

L.I.F.E. Coaching
10 Day "Life Shift" Challenge



This 10-day challenge will require you to commit 30 minutes of your time each day. All you need is a journal or notebook and the intention and aspiration to shift your life and begin moving towards what you desire.

If at any time you require additional information or support, I will be available to you via email (see last page for contact info) to answer your questions and to help you in completing this exciting challenge!

Some of the assignments may take a little longer than others, and at completion of the 10 days, you will hold in your hands a blueprint to move you closer to what will be a more energetic and authentic way of being every day.

Commitment is required....and some days you may not "feel" like carrying out the challenge. But please trust me that by completing this challenge you will be creating positive forward movement and a foundation for your well-being.

Day 1 "Gratitude"

For each day of the challenge, begin by setting aside 30 minutes of uninterrupted time in a quiet space where you will not be disturbed.

Set the intention for this time by taking 3-5 slow deep breaths, eyes closed, and ask your wise self for guidance and insight.

When you are ready, in your notebook/journal make a list of 10 things you are grateful for.

Spend a few minutes thinking about why you are grateful for the items on your list. Take this mindset into the rest of your day.

Develop an attitude of gratitude and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation. - Brian Tracy



Day 2

"Mindfulness"



Mindfulness is a state of active, open attention on the present. When you're mindful, you observe your thoughts and feelings from a distance, without judging them good or bad. Instead of letting your life pass you by, mindfulness means living in the moment and awakening to experience.

A simple way of practising mindfulness is to do a "check-in" with yourself:

- How do I feel right now? (Check-In Time)
- What am I feeling in my body right now? (Physical Check-In)
- What am I thinking about? What is my mind focused on? (Mental Check-In)
- How am I feeling right now? (Emotional Check-In)
- What is surrounding me (people, sounds, smells, temperature, personal space, and so on), and how is it affecting me? (Environmental Check-In)
- Do I feel spiritually connected? (Spiritual Check-In)

Practise this check-in on a daily basis, preferably at the start and end of your day.

When your check-in is complete, jot down your responses in your journal.

Now that you are aware, what can you do to experience more positive energy and support right now?

Day 3 "Energy"

Today think about your life, work, relationships, and responsibilities.

In your notebook make two headings:

Positive energy sources

Things that drain my energy

Under each heading, jot down whatever comes to mind. For instance, a **positive energy source** may be an activity that brings you a lot of satisfaction and joy or a good friend. Write down whatever revs you up and makes you feel great!

Things that **drain your energy** can include procrastination, an unhealthy relationship, too much to do, etc.

Now review your list. Is it off balance? Do you need to eliminate or find solutions to the things in your life that drain your energy? Take some time to reflect about what you can do to experience more positive energy in your life.



Day 4 "Creativity & Play"

Are you ready to awaken or reawaken your unexpressed creativity? It may be in art, music, crafts, needlework, writing, inventions, cooking, speaking, etc. There is no limit to creativity. Our minds (logic) are in our left brain, and our creativity flows from our right brain which is also the feeling, intuitive, and spiritual part of us.

*The following poem can support you to enjoy more of your creativity.

My Creativity

I am...

Expressing my creativity.

Allowing myself to be creative for the joy of it.

Realizing that my creativity comes from my spirit which is my unlimited, all-knowing part.

Continuing to express my unique creativity no matter what anyone says or does.

Balancing my life so that I have time for my creativity.

Accepting that being creative for the fun of it is time well spent.

Enjoying the excitement of life.

You can and you deserve to feel the joy of expressing your unique creativity.

Choose a creative activity and start it today!

*Copyright 2007 by Helene Rothschild, MS, MA, MFT, a Marriage, Family Therapist, intuitive counsellor, speaker, and author.

Day 5 (half way there!) "Nutrition and Movement"

Physical activity and balanced nutrition are two of the most effective ways to lessen the effects of stress and to promote well-being.



Reflect on these questions and jot the answers down in your notebook:

What types of exercise do you get each day?

Which of these types of exercise do you enjoy most? Why?

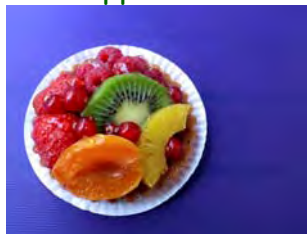
What types of emotional effects do you notice when you are consistently exercising (mood stabilized, pent-up energy released, feelings of calm and well-being, etc.)?

What kinds of food do you eat on a daily basis; is your diet balanced and healthy or do you need to add or eliminate certain foods?

After answering these questions what are your thoughts, conclusions, or goals?

"Our food should be our medicine and our medicine should be our food."

Hippocrates



We do not stop exercising because we grow old - we grow old because we stop exercising. ~Dr. Kenneth Cooper, Cooper Institute.

Day 6 "Work & Passion!"

Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma, which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary—Steve Jobs

Do you have a lifestyle or a workstyle?

Are you a life-aholic or a workaholic?

Most people have a workstyle, meaning that their entire life revolves around work. Get up. Go to work. Go home. Go to bed. Get up. Go to work. Go home. Go to bed. Repeat.

Unless you absolutely love doing what you do for a living (a lot of people don't), then a workstyle is a boring way to spend a life!

Having a workstyle typically leads to more stress, poorer health, dramatically lower levels of happiness, and a much lower quality of life overall.

Reflect on the areas of your work that you love. How can you experience more of this aspect of your work?

Is there something else you would rather be working at? Is there a way you can design a plan to start moving towards a different line of work? Brainstorm all of your options and possibilities in your notebook.



Create the vision for your ideal life

Day 7 "Home & Environment"



Our physical environments are very important sources of comfort and should be a place you feel nurtured and at peace.

Ensure your physical environment (home, car, and office) includes the sounds, sights, smells, and feelings that most appeal to you.



Unorganized spaces drain energy! If you have unorganized spaces in your home, office, or car, commit to spending at least 15 minutes per day organizing one of these spaces each day. The trick is not to bite off more than you can chew! Brainstorm ways that you can keep your physical environment inviting and nurturing,

Day 8 "Relationships"

Someone to tell it to is one of the fundamental needs of human beings. ~ Miles Franklin

Consider your time and how it is used. When we are busy with the demands of life it is hard to keep connections to family & friends strong.

Here are some tips for keeping those relationships healthy even in tough times:

- ♥ Visit with friends and family. Simple, but important. Take time to make a phone call, send an email, or write a quick note.
- ♥ Make new friends. Establishing new contacts with people who have similar lifestyles can help you feel that someone understands your daily challenges.
- ♥ If you feel too exhausted to talk to or relate with the people important to you, tell them. Explain your feelings to them. This communication can help you both feel better.

Reflect on ways that you might be able to improve your relationships. Jot down your feelings about your most important relationships and why they are important to you. Are there any relationships in your life where the boundaries have been blurred? Do you need to let go of any unhealthy relationships?



Day 9 "Community"



"When we do things for others, we see how we can make a difference, and this gives us confidence in our own ability to create change. Throughout the course of our lives, well-doing promotes deeper social interaction, enhanced meaning and purpose, and a more active lifestyle -- while keeping us from being too preoccupied with ourselves or getting into harmful emotional states. Several studies have shown a link between altruistic behaviour and increases in overall longevity, and researchers have speculated that this might be due in part to how *well-doing inoculates us against stress and negative emotions.*" ~ By Tom Rath and James K. Harter, Ph.D. (Adapted from *Wellbeing: The Five Essential Elements*)

What does community mean to you? What communities do you belong to? These could include your neighbourhood, town, city, workplace, a group of like-minded individuals, etc.

Do you have a desire to give back to the community (s) you are a part of? Explore and note the different ways that you can give back.

Day 10

"Pulling it all Together"

Congratulations! You have made it through to Day 10! I hope you have made some wonderful discoveries and that you are feeling a positive shift!



Today it is time to review what you have discovered over the last 10 days.

Perhaps one topic really spoke to you and you have decided to set some positive change in motion that will enhance your well-being and move you towards what you need or want in your life.

Review your notes and take some time to write a summary of what you have learned and appreciated about these last 10 days.



I would love to hear your feedback and I would be honored if you would share with me any shift that you have experienced as a result of this challenge!

Contact me at www.life-coaching.ca or by email coachtucker.dinnes@gmail.com