

# A 5-Day Guide to Elevate Your Life



**Shanna A. Jefferson**

Life Coach | Author | Talk Show Host

## Welcome to Living Boldly With Shanna!

I am excited you've decided to join me for 5 days of elevation! Each day will outline one challenge to elevate your spirituality, professional acumen and health. The best ways to maximize this challenge are to:

1. Designate a specific time each day to commit at least 30 minutes to completing the daily challenge.
2. Consider me as your accountability partner and TAG me in a creative picture on Instagram @ShannaJefferson once you complete each day including the hashtag #LivingBoldlyWithShanna.

xoxo



**[DAY 1]** Theme: Celebrate

***Challenge***

Write a Love Letter To Yourself

Think about your 8-year old self and all of the challenges you have overcome, in addition to the accomplishments you have made since then. Write this letter and keep it somewhere safe so that when you're feeling down, you can pull it out and celebrate yourself! Here's a snippet of my own love letter!



Dear (insert name),

I am so proud of the amazing woman you have become! Instead of allowing the environment you grew up in to stifle you, you let it inspire you. Despite the many challenges and disappointments, you've experienced, you maintain this jovial, upbeat, almost child-like disposition...I love that about you. I admire how much you take risks and have the courage to live life on your own terms. You're always seeking resources and positivity to share with others, and I'm certain you will continue to impact the world, one idea at a time!

## **[DAY 2]** Theme: Boss Up

### *Challenge*

Create Vows for Professional Happiness



A 'vow' is defined as a solemn promise to do a specific thing. Think about the areas of your profession or business that make you unhappy and create 3-5 vows for professional happiness! Below are a few examples:

1. I vow to set specific business hours and not take calls or emails outside of those hours.
2. I vow to only accept full payment for my services in advance, (no more payment arrangements!)
3. I vow to apply for 5 new professional opportunities every Sunday.

**[DAY 3]** Theme: Detox Your Life

***Challenge***

RELEASE



Have you had endless to-do lists this week? Does it seem like your plate is always full?

Write down everything that is on your mind, then literally lose it! On the lines below, write down your to-do list, your worries, your anxieties etc.....read it over.... then rip it up! The purpose of this challenge is to help you empty your thoughts and experience an authentic peace of mind.

## **[DAY 4]** Theme: Mindset Motivation

### Challenge

#### Change Your Mind!



Discipline is the most integral component for creating a new reality. Compose 5 commitment statements that will help you stay on course for an elevated lifestyle professionally, spiritually and health-wise! Here are some examples:

1. I will commit to \_\_\_\_ minutes of physical activity Mon.-Fri.
2. I will eat home-cooked meals during the weekdays, and only eat-out on weekends.
3. I will start saving an extra \$\_\_\_\_ each week.
4. I will re-invest \$\_\_\_\_ per week into my business exposure efforts and educational tools.
5. I will read 30 minutes of my bible and/or meditate daily.

## **[DAY 5]** Theme: Mindset Motivation

### ***Challenge***

#### Envision Success

For vision is not of the eyes, but the mind. –Shanna A. Jefferson

Our thoughts become our beliefs which become our actions. You must envision yourself successful. Create the picture in your mind of what your success looks like. Envision yourself sitting in the boardroom. Envision yourself leading a group of aspiring leaders. Envision yourself living in your Greatness. There is such much power in envisioning your success.

Create a vision board with the goals, dreams, aspirations, and accomplishments you envision!



# Testimonials

"Ms. Shanna has lifted me up to where I say I can, when I used to say I can't."—DA

*Your speech has given me some motivation to want to go back into the world and start living again, instead of just existing...Keep being the light, where darkness resides. -  
Ms. Vicki*



Schedule your Breakthrough Session today!

[www.livingboldlywithshanna.com](http://www.livingboldlywithshanna.com)



*Living Boldly*  
With Shanna

**SHANNA A. JEFFERSON**  
LIFE COACH // ENTREPRENEUR // SPEAKER

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