

2nd Annual New YOU Challenge!!

12 Months- 12 Pages- 1 Chapter...and A Happy New You!!!

"We cannot go back and re-write past chapters of our lives but we can show our growth in the chapters that follow."

-NaTisha Renee

This is something that came to me on the 4th day of January 2009 and I'm excited to announce the re-launch of The New You Challenge for 2010!!! If you completed The New You Challenge in 2009 then I don't have to tell you what a blessing it is and I've made a few improvements that will help to further your success. For those of you who are doing "The Challenge" for the first time, there are some things you should know. The New You Challenge is a transformational challenge that puts the power back into your hands! It's really about setting an intention and working outward from that intent. This is designed to help you to see your life as the book it is and for you to begin to take a more powerful role in the writing of its chapters. "The Challenge" is also a great way to remind yourself of all the positive things that are taking place in your life and enables you to use them to empower yourself. As we know, the chapters of your life will eventually make up the whole story. Therefore, this is a great opportunity to decide whether you will write a captivating autobiography of your life or whether you will have to settle for an unauthorized biography of YOUR LIFE!

Supplies:

- Notebook, Journal, or Pad
- Pen/Pencil

First Step: (PAGE ONE)

- Name This Chapter of Your Life!

(Let this be a signal of things to come. Choose something that will keep you inspired, motivated, and encouraged.)

Second Step:

-Write Your Top 3 Goals for 2010!

(These goals should correspond to the intention that you have set by NAMING THIS CHAPTER OF YOUR LIFE!

Daily Commitment: (START ON PAGE TWO)

-Write down 1 or 2 POSITIVE, yet MEMORABLE things that happened during the course of the day. (These are the things that will help you write your one page at the end of each month.)

Monthly Commitment: (BEGIN ON A FRESH PAGE)

-Write a full page on the most life changing events, realizations, decisions, etc. of the month.

Key Months

JANUARY:

Structural

Use this month to Set Goals, Take Bold Action, and Clear Your Mental and Physical Spaces

JULY:

Regroup. Reassess. Reorganize.

We're at the halfway mark! Go back to the goals you have set and decide what Bold and Powerful Moves you need to make and Act Now!!!

DECEMBER:

Congratulations!!

Read your 12 page-Chapter and feel the empowerment of a year lived with INTENTION and concentration on all your successes. Now you know just how blessed you really are and how it feels to use every positive experience to build momentum and grow in consciousness.

Take a moment to feel the joy and when you're ready, name your next chapter because the New Year is just moments away!!