

# BEST YEAR YET CHALLENGE



## LIVING YOUR BEST LIFE AND SEEING IT DAILY

Living without intention, or purpose can often mean drifting from moment to moment and leaving our happiness or fulfillment up to mere chance. There is no map to follow if you don't have a destination in mind. What does it mean to live your best life?

How would you feel?

How would you speak or act to others?

What kind of self-talk do you practice? Are you kind, loving, and uplifting to yourself? Or do you speak down to yourself, speak negative words or truths? Remember the power of I AM. Whatever you say you ARE, you will be. How are you committed to speaking to yourself this year?

What habits would you practice?

How would you take care of your body?

What would your business look like?

What would your relationships look like?

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What else can you envision happening as you live your best life? Take a moment to close your eyes, and picture yourself in your best life. Spend 5 minutes in silence to see yourself there, see who is with you how you are feeling, what you are doing, and all of the details that come up. Journal what you see.

## Create A Vision Board

Take your worksheet from yesterday outlining your best life, and if you don't already have one, create a vision board. If you do have one, it's time to update it!

Here's what you'll need:

- A large pinboard or poster board to tape or pin images to
- Tape or stick pins
- Magazines to cut images from, the ability to print photos from the internet, stickers, photos, or other graphics that inspire you
- Post-it notes or paper to add additional thoughts to pin

### Directions:

Add photos, cut-outs, stickers, or post-it notes to the board that represents to you what it means to live your best life. Include images or words that signify the following:

- Whom do I want to be
- What is most important to me or my personal values
- What do I want to achieve
- What do I want to experience
- How do I want others to know me
- What do I want to have
- What financial goals do I have
- What business goals do I have
- What words, quotes or sayings help remind me what is important or can improve my mindset

Add anything else to the board that excites you!!