

Your Ten Keys Presents

THE 5 – DAY BEST LIFE
CHALLENGE

Irresistible
WORKBOOK

B/W PRINTABLES

Train Your Mind & Energy For Your Ideal Life

Kate Hellmers
Jacqueline Hellmers



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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. Left Square = still hard for you/Right = calm and easy.

Date Where are you now?

Still to Easy
Hard

1. _____

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4. _____

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5. _____

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_____	<input type="checkbox"/>	<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

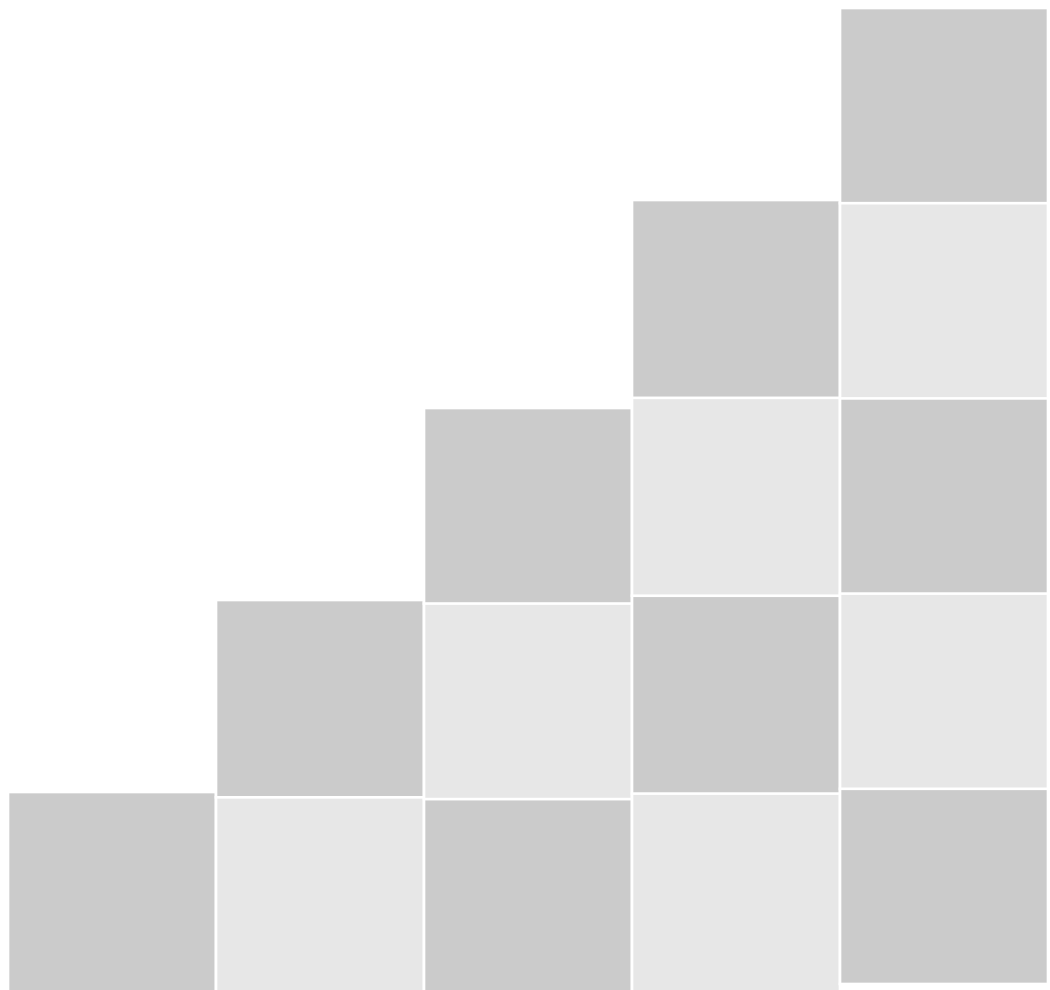
THINK
POSITIVE
THOUGHTS

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

Choosing Your Life's Motto

Pick a Goal

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:

DAY ONE – Optional Goal

Who Are You?

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?

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?

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!

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!

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!

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!

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!

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

Challenge Day Two

Not Saying
Anything Negative
About Anyone Else!

Eliminating the Negative

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

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.	_____	_____	_____

Challenge Day Three

Imaging Success

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).

CREATING MY OWN VISUALIZATION

The Subject of the Visualization: _____

Using the Visualization checklist, describe every aspect in detail of the imagery you would like to aspire to now.

Then, in a quiet place, put on some soft music without words, relax, breathe, and read and edit your visualization so that it instinctively invokes the right feeling for you. Don't worry if it's a few days or even a month. It is a create and ever evolving process – Enjoy!

DAILY ACCOUNTABILITY

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:

DAY THREE

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 | <input type="checkbox"/> |
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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

Not SAYING
Anything Negative
About YOURSELF!

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

**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?

Challenge Day Five

Catch & Rephrase

Every. Little. Thought.

Thoughts Checklist

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 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 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!

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:

Make It A Habit

1. List of How to
Make It A Habit
2. 30-Day Accountability
Sheet
3. 30-Days of Visualizations
and A Full Course to
Help You Achieve It!

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 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, have 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 safer locking it in for 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							
1.					16.						
2.						17.					
3.						18.					
4.						19.					
5.						20.					
6.						21.					
7.						22.					
8.						23.					
9.						24.					
10.						25.					
11.						26.					
12.						27.					
13.						28.					
14.						29.					
15.						30.					

The Make It A Habit Course

We invite you to

*30 Days of Relaxing, Calming Fun with a
Visualization Video*

EVERY DAY to Help You Reach Your Goal

- Create your habit with a touch of the link in your daily email to start a beautiful 3 minutes of a Guided Mediation to start your daily visualization.
- Let it be easy for you
- Enjoy a Weekly Kick-off Tutorial with Techniques, Ideas and Inspiration.
- Bonus Video With Step-By-Step Method in Creating Your Own Personal Ultimate Visualization
- Learn what Athletes, CEO's and Neuro-scientists Know

Join Us For The Fun!

Click the *Make it A Habit* box in the Academy

*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:

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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!