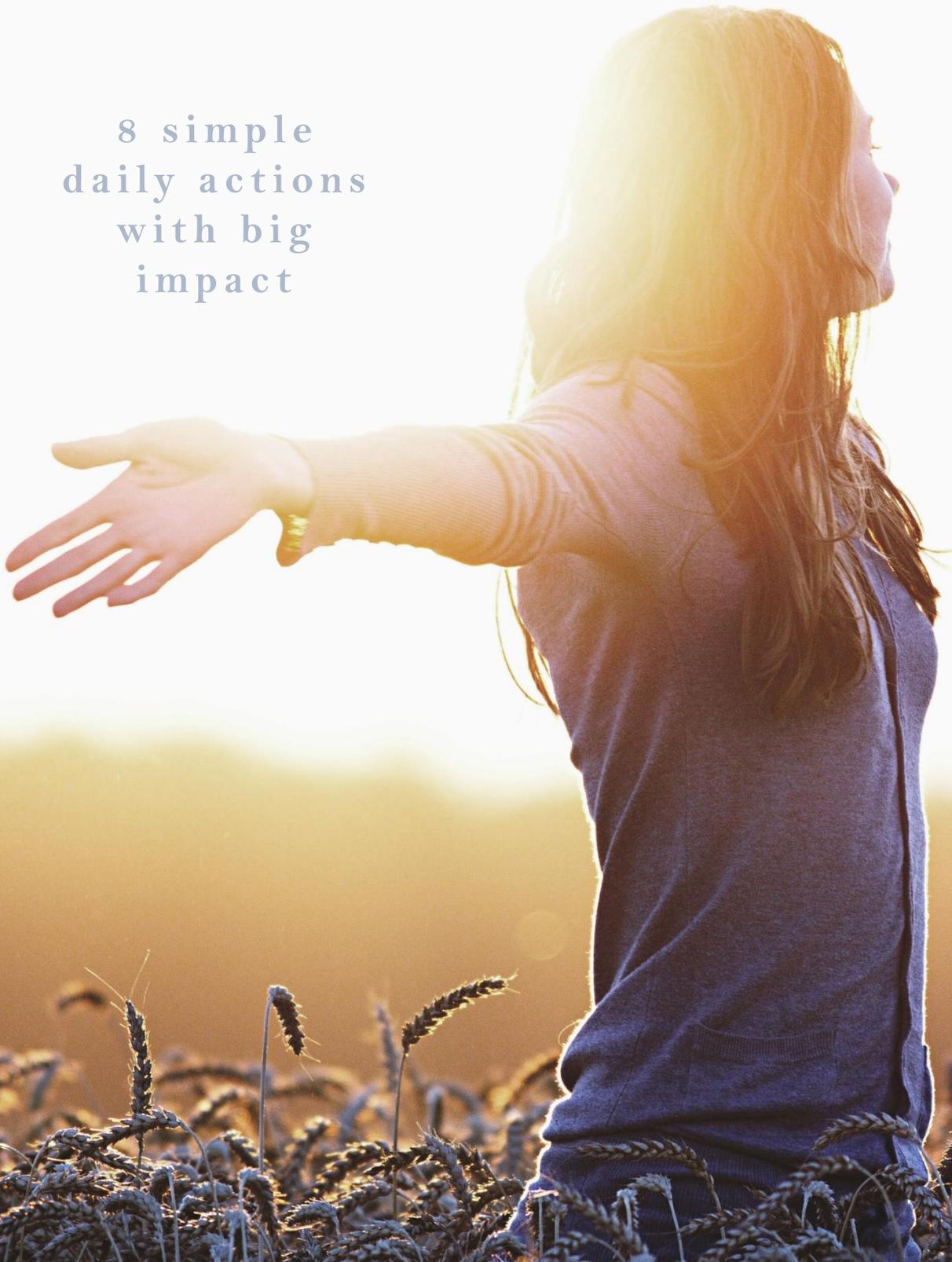


# Up Level Your Body, Your Mood & Your Life

8 simple  
daily actions  
with big  
impact



*10 Day Challenge*

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# Up Level Your Body, Your Mood & Your Life

# 10 Day Challenge

Establishing a new path can be challenging at first, it's often filled with tall grass, thick brush, rocky terrain, and maybe even a downed tree. But, as we persevere and take that path again and again, it becomes a little easier each time. The grass gets worn down, we clear a little more brush, the terrain becomes worn and smooth, and we're no longer discouraged by the downed tree... we just jump on over it and maybe even have fun.

Giving up old habits that do not support us can feel difficult, you know the ones I'm talking about – staying up too late to watch one more show even though we know we'll be exhausted the next day, having that third cup of coffee even though we haven't had a single glass of water yet, or spending an hour on Instagram instead of going for a walk.

Old habits die hard because they are comfortable, easy, and familiar, but if we want to up level our lives, we must be willing to do something different and maybe even be a bit uncomfortable.

If you are reading this, I know you are ready for something more, something bigger and better for yourself and your life. You are ready to let go of the old habits that do not serve you, and ready to supercharge your life.

## Setting Yourself Up for Success

Each new journey begins with the first step, which is why I created the 10 Day Challenge. In this section, you will find the 8 Simple Daily Actions and a 10-Day Daily Actions Checklist, as well as some visual inspiration. In addition to reading through the *Up Level Your Body, Your Mood, and Your Life Guide*, here are a few more tools you may find useful throughout the challenge...

- **Pictures, handwritten notes, and inspirational quotes**, placed where you will see them often, can be helpful reminders and cues to take action.
- **Affirmations, a personal mantra, or "theme" song** can help rewrite old, negative thought patterns and lend a boost of motivation.
- **Alarms** can help keep you on track, set reminders to drink water, exercise, take time for joy, or any daily action you might have a tendency to forget or put off.

Remember, YOU are the creator of your body, YOU are the creator of your life – YOU build it up (or not) with each choice that you make. None of us are perfect and you won't make the best, healthiest choice every time, but imagine if you made it even 90% of the time. What would your life look like then?

# Up Level Your Body, Your Mood & Your Life

# 10 Day Challenge

8 simple daily actions

## *First Thing First:*

### *Set the Tone for a Great Day*

1. Make your bed.
2. Make time for silence, mindfulness & mindset.
3. Keep a gratitude journal.

## *Let's Get Physical*

4. Exercise for 15-20 minutes.
5. Drink 8-10 glasses of water.
6. Eat high-quality, whole, fresh foods.

## *Rediscover Pleasure, Meaning & Rest*

7. Take 15 minutes for joy.
8. Make sleep non-negotiable.

# 10 Day Challenge Checklist

	Make Your Bed	Silence, Mindfulness & Mindset	Gratitude Journal	Exercise 15-20 Min.	8-10 Cups of Water	6-10 Veggies / No Processed Food	Joy	Sleep
Sample	✓	✓	✓	✓	9	8 ✓	✓	8 ½
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6								
Day 7								
Day 8								
Day 9								
Day 10								

