

the 7 Day Transform-Your-Life Challenge

PREP WORK

STEP #1: DEFINE WHO YOU NO LONGER WANT TO BE.

Who do you no longer want to be like? Describe this person.

What are the top 5 inner qualities or traits of this person?

1) _____

2) _____

3) _____

4) _____

5) _____

STEP #2: WHAT KIND OF PERSON OR CHARACTER DO YOU WANT TO BE? THIS IS YOUR FANTASY OR FUTURE SELF.

What kind of person do you want to be? Describe this person.

What are the top 5 inner qualities or traits of this person?

1) _____

2) _____

3) _____

4) _____

5) _____

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ACT AS IF - NOW

JULY 1ST - WHAT IS ONE THING YOUR FANTASY/FUTURE SELF WOULD DO TODAY?

JULY 2ND - WHAT IS ONE THING YOUR FANTASY/FUTURE SELF WOULD DO TODAY?

JULY 3RD - WHAT IS ONE THING YOUR FANTASY/FUTURE SELF WOULD DO TODAY?

JULY 4TH - WHAT IS ONE THING YOUR FANTASY/FUTURE SELF WOULD DO TODAY?

JULY 5TH - WHAT IS ONE THING YOUR FANTASY/FUTURE SELF WOULD DO TODAY?

JULY 6TH - WHAT IS ONE THING YOUR FANTASY/FUTURE SELF WOULD DO TODAY?

JULY 7TH - WHAT IS ONE THING YOUR FANTASY/FUTURE SELF WOULD DO TODAY?
