

IT'S TIME TO SHUT UP
AND MAKE YOUR DREAMS
COME TRUE CHALLENGE

10 DAY

*You're doing this! I want to know.
Email me at tonya@yourahalife.com*



DAY 1

Write your dream, clearly and concisely. Why do you want to achieve this dream? How will your life be different? Others' lives?

DAY 2

Identify a meaningful milestone you will achieve by Day 10. It must be a milestone that signals No Turning Back. Tell 3 people - you're serious this time!

DAY 3

Set the stakes high. Put something of value on the line. Be realistic, but stretch. Ex. "If I'm not successful, I will donate \$500 to a charity I hate." (anti-charity).

DAY 4

Give your "something of value" to one of the 3 people you listed above. Complete the challenge successfully, they will return it to you. If not, it will be given away.

DAY 5

Post your dream, milestone, and what's at stake on your social media profile pages - all of them.

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DAY 6

Set your alarm 30 minutes earlier. Rise and work on your milestone actions. No excuses.

DAY 7

Talk to someone who has successfully done what you're working to achieve. Take one tip from them and put it into action within 24 hours.

DAY 8

Report Out Day - Share an update with your 3 accountability partners and post an update to your social media profiles.

DAY 9

Evaluate. What do you need to do today to ensure that you're celebrating tomorrow? Do it now.

DAY 10

Successful? Celebrate. You did it. Not successful? Celebrate your progress and set another 10-day challenge. You can do it!

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