

THE ELEGANCE CHALLENGE



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ELEGANCE HANDBOOK



ELEGANCE CHALLENGE DAY ONE



Life is a feast, will you settle for the crumbs and fast food, or will you claim your seat at the banquet and have a feast? Remember there is no reward for being the bottom feeder.

Use this workbook to take write down visualized desires, and then set them as goals. Dreaming is the first step, but you must take action to make those dreams a reality. Some dreams take longer than others to materialize, but that does not make them any less possible. Nothing changes if nothing changes.

Ultimately, the question becomes, how badly do you want it? **Make sure you join the challenge tomorrow for Part Two: Confidence Challenge because when you start taking action, doubts, fears, and mindset blocks will show up, and you need to be ready to overcome them.**

VISUALIZATION EXERCISE

What kind of lifestyle would I lead if I did not have financial hindrances?

01 What kind of lifestyle would I lead if I did not have financial hindrances?

02 What kind of friends would I like to have, or who embodies what I desire?

03 What types of clothes would I wear, places would I visit, city would I live?

04 What is holding you back, and how can you circumvent it?

GOAL SETTING

Now that you have your dream life written down, ask yourself; what is the opportunity cost of not going after your dreams? Will you be happy if you were at the same place 3 years from now, 5 years from now?

Goal 01

FINANCIAL & LEVEL OF LIFESTYLE

ACTION PLANS GOAL 1

- _____
- _____
- _____

Goal 02

LOVE-LIFE & OTHER RELATIONS

ACTION PLANS GOAL 2

- _____
- _____
- _____

Goal 03

ENVIROMNENT: PEOPLE, LOCATION

ACTION PLANS GOAL 3

- _____
- _____
- _____

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