## the 7 Nay Transform-Your-Life Challenge PREP WORK

Who do you no longer what to be like? Describe this person.	
What are the	top 5 inner qualities or traits of this person?
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2)	
3)	
4)	
ō)	
	HAT KIND OF PERSON OR CHARACTER DO YOU WANT
O BE? TH	S IS YOUR FANTASY OR FUTURE SELF.
O BE? TH	
O BE? TH	S IS YOUR FANTASY OR FUTURE SELF.
O BE? TH	S IS YOUR FANTASY OR FUTURE SELF.
O BE? TH	S IS YOUR FANTASY OR FUTURE SELF.
O BE? THI	S IS YOUR FANTASY OR FUTURE SELF.  person do you want to be? Describe this person.
What kind of  What are the	s Is your fantasy or future self.  person do you want to be? Describe this person.  top 5 inner qualities or traits of this person?
What kind of  What are the	s Is Your Fantasy or Future Self.  person do you want to be? Describe this person.  top 5 inner qualities or traits of this person?
What kind of  What are the  1)  2)	s Is Your Fantasy or Future self.  person do you want to be? Describe this person.  top 5 inner qualities or traits of this person?
What kind of  What are the  1) 2)	s Is Your Fantasy or Future Self.  person do you want to be? Describe this person.  top 5 inner qualities or traits of this person?

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## the 7 Nay Transform-Your-Life Challenge 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 SELI 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?

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