always believe in yourself
Even in your darkest moments



Changing My Comments

CHANGING MY COMMENTS ABOUT MYSELF TO POSITIVE

- A. When are there times that I put myself down?
 - Is it at parties? Work? When I'm nervous? Angry with myself? When?
- B. How do I do it? What do I say?
- C. HOW can I change it to something positive?

Intention: I need to find out so that I can STOP, BREATHE & CHANGE it to POSITIVE.

A.

B.

C.

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

My Best Curse Words!

WHAT ARE THE TOP CURSE WORDS I USE NOW?

- A.** Have you ever noticed that some people can curse and it seems like no big deal and other people say the same thing and you just want to cringe? Make sure that you are not feeling a “negative hit” with any of your swearwords, but NEVER have swear words that intentionally sending negative energy to YOURSELF.
- B.** Of course it’s good to get your anger out. Just choose how you do it so that it doesn’t hit you negatively. We’ve had the toughest motorcycle riders have to change their lingo and sweet 90-pound little old ladies be able to curse up a storm without it hitting them negatively. For general swear words, it’s all individual, but everyone is affected by swearing at themselves.
- C.** Don’t let other people influence your swear words. Other people aren’t going to reach your goals for you. YOU choose what is good for you!

CURSE WORDS I CAN USE THAT *WON'T* HIT ME NEGATIVELY

My Qualities Now

PAGE 50

DAY FOUR – WORKSHEET #4C

**REVIEW THE QUALITIES THAT YOU WROTE ON DAY 1.
WOULD YOU CHANGE ANY?**

IF SO, WHAT WOULD YOU CHANGE YOUR POSITIVE QUALITIES TO NOW THAT YOU'VE HAD A FEW DAYS TO REVIEW YOUR LIFE.

Do you now realize that, even with everything in your life, you are a fantastic, living, breathing, incredible being that has many gifts and unlimited potential?

Day 4 VISUAL

Saying something negative about yourself hits multiple senses.
Your Mouth, Ears, HEART, along with your Mind
and your entire Energy!

Say out loud the positive things about yourself from your worksheet. Try to connect with *your entire being* as you say these phrases.



Challenge

Day Five

Challenge Day Five

Catch & Rephrase

Every. Little. Thought.

Your thoughts
have power

Day 5

The EVERY LITTLE THOUGHT 3-STEP CHECKLIST

1. Set an Intention of thinking all positive thoughts.
2. Plan it Out – Use Your Tools
 - ❖ Your Motto
 - ❖ Affirmations
 - ❖ Promotion of Self
 - ❖ Catch & Rephrase
3. Implement it

Change the thought to positive –
Every Time

WRITE YOUR INTENTION

It can be as simple or detailed as you would like.
Make sure that each word aligns with your true intention
and that it feels right when you say it.

MY INTENTION IS

EXAMPLES:

1. "My intention is to stop any of my negative thoughts about me or my goals and change them to positive thoughts that will help me achieve me goals."
2. "My intention is to achieve my goal and change any negative thought I have that would not benefit me getting to my goal. I intend to stop and rephrase it in a positive way."
3. "By changing the patterns in my brain to reflect a positive attitude and confidence in achieving my goal, I am also supporting myself and creating a happiness that I never thought possible. I am happy I am doing this, I am joyful about attaining my goal, and I am asking my brain to help me catch any thought that is not to my benefit and come up with ideas on how it can be changed to help get me to my goal."

PROMOTING MYSELF!

Throughout your day, think and say things that lighten your spirit, bring joy into your life and promote you to yourself! 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 work "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 by the world 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 and 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!

Promoting Myself!

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DAY FIVE – WORKSHEET #5D

LIST 10 COMMENTS YOU CAN SAY
THROUGHOUT THE DAY TO YOURSELF THAT
ARE POSITIVE OR WILL PUMP YOU UP

(Close your eyes, take a deep breath and then ask yourself what 10 wonderful comments would be that you could say to yourself to help you be positive, confident, and help you get to your goals.)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

AFFIRMATIONS

Affirmations can help you remind yourself on a daily basis of your drive, your focus, your intent, and your goals. These statements can be as simple or as detailed as you would like. Make sure that each word aligns with your true intention and that it feels right when you say it.

EXAMPLES:

1. I am all that I need to be to achieve my goals.
2. The focus, the drive, the passion and the consistency is all a part of me in my quest to achieve my goals.
3. I have the confidence, the tools, the experience, and the plan to achieve my goals.
4. I now look at moments throughout my day to enjoy the happiness in the smallest things.
5. I am grateful for my inner strength that is guiding me towards my ultimate happiness and fulfilled life.
6. Each day I learning to think, speak, and stay positive so as to have the incredible opportunity to achieve my dreams in an even happier way than I've even imagined.
7. I am grateful that The Highest Positive Energy (or your word for Higher Energy) is helping me to discover how to create, manifest and love the life of my dreams.

WRITE YOUR OWN IF YOU WISH:



PRINTABLES

Take Your
Pick!

Find all the worksheets in easy printable form – look in The Academy, click on The 5-Day BEST LIFE Challenge Workbook and find all the options on the Workbook Home page.

1. COLOR PRINTABLES

Just the Assignment Worksheets

2. Black and White PRINTABLES

Just the Assignment Worksheets

Located in The Academy on The 5-Day BEST LIFE Challenge Workbook Home Page.

Make

It

A

Habit

Make It A Habit

List of What It Takes to Make It A Habit

- Decide what you are making a habit.
- Make it simple. If you have a more complicated goal, start with ONE simple thing to begin with right now.
- Write it down. Detail it out.
- Research the information and plan out what you need in order to make it happen.
- Imagine the benefits of achieving your goal. Know them and keep them at the forefront of your mind.
- Feel the pain of not making the change. Think and visualize what will happen if you don't create this habit.
- Be sure you are creating the habit for yourself and it's a goal that inspires you.
- Create your space – make sure your surroundings don't have temptations and roadblocks for you.
- Calendar it! Researchers have found that when you put it on your calendar, you tend to accomplish it at a much higher rate.
- Have 5 people around you – or mentors in the world – that you can emulate. Mirroring – or copying habits of others - is an automatic response of animals and humans. The way you eat, drink, your work habits, and personal habits tend to copy or mirror the people that you are around or that you are trying to emulate. Make sure those you are paying attention to are those you want to mirror.
- **BE CONSISTENT**
 - Keep up your habit for 30 days to make it a habit.
- **BE CONSISTENT**
- **BE EVEN MORE CONSISTENT!**
- Use the NLP Swish Technique. This technique replaces unwanted patterns in your mind with better ones. It's a neuro-linguistic programming technique using good and bad ideas and memories and exchanges them out. Think of something fun – picture it and feel it. When you picture your goal, immediately "swish" in the image of the fun something in so you associate your goal with fun. Every time you starting thinking of your goal swap out the mental picture and feeling. It will keep you positive.

EXAMPLE

- Drinking 2 more glasses of water every day.
- Need the glass, access to water
- Taste different bottled waters and discover which one you like – or decide to put a strawberry in your water in the morning and mint in your water for the afternoon.
- Have water bottles there at the ready. Eliminate sodas, etc. from the immediate area so that you'll grab the water first.
- Pick a time to drink your 2 glasses and put it on your calendar every single day for 30 days (yes, habits can be formed in 21 to 28 days depending on research info, but your probably safe at 30 days – why chance it?).
- Systematically feel and think positive things when thinking of or working on your goal.
- Be consistent for 30 days.

MAKE IT A HABIT 30-DAY ACCOUNTABILITY

30 day Accountability Sheet . Track your progress in creating a habit.
Review EACH topic every day.

Goal
Motto

Deep
Breathe

Min 1 min.
Meditation

Positive
Thoughts/
Words

Goal
Imagery
Process

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THE

Make It A Habit Course

TURN YOUR MIND INTO A WEAPON OF MASS
EMPOWERMENT

WITH

The Make It A Habit Course!

This course is vital to helping you achieve your goals by shifting your mentality into a state of purposeful accomplishment.



Just click "Buy" under the
Make It A Habit box in the Academy

What if your best attitude became your
mind's go to state?

With weekly video classes and guided visualizations focused on your personal transformation, you will become more confident, focused, and unstoppable in your pursuit of your dreams.

*Hope you enjoyed this
challenge while you
turned your life
towards your goals.*

*Best of Luck in the Future -
Because Luck is When
Being Ready Meets
Opportunity!*

For more information and links to The Stepping Forward with Kate Show, our mediation video youtube channel and our other fun programs, just go to:

Your10Keys.com

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*To contact us, feel free to email us at
customerservie@Your10Keys.com*

Thank you for becoming part of our Your 10 Keys Family!