

Up Level Your Body, Your Mood & Your Life



workbook

www.victoriastatton.com

“By recording your dreams and goals on paper, you set in motion the process of becoming the person you most want to be.” - Mark Victor Hansen

Getting started...

What is the ONE goal I want to focus on and achieve most/first/next? Why?

What if I woke up tomorrow and that goal was a reality? What does my life look like? How does it feel?

What obstacle or challenge might keep me from successfully completing the 10 Day Challenge?

What are 10 things I can do to work with, work around, and overcome, that obstacle or challenge?

1	_____	6	_____
2	_____	7	_____
3	_____	8	_____
4	_____	9	_____
5	_____	10	_____

What is at least one affirmation that supports me and my goal?

Journal

Day 1

Breakfast

Lunch

Dinner

Snacks

Water

Exercise

Joy

I am grateful for...

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Affirmation: I've got this, I'm ready.

Journal

Day 2

Breakfast

Lunch

Dinner

Snacks

Water

Exercise

Joy

I am grateful for...

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Proper belly breathing not only lowers stress, it also promotes clearer thinking, and boosts metabolism!

Journal

Day 3

Breakfast

Lunch

Dinner

Snacks

Water

Exercise

Joy

I am grateful for...

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Make it easy to stay hydrated by keeping a bottle of water nearby or a glass on your desk, not only for convenience but also for a constant reminder.

Journal

Day 4

Breakfast

Lunch

Dinner

Snacks

Water

Exercise

Joy

I am grateful for...

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Affirmation: I am strong and capable.

Journal

Day 5

Breakfast

Lunch

Dinner

Snacks

Water

Exercise

Joy

I am grateful for...

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

To ease sore muscles... stretch, drink plenty of pure, clean water, and soak for 20-minutes in an Epsom salt bath.

Journal

Day 6

Breakfast

Lunch

Dinner

Snacks

Water

Exercise

Joy

I am grateful for...

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

The question isn't can you, it's are you committed to doing so?

Journal

Day 7

Breakfast

Lunch

Dinner

Snacks

Water

Exercise

Joy

I am grateful for...

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Affirmation: I am 100% committed to achieving my goal.

Journal

Day 8

Breakfast

Lunch

Dinner

Snacks

Water

Exercise

Joy

I am grateful for...

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Every choice you have ever made - every meal you have ever eaten, every action you have or haven't taken - has created who you are today. Who do you want to be tomorrow, next week, next year?

Journal

Day 9

Breakfast

Lunch

Dinner

Snacks

Water

Exercise

Joy

I am grateful for...

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

You are stronger than you think.

Journal

Day 10

Breakfast

Lunch

Dinner

Snacks

Water

Exercise

Joy

I am grateful for...

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Affirmation: I get s%!& done, even when it's hard!