



Bodies and Soul By

**BENDER**

Dynamic Life Coaching, Mind Body Fitness

## 30 Day Your Best Life Challenge!

A circular image showing a man and a woman embracing outdoors. The man is wearing an orange shirt and the woman is wearing a grey top. They are both smiling and looking towards the right.

Relationship

A circular image showing a group of four people in business attire celebrating. They are raising their arms in the air and smiling. The background is a modern office building.

Career

A circular image showing a woman with her arms raised in a field of tall grass under a blue sky with clouds. She is wearing a dark top and dark pants.

Free Time

A circular image showing a woman in athletic wear sitting on grass. She is wearing a light green tank top and black shorts. She is smiling and looking towards the camera.

Health

# *last* **30** *days*

Start 2019 Living the Life of Your Dreams

## **Introduction**

All of us want to live the life we are truly meant to live. Most of us know in our heart and in our guts that we are meant to be and do so much more! A life of abundance, joy and effortless ease, doing the thing we *love* to do.

It's virtually impossible to get to where you want to go without knowing specifically where you are right now and exactly how to tap into the power that is breathing you.

This 30-day challenge tool will teach you an internal technology. You will discover exactly how to clear your mind of clutter, identify your longings and discontent, and write a general blueprint of the life you want to live. With a proven structure of support, over time you will experience a new result!

How does that sound?

If you are all in, let's get started!

# Week One

## Creating a Strong Foundation for Your Dream to Grow

Life is all about change. So why do we all feel stuck? It doesn't matter what kind of stuckness we are talking about. Feeling stuck in an unfulfilling relationship or stuck in a boring job. What you are not aware of, you cannot change.

*Transformation is about awareness.*

Cleaning your home may not be your jam. You may loath it! This holds true for the mind as well. To have a neat, clean, orderly mind is not on our to-do list of chores; in fact it's mostly the opposite. This is why cleaning our own emotional house first is so important to Dream Building. We cannot create anything or vision our lives if we are not aware of our feelings and clear thinking.

# Worksheet 1

Consider these questions and journal in the space below.

1. Complete the following model with the answers to this question:

*What do I feel when I feel stuck?*

The diagram consists of three overlapping circles arranged horizontally. The left circle is labeled Body, the middle circle is labeled Career, and the right circle is labeled Relationship. Each circle contains a list of four letters: 'a.', 'b.', 'c.', and 'd.'

2. What beliefs in one or all of the above areas am I holding on to and are holding me at a low level (stuck).

3. Which of the above areas is most affected by this challenge of feeling stuck and why?

4. What is it costing me not to change?