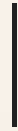


Romanticize your Life

WORKBOOK



28 Day Challenge



Elevate & Thrive Fitness

WELCOME TO THE 28 DAY ROMANTICIZE YOUR LIFE CHALLENGE

What if we take our power back, become the main character in our own movie and find beauty in the mundane - today?

With this challenge, I want to encourage you to awaken your inner child, break free from autopilot, and bring awareness to your daily habits and how they are impacting your life.

Let's jump into puddles, dance in the rain, race our dogs and put up Christmas lights in August, just because.

Over the next 28 days, you'll practice self-awareness, mindfulness, self-care and stepping outside of your comfort zone so you can live an intentional life aligned with your goals and fall back in love with life.

You're going to open up new perspectives, interrupt your daily routines you normally don't pay much attention to and practice presence.

Too often we settle into what feels comfortable and don't notice something is missing from our lives until we find it.

I want you to challenge yourself to create your own adventure, find things that light you up and make you feel alive each and every day.

HOW IS IT GOING TO WORK?

Over the next 28 days, you are presented with 4 stages (one per week): self-awareness, mindfulness, self-care and growth.

Each stage has 7 challenges, journal prompts and visualizations that help you dig deeper into your motivations and break free from the seriousness of life.

This is an incredibly liberating challenge I want you to take full advantage of, so set yourself up for success and hold yourself accountable.

Integrate the daily challenges into your get-to-do list, set alarms, use a point system to reward yourself and invite friends to join!

Let's do this!

HELLO

I'm Karli

I'm so proud of you! Look at you taking charge and elevating your life!

I'm a health & fitness coach who is obsessed with travel & adventure, personal dev. & of course pasta & wine.

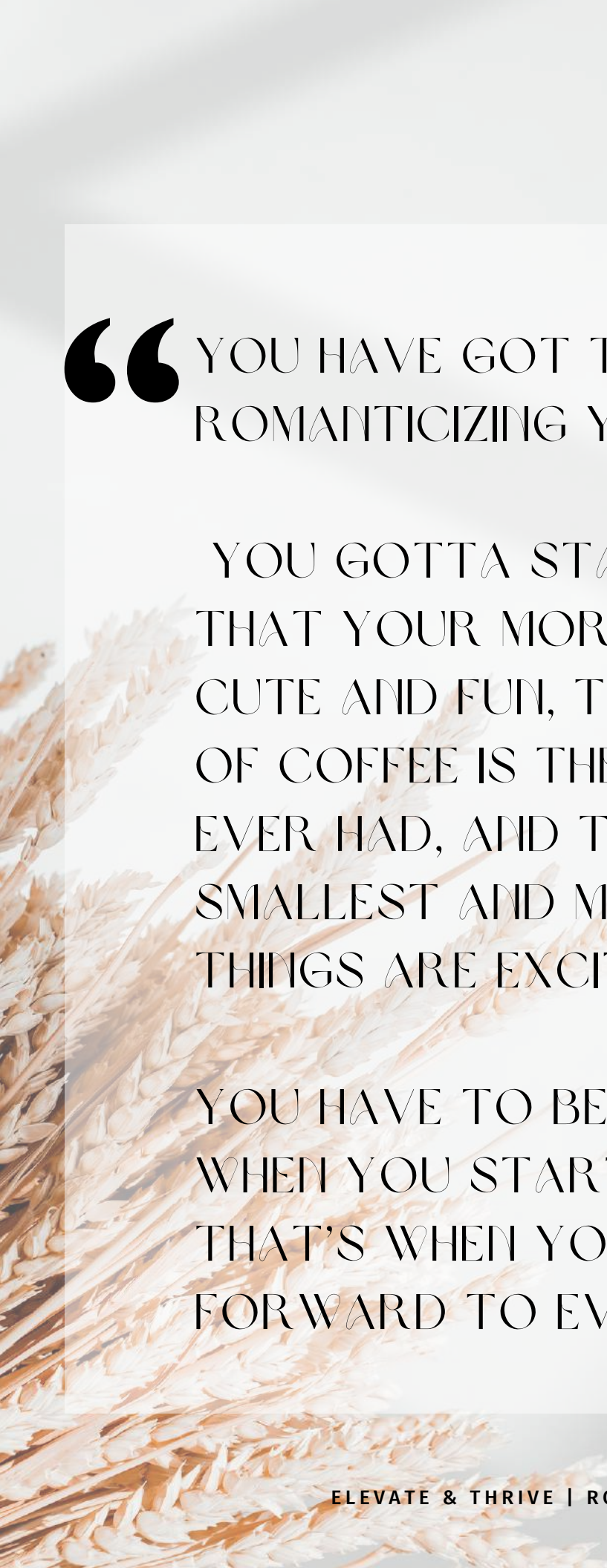
I love exploring because there's this indescribable feeling when I'm outside in the never-ending beauty of nature, just completely present. It's peace, gratitude & happiness and I'm always chasing it. It makes me feel alive.

But why do we feel the need to add a disclaimer as if to explain ourselves for wanting to dance in the rain or go on every ride at Disney World?

Why do we mourn the "good old days" when we're in them right now?

So instead of waiting for better days, let's take charge of our happiness together, be silly and do things that make us feel truly alive
- TODAY





“YOU HAVE GOT TO START
ROMANTICIZING YOUR LIFE.

YOU GOTTA START BELIEVING
THAT YOUR MORNING COMMUTE IS
CUTE AND FUN, THAT EVERY CUP
OF COFFEE IS THE BEST YOU’VE
EVER HAD, AND THAT EVEN THE
SMALLEST AND MOST MUNDANE
THINGS ARE EXCITING AND NEW.

YOU HAVE TO BECAUSE THAT’S
WHEN YOU START TRULY LIVING.
THAT’S WHEN YOU LOOK
FORWARD TO EVERY DAY.”

Romanticize your Life

CALENDER

GOALS:

What are your goals with this challenge? How do you want to feel?

STEPS:

How can you set yourself up for success? How can you hold yourself accountable?

SELF AWARENESS

1
GOAL
SETTING

2
VISUALIZE
FUTURE
SELF

3
ENNEAGRAM

4
MEDITATE

5
OBSERVE

6
ACTIVE
LISTENING

7
PRACTICE
GRATITUDE

MINDFULNESS

8
MINDFUL
EATING

9
MINDFUL
WALK

10
SELF
REFLECTION

11
REST/NO
PHONE

12
MIND TO
MUSCLE
CONNECTI
ON

13
GO
BAREFOOT

14
DECLUTTER
/ ORGANIZE

SELF CARE

15
AFFIRMATI
ONS

16
SET
BOUNDARIES

17
TREAT
YOURSELF
DAY

18
LIST WHAT
BRINGS
YOU JOY

19
FOODIE

20
EMBRACE
YOUR
INNER
CHILD

21
SPA DAY

GROWTH

22
GIVE BACK

23
PD BOOK
OR
PODCAST

24
TALK TO
SOMEONE
W/ NEW
PERSPECTIVE

25
TRAVEL

26
RELATIONSHIP

27
ADRENALINE

28
DO
SOMETHING
FOR YOUR
GOALS

Week One

SELF AWARENESS

Practice and strengthen self-awareness to set a solid foundation for the weeks to come.

DAY ONE: SETTING GOALS

☐

DAY TWO: VISUALIZE YOUR
FUTURE (HIGHER) SELF

☐

DAY THREE: ENNEAGRAM
TRAINING & REFLECTION

☐

DAY FOUR: MEDITATION

☐

DAY FIVE: OBSERVE SELF
TALK

☐

DAY SIX: ACTIVE LISTENING

☐

DAY SEVEN: PRACTICE
GRATITUDE

☐

WHY IS SELF AWARENESS IMPORTANT?

Self awareness is the basis of everything. Any kind of personal development relies on developing self awareness.

Being self aware means you have a clear perception of your strengths, weaknesses, personality, beliefs, values, thoughts, motivations, and emotions. All the good and bad.

It is being aware of who you are and why. It is being aware of how you respond to different situations and why. It is being aware of the role you play in relationships and why.

As you can tell, self awareness is very important.

It is an ongoing process, and not easy to develop. This is why we are going to focus on this first during the challenge.

BENEFITS OF SELF AWARENESS

- Being better able to manage and regulate your emotions.
- Better communication.
- Better decision-making skills.
- Improved relationships.
- Higher levels of happiness.
- More confidence.
- Better job satisfaction.
- Better leadership skills
- Reduced bias
- Better understand other perspectives
- More peaceful & calm

AM I SELF AWARE?

Someone who is not self aware may be...

- Defensive
- Need control over situations
- Blames others & doesn't like to take responsibility
- Passive aggressive
- Makes excuses
- Responds instead of reacts
- Makes unrealistic claims/promises
- Self centered
- Gets annoyed with others without looking inwards as to why
 - (usually what bothers you about someone else is something you don't like about yourself, but you have to be self aware enough to realize it)

***** BEING SELF AWARE MEANS ACKNOWLEDGING EVEN THE NEGATIVE PARTS OF OURSELVES IN ORDER TO WORK TO MAKE THEM BETTER. SO IF YOU FELT A LITTLE NUDGE WITH ONE OF THESE THAT'S OKAY. WE ARE GOING TO WORK ON THEM AND THAT JUST MEANS YOU'RE ALREADY MAKING THE FIRST STEP TOWARDS BETTER SELF AWARENESS BY ACKNOWLEDGING YOUR FAULTS & PREVIOUS LACK OF SELF AWARENESS!*****

Week One

01 GOAL SETTING



CHALLENGE

What would make this challenge a success?

What do you need to put in place for you to succeed?

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Imagine where you want to be in 3 months from now, 6 months, 12 months. What are little habits you can start adding to your day-to-day now that'll get you closer?

Ex: If you want to be able to hold a handstand, practice daily stretches that increase flexibility. If you want to reduce screen time, reorganize your home screen for more productivity

A large, empty rectangular box with a light beige background, intended for the user to write their answers to the challenge questions.

Week One

01 GOAL SETTING



PRO TIP

Overwhelmed at the thought of writing down all your goals and visions? Set a timer for just ten minutes and write down everything that comes to mind, big & small. We tend to complicate this because we think a lot of our goals & dreams are unrealistic. During this challenge, they are not. Write them down.

Enlist a friend for accountability and set goals together. Whoever sticks to their chosen routine and habits 5 days in a row gets to choose where the other person takes them for dinner or drinks. ;)

Smart Goal Plans

Think about your biggest, wildest dreams and goals. Plan them out here as if you were going to take action to achieve them.

S

What do you want to achieve?

M

How do you know that you have achieved your goal or that you are on the right path?

A

What steps do you have to take to accomplish the goal?

R

Why is this goal important to you? How does this impacts your life and others?

T

When will you accomplish the goal? What's the timeline?

Week One

02

VISUALIZE



CHALLENGE

Envision your best self.

What routines and habits does she have in place that help her live that way? What is holding you back from doing the same? Are you self sabotaging yourself subconsciously because you may think you don't deserve to live that life yet or because you haven't achieved consistent \$10K months?

Over the next couple days, draw your attention to your daily habits and see if they bring you closer to that vision. If not, drop them.

I AM GETTING CLOSER TO MY TRUE SELF
EVERY DAY.

EVERY CHALLENGE, LOSS AND SUCCESS
BRINGS ME CLOSER TO MY BEST SELF.

SUCCESS IS INEVITABLE FOR ME, I AM
EXACTLY WHERE I NEED TO BE.

Week One

02

VISUALIZE



CHALLENGE

Now make a vision board!

This is such a fun thing to do! Use all the things you just imagined up of how you want your life to look today, tomorrow, next year, in 10 years and put a physical visual to that mental image. This is SOOO powerful for manifesting the life of your dreams!

You can make a vision board on a bulletin board by printing out images or you can make one on Pinterest by creating a new board titled "VISION BOARD" & then add some sections/folders inside that represent important areas of your higher self you have visualized.

ex: career, home, friends, family, love, travel, body goals, hair goals, finances, affirmations, pets, car, happiness feeling, etc.

The list is endless! Whatever is important to YOU, include it. Then look up some images that represent what you visualize. Add as many as you want!

Look at this daily. Add it to it as often as possible. For example, every night before bed add a few pins to your vision board, look at it & let it fill you with excitement & gratitude as you fall asleep.

Week One

02

VISUALIZE



JOURNAL PROMPTS

List the things you prioritize before doing what truly makes you happy.

A large white rectangular box intended for the user to write their journal prompts.

Make a new list with happiness as the number one priority. Come up with a list of non-negotiables and post this list somewhere you can see it often. Rewrite/ reread them every day. Incorporate them first when planning out your day.

A large white rectangular box intended for the user to write their journal prompts.

Week One

02

VISUALIZE



JOURNAL PROMPTS

List the things (from your past and present) that feel like blockages in the way of happiness. See if any of your past great decisions can influence how you handle the things that currently stand in the way of your happiness.

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Week One

03

ENNEAGRAM



CHALLENGE

The Enneagram is a personality test with 9 different types that describes patterns in how people interpret the world and manage their emotions

Take this Enneagram Test

Read & research about your enneagram type based on the result of your test. This test helps you become aware of your strengths, weaknesses, and how you respond to situations. Like I said before, you cant change any of your faults if you don't know them & acknowledge them. This will help you do that. You may be surprised about some of the things you find out.

Follow this Enneagram Account to learn more about all the enneagram types in a fun way!



PRO TIP

If you want to learn even more about the Enneagram and yourself read the book "The Road Back to You"

Week One

03

ENNEAGRAM



JOURNAL PROMPTS

What is your enneagram type & what did you learn about it & yourself? How accurate was it? What did you find surprising about yourself that you realize now but may not have before?

What changes do you want to make? What do you want to work on? What strengths are you proud of that you want to capitalize on?

Week One

04 MEDITATION



CHALLENGE

Meditate or do a breathing exercise for 10 minutes and take note on how you feel after. Journal about it.

Do this in whatever position you are comfortable in.

Focus on your breathing and notice your stomach rising (not your chest!) and falling or practice box breathing (breathe in for 4 counts, hold for 4 counts, breathe out for 4 counts, hold out 4 counts, repeat). This visual might be helpful! Don't be hard on yourself when your mind wanders, simply draw your attention back to your breathing, it takes practice.



PRO TIP

If you really struggle to quiet your mind & focus on your breathing, follow a guided meditation.

Gabby Bernstein has some great guided meditations!

Here are a few but you can search through hers for one that speaks to you.

[3 minute super attractor meditation](#)

[18 minute beginner meditation](#)

Week One

05

SELF TALK



CHALLENGE

Spend the day being super observant of your thoughts, emotions, and the way you talk to yourself.

Many of us go through the day complaining and talking down to ourselves without even realizing it. Today we fix that.

Instead of waking up and having the mindset of "**I have** to go to work, **I have** to do this & that" change your mindset to "**I get to**" **I get to** go to a job that I love/provides me with financial security. **I get to** move my body today. Immediately you will feel better.

Be super aware of this today and every time you notice yourself complaining, being negative, talking down to yourself, saying **you have to** or being controlled by limiting beliefs, stop, acknowledge that negative feeling, be proud of yourself for being conscious of it, and then choose a new positive thought that reframes the situation you're in. Be grateful that **you get to** do that thing.

How we talk to ourselves is how we program our sub conscious so why would we want negative, limiting beliefs in there controlling our thoughts & actions?

Week One

05

SELF TALK



JOURNAL PROMPTS

List things you love about yourself.

Ex: I am brave. I am driven. I am healthy.

What limiting beliefs did you find keep coming up today?
How did you reframe those thoughts? How did you feel then?

Week One

06

LISTENING



CHALLENGE

Be an active listener today.

Instead of mindlessly going through the day and focusing on yourself, try to talk less today and listen more. You'll be surprised how much you actually learn about yourself by listening to others.

Be attentive to others as they talk, you will feel good.

Notice the things people say, maybe you'll learn about a new perspective you didn't otherwise think about.

Notice what you love about the people around you. Their energy, their beliefs, their skills, how they respond to situations & how they interact with others.

Notice what bothers you about the people around you. What makes you super annoyed, angry, uncomfortable.

Ask yourself why.

HINT: look inwards

Reflect.

Week One

06

LISTENING



JOURNAL PROMPTS

What did you love about others that you realize you love about yourself? What did you learn you dislike about others that you realize you need to work on? What can you do to be better?

I understand this is an uncomfortable task that can be very challenging to realize and acknowledge but it is vital to your self awareness so dig deep and be honest with yourself. That is how you grow. Embrace the discomfort.

Week One

07

GRATITUDE

CHALLENGE

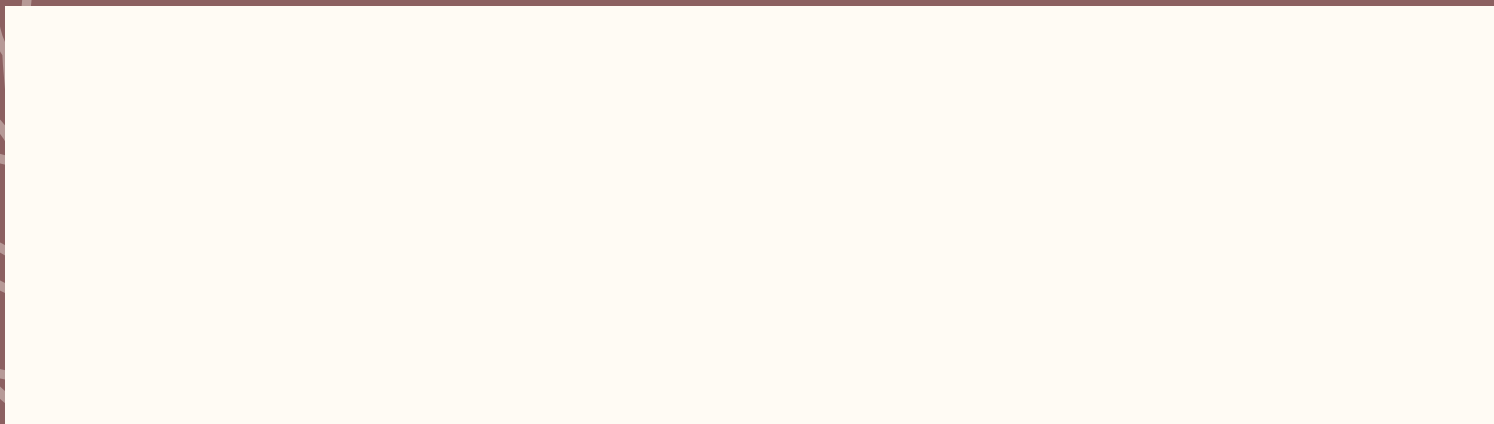
Try to be grateful for as many things as possible today.

start the day out by writing down 10 things you are grateful for to start your day with a positive mindset. Remind yourself of these all day long.

Add to the list all day. Go through the day trying to find all sorts of things to be grateful for, big and small. It can be as simple as being grateful for that plant on your desk at work. Those small things bring us happiness and add up to helping us romanticize our day!

JOURNAL PROMPTS

List all the things that happened today that brought you joy:



Week One

07

GRATITUDE

JOURNAL PROMPTS

List the experiences that have made you feel like living life to the fullest.

List how where you are right now fulfills dreams and desires of your past. What are some others you still want to fulfill?

PRO TIP

End your day with thinking of 3 things that made you smile before you go to bed. It can be as simple as your morning cup of coffee!

Week One

SUMMARY

WHAT WENT WELL THIS WEEK?

WHAT DID YOU LEARN THIS WEEK?

WHAT WILL YOU ROMANTICIZE THIS NEXT WEEK?

Week Two

MINDFULNESS

Practice mindfulness to find alignment in your daily actions to get closer to your goals.

DAY ONE: MINDFUL EATING

☐

DAY TWO: MINDFUL WALK

☐

DAY THREE: SELF
REFLECTION

☐

DAY FOUR: FOCUS ON REST

☐

DAY FIVE: MIND TO MUSCLE
CONNECTION

☐

DAY SIX: GO BAREFOOT

☐

DAY SEVEN: DECLUTTER/
ORGANIZE

☐

Week Two

01 MINDFUL EATING

JOURNAL PROMPT

Start by setting an intention for today. How do you want to feel? List one thing that would make today great.

CHALLENGE

Eat mindfully and focus on flavors and textures. Take a breath between each bite, chew at least 25 times before swallowing, drink water between bites and don't watch TV or be on your phone while eating so you can be truly present during your meal.

You will notice that you may be full sooner, and your digestion is better afterwards. Yay less bloating!

PRO TIP

Sit down with a friend or family member and order a new cuisine or cook a meal, blindfold each other and quiz each other on what they think it is! This can get pretty funny, so get creative.

Week Two

02 MINDFUL WALK

JOURNAL PROMPT

Start by setting an intention for today. How do you want to feel? List one thing that would make today great.

CHALLENGE

Take a walk without headphones and take a mental note of what you can hear (birds, cars), feel (wind, humidity), see (trees, dogs), smell (lavender bush, flowers, hot dog stand wafting over to you) and touch (touch a tree and note how it feels).

You may be surprised how peaceful you feel being present.

PRO TIP

How many different sounds can you pick up? How many different smells can you smell? Try and collect as many sensations as you can. When trying to hear and smell, close your eyes so you can fully focus on each sensation.

Week Two

03 SELF REFLECTION



JOURNAL PROMPTS

Be honest with yourself in these responses and come back to your answers to these questions every so often to remind yourself of them and truly engrain your answers into your memory so it becomes a part of your daily actions and decisions.

What quality of mine do I want to strengthen and develop?
How can I do that?

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During difficult moments, how might I be more compassionate to others and myself?

A large, empty rectangular box with a light beige background, intended for the user to write their response to the second journal prompt.

Week Two

03 SELF REFLECTION



JOURNAL PROMPTS

What am I taking for granted? Why do I appreciate these things or people? How can I be more grateful?

A large, empty rectangular box with a light beige background, intended for journaling responses to the first prompt.

Am I making myself a priority mentally and physically? What fills my soul that I would love to do more of for myself? How can I incorporate these things into my daily life?

A large, empty rectangular box with a light beige background, intended for journaling responses to the second prompt.

what grudges am I holding? Why? How would I feel if I released it?

A large, empty rectangular box with a light beige background, intended for journaling responses to the third prompt.

Week Two

03 SELF REFLECTION



JOURNAL PROMPTS

what am I scared of, what are my biggest fears? Why? What could I accomplish if I overcame these?

A large, empty rectangular box with a light beige background, intended for journaling responses to the first prompt.

Am I spending my time wisely and putting appropriate effort into the things that really matter in life?

A large, empty rectangular box with a light beige background, intended for journaling responses to the second prompt.

what are my biggest goals & dreams?
There are no limits here.

A large, empty rectangular box with a light beige background, intended for journaling responses to the third prompt.

MORE SELF REFLECTION QUESTIONS:

- Am I employing a healthy perspective?
- Am I living true to myself?
- Am I waking up in the morning ready to take on the day?
- Am I thinking negative thoughts before I fall asleep?
- Am I putting enough effort into my relationships?
- Am I letting matters that are out of my control stress me out?
- Am I achieving the goals that I've set for myself?
- If not now, then when?
- What matters most in my life?
- Have I done anything lately that's worth remembering?
- Have I made someone smile today?
- What have I given up on that I wish I didn't?
- When did I last push the boundaries of my comfort zone?
- How will I live, knowing I will die?
- What do I need to change about myself?
- What do I want most in life?
- What is life asking of me?
- Which is worse: failing or never trying?
- If I could talk to my teenage self, the one thing I would say...

MORE SELF REFLECTION QUESTIONS:

- What's the one thing I'd like others to remember about me at the end of my life?
- Does it really matter what others think about me?
- To what degree have I actually controlled the course of my life?
- When all is said and done, what will I have said more than I've done?
- The words I'd like to live by are . . .
- I couldn't imagine living without . . .
- When I'm in pain—physical or emotional—the kindest thing I can do for myself is . . .
- Make a list of the people in your life who genuinely support you, and whom you can genuinely trust. Then, make time to hang out with them.
- What does unconditional love look like for you?
- What things would you do if you loved yourself unconditionally? How can you act on these things, even if you're not yet able to love yourself unconditionally?
- I really wish others knew this about me . . .
- Name what is enough for you.
- 30 things that make me smile
- My favorite way to spend the day is...

MORE SELF REFLECTION QUESTIONS:

- What do you love most about life?
- Using 10 words, describe yourself.
- What's surprised you the most about your life or life in general?
- What can you learn from your biggest mistakes?
- I feel most energized when . . .
- What's one topic you need to learn more about to help you live a more fulfilling life? (Then, follow through and learn more about that topic.)
- I feel happiest in my skin when . . .
- Make a list of everything you'd like to say no to.
- Make a list of everything you'd like to say yes to.
- Write the words you need to hear.
- How is the "public you" different from the "private you"?
- what do you hope to achieve in life?
- How do you define success?
- What are your most important values? If you could choose 10 core principles for your life
- What are my biggest strengths?
- What are my biggest weaknesses?
- How would I describe myself?

Week Two

04 PRIORITIZE REST

JOURNAL PROMPT

Start by setting an intention for today. How do you want to feel? List one thing that would make today great.

CHALLENGE

Be mindful of your stress levels throughout the day and set regular check-ins with yourself to see how you feel. Are your shoulders tense and pulled up to your ears? Do you feel restless? Take 3 deep breaths every time you feel anxious. Drop your shoulders, take a deep breath and release your tongue from the roof of your mouth.

Make sure to incorporate plenty of rest into your day to day. To find a restful activity for you, ask yourself:

- Is this stressful?
- Do I enjoy this?
- Does this recharge me?
-

Remember to get 8 hours of sleep each night to reduce stress

Week Two

05 MIND-MUSCLE CONNECTION

JOURNAL PROMPT

Start by setting an intention for today. How do you want to feel? List one thing that would make today great.

CHALLENGE

During your workout today, no matter what kind of exercise you participate in, try to be really present and focused on the movements.

Think intently about the muscle you are working during that movement. Move slowly. Imagine it shortening & lengthening. Imagine it moving and strengthening.

You'll be surprised how much harder your workout is when you go through the movement with intent instead of mindlessly. You will get much more out of your workout.

Notice how great you feel after your workout. That "I had a great workout today" feeling

Week Two

06

GO BAREFOOT

JOURNAL PROMPT

Start by setting an intention for today. How do you want to feel? List one thing that would make today great.

CHALLENGE

Take off your shoes! Going barefoot improves mood, sleep and reduces inflammation and chronic pain.

How does the surface feel underneath your feet? How does the grass feel on your skin?

Lay down on the ground and look up. You can do this in your apartment but I'd encourage you to go outside. Too often we look down or are too focused on our thoughts. Make an effort to notice the clouds, how beautiful the blue is in contrast to the green of the trees, and how your body feels being pulled closer to the ground from gravity.

PRO TIP

Do this challenge when it's raining! Challenge your inner child and walk through puddles, feel the wet grass or concrete on your feet, put on your rain gear and lay in your driveway when it's raining because why not? Don't take life too seriously!

Week Two

07

ORGANIZE

JOURNAL PROMPT

Start by setting an intention for today. How do you want to feel? List one thing that would make today great.

CHALLENGE

List the things you are ready to rid yourself of, things in your home, in your closet, in your heart. Wherever you start, let it be a symbol for a new beginning of feeling freed from the things that drag you down.

Pick a room & completely reorganize it. You will feel great!

PRO TIP

Set a timer and start organizing. Go through your closet, wipe your countertops, take photos of files you no longer need the original of. Simplifying your home and thoughts helps you live a more conscious and intentional life by actively choosing everything that deserves to be in your physical space and mind.

Week Two

SUMMARY

WHAT WENT WELL THIS WEEK?

WHAT DID YOU LEARN THIS WEEK?

WHAT WILL YOU ROMANTICIZE THIS NEXT WEEK?

Week Three

SELF CARE

Find self-care activities that work on your terms that benefit your wellbeing.

DAY ONE: AFFIRMATIONS

☐

DAY TWO: SET BOUNDARIES

☐

DAY THREE: TREAT YOURSELF

☐

DAY FOUR: WHAT BRINGS
YOU JOY

☐

DAY FIVE: BECOME A FOODIE

☐

DAY SIX: EMBRACE YOUR
INNER CHILD

☐

DAY SEVEN: SPA DAY

☐

Week Three

01 AFFIRMATIONS

JOURNAL PROMPT

Write down 10 affirmations about yourself.

I am statements: I am confident. I am happy. I am healthy. I am successful.

CHALLENGE

Say these affirmations out loud to yourself multiple times throughout the day. Your subconscious needs to hear them on repeat to program them. Affirmations are SOO powerful for mindset change & manifestation.

PRO TIP

The key to affirmations is to say them in the present tense. So even if they haven't happened yet, say them as if they already have.

For example if you want to be a millionaire, don't say I WILL be a millionaire, instead say I AM a millionaire.

This way your subconscious starts to believe that it's normal and will create it to be your reality instead of it always being in the future.

POSITIVE SELF AFFIRMATIONS:

- I am happy
- I am confident
- I am healthy
- I am strong
- I am fearless
- I am successful
- I am disciplined
- I am enough
- I am capable
- I am knowledgeable
- I am patient
- I am good at my job
- I am a good friend
- I am rich/millionaire/financially abundant
- I am grateful
- I am a good listener
- I am self aware
- I am hardworking
- I am positive minded
- I am productive
- I am a morning person
- I am organized
- I am blessed

WHAT ARE BOUNDARIES?

Boundaries are rules you set for yourself based on your values. We have a hard time enforcing boundaries with people we love because we think we are being "mean." But by not living up to your own standards you are only being "mean" to yourself. It is self love and self care to have boundaries AND enforce them.

Boundaries actually help others respect us and helps us respect ourselves. It increases our autonomy and strengthens our relationships.

But first we have to define our boundaries because how can we enforce them and expect others to respect them if we don't even know what they are.

A lot of the time boundaries are what we need to enforce on ourselves in order to keep ourselves accountable, use our time wisely and live up to our higher self. We need to do the things that light our souls on fire and keep us true to ourselves.

Romanticizing our life by being positive and making ourselves a priority is respecting our own boundaries.

Saying no to things that don't serve you can be the simplest, yet difficult, form of self care and enforcing your boundaries.

Week Three

02

BOUNDARIES

CHALLENGE

Today and for the rest of this challenge (and beyond!) say no to everything that isn't a hell yes or doesn't deserve your energy, time and attention.

Before answering, think whether you're only saying yes not to disappoint someone even if you don't have the capacity to take on another project or meet up with someone this week. Practice getting out of your people-pleasing mentality

JOURNAL PROMPTS

How does it make me feel when I say no to someone?
What would I do if I knew that no one would be disappointed either way?

Week Three

02

BOUNDARIES



JOURNAL PROMPTS

What are my boundaries for my body and my personal space? Alone time?

This includes what foods you will and will not put into your body.

A large, empty rectangular box with a light beige background, intended for journaling responses to the first prompt.

what are my boundaries around money? What will I and will I not spend money on?

A large, empty rectangular box with a light beige background, intended for journaling responses to the second prompt.

What are my boundaries around my home and belongings?

A large, empty rectangular box with a light beige background, intended for journaling responses to the third prompt.

Week Three

02

BOUNDARIES



JOURNAL PROMPTS

What are my boundaries around time? How much time and am I willing to spend on certain activities and people?

A large, empty rectangular box with a light beige background, intended for journaling responses to the first prompt.

What are my boundaries around my energy and attention? Who and what are worth my efforts?

A large, empty rectangular box with a light beige background, intended for journaling responses to the second prompt.

What are my boundaries around privacy? What about my private life am I willing to share and how much with who?

A large, empty rectangular box with a light beige background, intended for journaling responses to the third prompt.

Week Three

03

TREAT YOURSELF



CHALLENGE

Use the fancy bath bomb you've been saving for a special occasion. Break out that new body lotion, open your special occasion wine – just because.



PRO TIP

Every time you want to indulge in a little self-care, reflect and ask yourself what's going on in your life that makes you feel like you need it.

Are you using self-care as a reward? Or do you truly feel worthy of it all the time? Each time you indulge in self-care because you want to (not as a reward) put away X amount of money, eventually treat yourself to a day at your local spa!

Week Three

04

WHAT BRINGS YOU JOY

CHALLENGE

Write down 20 things you enjoy doing and things that aren't necessarily fun but benefit your longterm wellbeing and happiness like taking a bath, playing with your dog or monthly financial planning dates with yourself. Write each on a separate sheet of paper and list both things you have done and things you haven't done and put them all in a jar or box. Pull one whenever you need a little pick me up or daily!

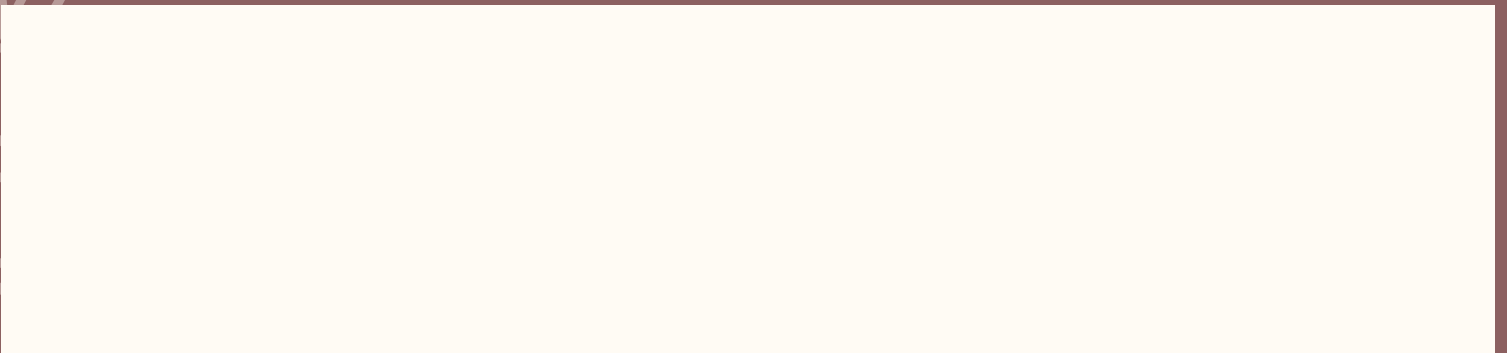
PRO TIP

SHORT TERM: List ten ways to get excited in the next ten minutes - and do them.

LONG TERM: Make a physical self-care tool box with your favorite scent, favorite snack, book, fuzzy socks, etc so you have your own little happiness box whenever you need it. (How many of these can you combine into one joy-filled experience?)

JOURNAL PROMPT

Self-care to me looks like...



Week Three

05

BECOME A FOODIE



CHALLENGE

Try a new food. Make yourself a gourmet home cooked meal. Try a new recipe. If you hate cooking and self care to you looks like ordering in then try a new restaurant or takeout place. Order from or go to your favorite place but try a different meal than your usual. Go on a solo dinner date and be present with yourself. It's fun to date yourself! Be open and explore your taste buds. It can be fun!



PRO TIP

Do it with a friend or partner and each cook a meal or food for the other person to try and have fun!

Week Three

06 EMBRACE YOUR INNER CHILD

CHALLENGE

What did you like doing when you were little? Do that today.

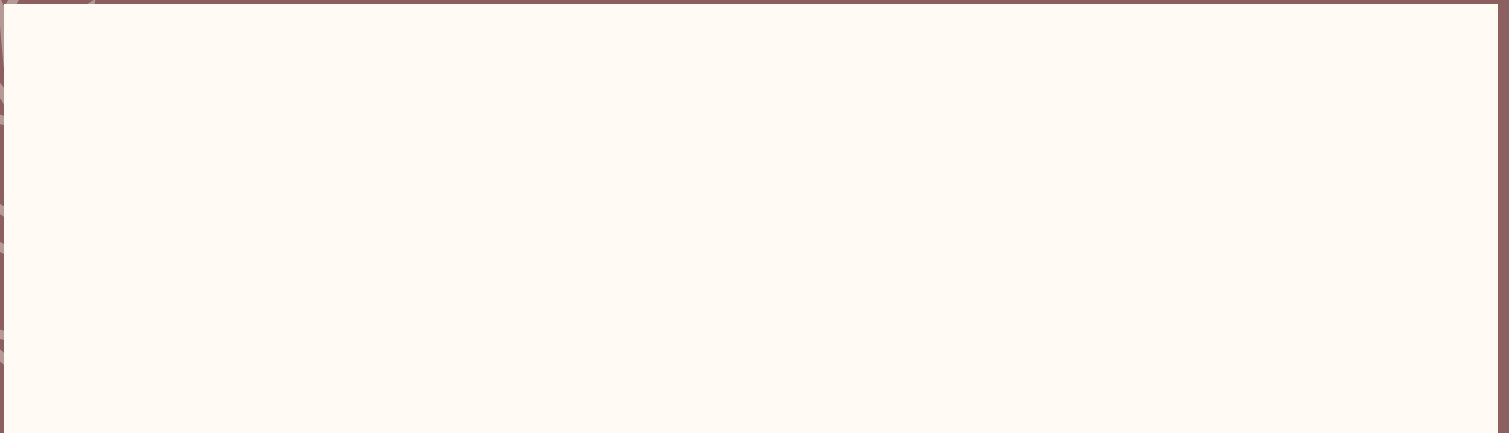
Go rollerblading, ride your bike, get a hoola hoop, build a pillow fort, throw water balloons with a friend, run like no one is watching!

PRO TIP

Make a list of non-tech hobbies you could explore to help you switch off.

JOURNAL PROMPT

Write your childhood self a letter from you now. What do you want to tell the 6-year old/14-year old version of yourself? What should she know you wish you'd known then? Be gentle and compassionate.



Week Three

07

SPA DAY

CHALLENGE

Book a spa day or create your own spa at home and commit to making this time in your schedule without excuses. Go offline, put on a fuzzy robe, give yourself a pedicure, lounge around in your sexiest lingerie just for you to see, light a candle, do a face mask order in or make a delicious and nutritious lunch, read your favorite book in the tub, drink your favorite wine - this day is all about you and doing things you feel like in that moment.

PRO TIP

Carve out as much time as you can commit to. It doesn't have to be a full day, but even a two-hour break that's all about pampering can make a huge difference vs. taking a two-hour break and watching Netflix. List the foods that taste great and make you feel good about yourself when you eat them. Incorporate these into your spa day

I AM WORTHY OF SELF-LOVE.
SELF-CARE COMES NATURALLY TO ME..
I AM ALWAYS MAKING TIME FOR
MYSELF.



Self-care Planner

Date: _____

Goals for my body

- ◆
- ◆
- ◆
- ◆
- ◆

Today's Quote



Daily Nutrition

Self Care List

-
-
-
-
-
-



Week Three

SUMMARY

WHAT WENT WELL THIS WEEK?

WHAT DID YOU LEARN THIS WEEK?

WHAT WILL YOU ROMANTICIZE THIS NEXT WEEK?

Week Four

GROW OUT OF YOUR COMFORT ZONE

Choose from three levels of challenges (beg, Int, adv) to grow and push past your comfort zone.

DAY ONE: GIVE BACK

☐

DAY TWO: READ PD BOOK OR
LISTEN TO PD PODCAST

☐

DAY THREE: TALK TO
SOMEONE WHO HAS
A DIF. PERSPECTIVE

☐

DAY FOUR: TRAVEL

☐

DAY FIVE: RELATIONSHIPS

☐

DAY SIX: ADRENALINE

☐

DAY SEVEN: TAKE ACTION
TOWARDS YOUR WILDEST
DREAMS

☐

WHAT LEVEL ARE YOU?

BEGINNER

New to the world of personal development, you're ready to make a change in your life but you're unsure where to start. You constantly find yourself saying "I wish I could do that" or "that will never be me".

INTERMEDIATE

You've read a few self-help books and have recently been lit up by the idea that you're in control of your own life. Everywhere you go you see new opportunities for growth, you may just need a little push here and there.

ADVANCED

The world is your oyster. You're aware you can do anything you set your mind to, and the only thing standing in your way is you. You're comfortable in your own skin and are looking for new ways to find out more about yourself.

Week Four

01

GIVE BACK



BEGINNER

Declutter your closet and donate the clothes you don't wear anymore



INTERMEDIATE

Volunteer for something you care about locally. Go support only small businesses for a week.



ADVANCED

Foster a pet for a few weeks - check out your local SPCA. Go help pick up litter around your community and help save our beautiful environment

Week Four

02

PERSONAL DEVELOPMENT



BEGINNER

Read 5 pages of a self help book or listen to a 10 minute PD podcast



INTERMEDIATE

Read a whole self help book, listen to longer PD podcast, listen and read daily. Journal every day.



ADVANCED

Get good at meditation. Gently help someone else start their personal development journey, teaching them the useful things you learned

“ANYONE WHO STOPS LEARNING IS OLD,
WHETHER AT TWENTY OR
EIGHTY. ANYONE WHO KEEPS LEARNING
STAYS YOUNG.”

Week Four

03

LEARN A NEW PERSPECTIVE



BEGINNER

research conflicting ideas, opinions, perspectives from yours with an open mind. Listen to a podcast where they "argue" different ideas



INTERMEDIATE

Ask someone about their opinion, thoughts and perspectives on an idea and listen with an open mind. Have a deep, civil, conversation with someone about different ways to view things



ADVANCED

Get on stage, do a ted talk, do a Facebook live or make a youtube video talking about your thoughts on a topic and welcome questions, feedback and discussion.

Week Four

04

TRAVEL



BEGINNER

Find new areas of your city or neighborhood to explore or try a new coffee shop



INTERMEDIATE

Switch off your phone for a day, go off the grid and explore a non-tech hobby



ADVANCED

Book a solo trip and just go for it. Indulge yourself in a new culture, see new places and meet new people

Week Four

05 RELATIONSHIPS



BEGINNER

Call someone you've been thinking about lately



INTERMEDIATE

Ask someone new out on a date (can be a friend or significant other)



ADVANCED

Reach out to a warm lead in your business and ask for a virtual coffee date to chat. Reach out to someone you had a falling out with, forgive and mend the relationship. Release yourself from grudge.

Week Four

06

ADRENALINE



BEGINNER

Take a cold shower in the morning



INTERMEDIATE

Introduce yourself to a stranger and give them a compliment



ADVANCED

Go Skydiving or do something that you've been wanting to try but have been too scared of

Week Four

07 TAKE ACTION



BEGINNER

Research how to make your dreams come true. Take a course on the topic. Make a plan. Tell someone else your idea. Visualize it daily. Put it out into the universe and start manifesting your new reality.



INTERMEDIATE

Remember that SMART goal worksheet you filled out at the beginning of this challenge about your biggest dream/goals? Take your first step towards some of those action items you created



ADVANCED

Start the business you've been dreaming about. Invest in yourself.

“LIFE ALWAYS BEGINS WITH ONE
STEP OUTSIDE OF YOUR
COMFORT ZONE.”
— SHANNON L. ALDER

Escaping your Comfort Zone

Why do you avoid going out of your comfort zone? What are your biggest fears about the things that are out of your comfort zone?

How can you reframe/overcome the fears and obstacles you outlines in the previous question?

What new things can you try to solve your problems/achieve your goals?

What kind of things will you be missing out on if you only stay in your comfort & fear zone? How will your life look like in 1/3/10 years' time?

How will your life look like in 1/3/10 years' time when you decide to venture out in the learning and growth zone?

HOW TO STEP OUT OF YOUR COMFORT ZONE:

- Make an uncomfortable list (Things that make you uncomfortable) & then pick a few things each day that you can do that make you uncomfortable
- Ask yourself and other deep questions
- Talk to strangers
- Take a cold shower
- Film yourself: at the gym, talking about something you're passionate about, doing a hobby or sport, etc. and watch it back and learn
- Switch up your routine
- Try a new skill or hobby
- Be a yes person and just say yes, yes, yes! try new things
- Release control, let someone else choose what the plan is
- Learn a new language
- Indulge in a new culture
- Book a solo trip to that place you've always wanted to go to
- Try a new restaurant and order something different
- Reframe your thoughts and your stress
- Appreciate rejection
- Get on stage
- Try a new way to workout
- Post your positive thoughts on social media
- Start a podcast
- Read a self help book
- Start a new creative endeavor or business
- Acknowledge your weaknesses & accept responsibility when you're in the wrong
- Help out in your community
- Give compliments, tell someone you love them
- Ask someone out
- Look at your role in relationships and work on your own toxic traits/ heal your attachment styles

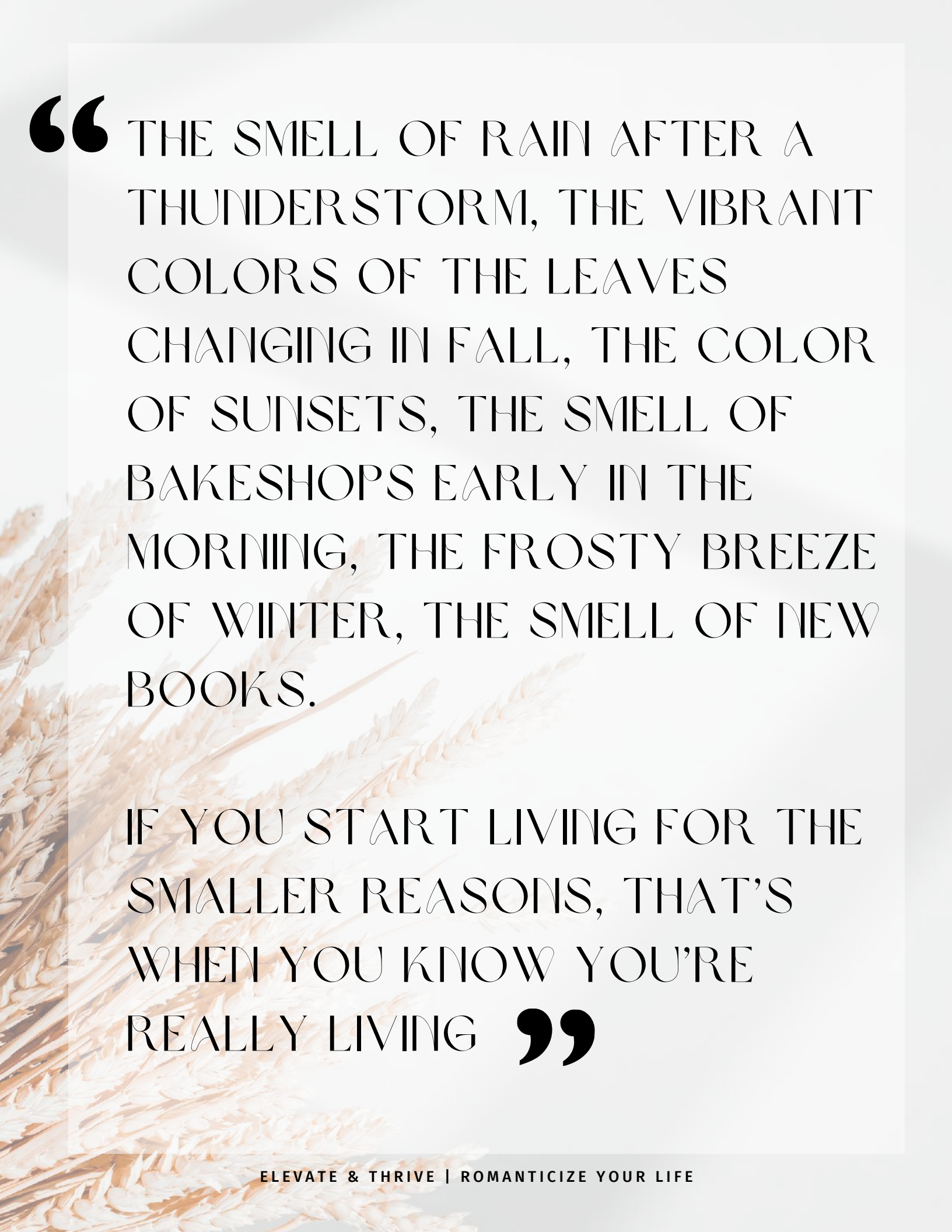
Week Four

SUMMARY

WHAT WENT WELL THIS WEEK?

WHAT DID YLEARN THIS WEEK?

WHAT WILL YOU ROMANTICIZE THIS NEXT WEEK?



“ THE SMELL OF RAIN AFTER A
THUNDERSTORM, THE VIBRANT
COLORS OF THE LEAVES
CHANGING IN FALL, THE COLOR
OF SUNSETS, THE SMELL OF
BAKESHOPS EARLY IN THE
MORNING, THE FROSTY BREEZE
OF WINTER, THE SMELL OF NEW
BOOKS.

IF YOU START LIVING FOR THE
SMALLER REASONS, THAT'S
WHEN YOU KNOW YOU'RE
REALLY LIVING ”

Habit Tracker

SELF IMPROVEMENT!

habit

S M T W T F S

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self goals

notes :

W E E K L Y

P R I O R I T Y P L A N N E R

MONTH:

WEEK:

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



SUNDAY



NOTES

HABIT TRACKER

M T W T F S S

HABIT TRACKER

M T W T F S S

☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Accountability Calendar

MONTH:

M	T	W	T	F	S	S

non negotiables

put an emoji in the box to represent the habit. That's the emoji you put in the above boxes if you accomplish it that day

☐

☐

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MY FAVORITE PERSONAL DEVELOPMENT BOOKS

YOU ARE A BADASS

THE SUBTLE ART OF NOT GIVING A FUCK

THE UNIVERSE HAS YOUR BACK

SUPER ATTRACTOR

INFINITE POSSIBILITIES

BLOWING MY WAY TO THE TOP

THE ART OF SHOWING UP

WORKING HARD HARDLY WORKING

CAN'T HURT ME

GIRL, WASH YOUR FACE

GIRL, STOP APOLOGIZING

ATOMIC HABITS

101 ESSAYS THAT WILL CHANGE THE WAY YOU THINK

FEEL THE FEAR... AND DO IT ANYWAY

THE RUTHLESS ELIMINATION OF HURRY

THE POWER OF NOW

THE MOUNTAIN IS YOU

BREAKING THE HABIT OF BEING YOURSELF

UNTAMED

CLEAN GUT

THE ROAD BACK TO YOU

HIGH PERFORMANCE HABITS

THE SUCCESS PRINCIPLES

HOW TO ROMANTICIZE YOUR LIFE

BREATHE IN THE AIR

Take a deep breath each time you go outside, no matter the season

TAKE THE LONG WAY HOME

You might notice something you haven't before!

LOOK UP

We spend our days looking down, glued to our phone or in our heads. Make an effort to look up and pay attention to the cloud formations, the color of the sky, a detail of a nearby building you hadn't noticed before.

START A GARDEN

Whether it's a flower or herb garden, start planting and appreciate the fruits of your labor.

OPEN WINDOWS

Open the windows in your bedroom and soak in how the wind feels on your skin and how it moves the curtains in your room.

TAKE PICTURES

Photograph absolutely anything that feels beautiful to you

BUY YOURSELF FLOWERS

What screams romantic like flowers? You don't need a special reason to buy flowers, Buy them on a Tuesday afternoon for no reason at all!

HOW TO ROMANTICIZE YOUR LIFE

MAKE A FUN TO DO LIST

Write a list of activities you can do when boredom strikes instead of reaching for your phone.

DRESS LIKE YOUR PINTEREST BOARD

So many times we make Pinterest boards and then do nothing with them. What if you made the conscious effort to dress like your Pinterest board? Go thrifting with some friends and have a photoshoot.

CONNECT WITH YOUR INNER CHILD

As kids everything was so magical. Get curious and don't take yourself so seriously. Stop making excuses or prefacing indulging in your inner child with a justification.

HAVE A DREAM DAY

We all have visions of our "perfect" day with habits and routines we hardly ever do in the current moment. Spend one entire day (from waking up to going to sleep) the way your ideal self would - and then ask yourself what's keeping you from living every day like that.

DRESS UP YOUR MORNING BEVERAGE

Whatever you're sipping on in the a.m., supercharge your drink with something that'll take the flavor and health benefits to the next level. Make a fun seasonal drink or go get a Starbucks pumpkin spiced latte

PICK UP A BOOK

Whether it is a self help book, romance novel or mystery, full indulge into the book world for a little while and get a break from your phone screen!

HOW TO ROMANTICIZE YOUR LIFE

INFUSE YOUR ROUTINES WITH MINDFULNESS

commit to a daily meditation ritual. Bringing patience and compassion to your already honed-in habits. This small little shift has the power to make even the most mundane tasks magical.

DESIGN YOUR DREAM MORNING ROUTINE

Design a morning routine you find personally inspiring. Whether that's going all out for breakfast, kicking things off with movement, or writing down your intentions for the day, follow this one simple rule: do what feels best.

DATE YOURSELF

You don't need an excuse to treat yourself to a drink or dinner. While we've been told to reserve evenings out for romantic connections only, putting on your favorite outfit and enjoying a little mood lighting is an activity that can be fully enjoyed with yourself and yourself alone.

SWITCH UP YOUR SPACE

There's a reason so many rom-com movie montages involve the protagonist shifting around her furniture. Whether it's updating a bookshelf or totally overhauling your space, finding new homes for your favorite pieces will invigorate your home with new energy.

BURN THE CANDLES

the most overlooked is the power of scent. Find your favorite fragrance and don't hold back

DANCE

Because it feels good, no matter what it looks like.



CONGRATS YOU DID IT!



WHAT'S NEXT?

Hopefully these last 28 days have been a fun, joy-filled challenge and you've been able to explore your selfawareness, mindfulness, self-care habits and comfort zone on a deeper level than before.

Becoming aware of and intentional with your surroundings, thoughts and actions will help you live a more present and calm life so you can create sustainable routines for you to thrive both personally and professionally.

Now that you've started to tap into flow and alignment with your goals and vision for the future, it's time to dig deeper. Only when we've created flow and alignment in ALL areas of our lives, we can truly slow down and live a calm life holistically.

I'm so proud of you for wanting to make changes in your life for the better. You're on the right path to elevate your life in massive ways!

If you are interesting in continuing this PD & health journey with a hype team & extra accountability, then join me and a community of like-minded women inside of Elevate & Thrive and lets all THRIVE together!

COUNT ME IN! I WANT
TO KNOW MORE

THANK YOU FOR
JOINING ME ON THIS
JOURNEY!

With love,

Karli

LET CONNECT!

