The 5-Day Best Life Challenge

By Kate and Jacqueline Hellmers

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Table of Contents

PAGE 4 - What Is The 5-Day BEST LIFE Challenge?

PAGE 7 - Directions

PAGE 11 - Day 1 Challenge

PAGE 17 - Day 2 Challenge

PAGE 21 - Day 3 Challenge

PAGE 27 - Day 4 Challenge

PAGE 31 - Day 5 Challenge

PAGE 35 - Life After The Challenge

What is The 5-Day Best Life Challenge?

The goal of the challenge is to shift your mindset to a place where you feel capable, empowered, and able to create lasting change and turn these practices into habits that last a lifetime.

Have you ever noticed, creating positive change in your life can seem really overwhelming? It's not always easy to know where to start. If you want to create your outer world, you must start by changing your inner world. Your mind is the most powerful tool you possess. Every thought you have helps to shape who you are. The thoughts you have most frequently become self-fulfilling prophecies, which is why it is important to be careful what you think.

If you want to change your life, you have to change what's going on inside your head. That's why The 5-Day BEST LIFE Challenge focuses primarily on mental exercises. It will ask you to let go of your negative thought patterns so that you can begin to create new ones.

What is The 5-Day Best Life Challenge?

According to scientists, our brains tend to go to worst-case scenarios, inviting anxiety, depression, hopelessness, and all sorts of other fears into our lives. Without your interception, this could go on for years and have a hugely negative impact on the trajectory of your life.

In fact, Metta McGarvey, from the Harvard Graduate School of Education - with a doctorate in Human Development and Psychology, along with training in cognitive and affective neuroscience says ". . . our brains are hard-wired to focus on the negative. The human brain evolved with a negativity bias."

Wow! That actually makes sense since humans were in survival mode as a species for tens of thousands of years.

The good news is, a negative mindset can be corrected! All you need is a little practice.

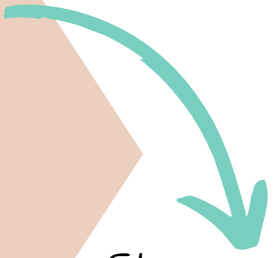
What is The 5-Day Best Life Challenge?

Want to take this challenge to the next level?

For people who are really interested in attaining a life of fulfillment by accomplishing short term yet powerful dreams, you're invited to join The 5-Day BEST LIFE Video Course. It takes everything in this free ebook to a whole new level.

It will help you:

- **Learn how to avoid negative mind traps**
- **Feel empowered**
- **Awaken your inner voice**
- **Connect to your true value**
- **Be more engaged and focused**
- **Increase your motivation and drive**
- **Turn off your inner critic**
- **Stop procrastinating**
- **Set goals and accomplish them**



Start Day 1 of the video course today by going to Your10Keys.com

Plus

Daily coaching videos, the complete 5-Day BEST LIFE Challenge ebook, and the Irresistible Workbook. Get immediate access to the video course in our academy. **Go to Your10Keys.com to get this amazing course!**

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Directions

Each day, there is a challenge that will help turn your mind and energy around so you can consciously create the best version of yourself. The one who does not procrastinate, who does not let fear hold them back, and who has a clear vision of what they want to achieve and actually achieves it.

Don't. Skip. Days.

Each day is specifically designed to help you have an easier time accomplishing the next day. They build upon each other. If you really want to say you've done the challenge, then you have to do each day in order. It's okay if you struggle with one or more of the challenges. Just keep going.

Many people find one day to be much more difficult than others. This will let you know what areas in your life are eating up time and taking you away from what you really want to be focusing on.

Directions

Each Day Builds Upon the Next

Once you have completed day one of the challenge, you will begin day two doing both the exercises for day one AND two. Each day builds on the next.

For example

On day one, you are supposed to create a motto for yourself and repeat that motto anytime you feel unmotivated or discouraged. You will continue to repeat your motto to yourself for the rest of the five days.

Then, on day two you will add the exercise for day two into your challenge for the remainder of the five days. Then, on day three you will be doing three exercises, and so on...By the fifth and final day of the challenge, you will have five exercises you're engaging in.

Track Your Progress!

You'll need a journal to write down notes and engage in some of the exercises. This will also be helpful when looking at your progress and seeing how well you are doing.

Directions

What Happens If You Mess Up One Of The Days?

Don't let these exercises fool you. Some of them are HARD!

The first few days are a little bit easier to help you get into a better mindset. But then it ramps up. If you find that you're struggling one day and just can't stick to the challenge, guess what?

START THE DAY OVER!

That's right. There are no shortcuts here. You don't have to start the entire challenge over but you do have to restart whatever day you were on when you strayed from the challenge.

If you couldn't finish day three, then you'll start day three all over again. You'll still incorporate the exercises from days one and two though. Because, remember, each day builds upon the last.

Day 1

Empowering Yourself

Day 1

The first step in achieving success in anything is figuring out where you are now and where you would like to go. You can start analyzing where you are now by determining what qualities you possess that can help you to reach your goals.

It is important that your mind is on the same page as you are. That it consciously knows who you are, who you want to be, what gifts you have, what your goal is and in what way you would like to manifest your goal. Then, it will do what a mind does best: figure out how to make it happen.

Today there are three quick exercises to engage and focus your mind on YOUR abilities and how you want to continue to grow.

What You'll Need

You'll want to have a pen and paper handy to complete these exercises.

Day 1 - Challenge

Part 1
List At Least 5 Of Your Best Qualities

You can list as many qualities as you want, but you need at least five! Don't put too much pressure on yourself. Set a timer for a few minutes and write down as many of your best qualities as you can. Use the printable worksheet in the back to complete this exercise.

Self-awareness isn't just about noticing what your faults are but also knowing your strengths so you can play to them. It's time for you to get comfortable acknowledging what you are great at.

Recognizing your best qualities will help you develop a friendlier relationship with yourself. Your mind will begin to focus on your good qualities as opposed to the areas you want to improve. Not only will this help boost your confidence, it will also shift your thoughts to more positive patterns.

Day 1 - Challenge

Part 2
List No More Than 5 Qualities You'd Like To Change

It might seem counter intuitive to also write down qualities you don't like about yourself but thinking positively isn't going to make those qualities disappear. So, it is time to reframe how you think about them. **Don't list more than five!** It's okay to only have one.

After you have written down at least one quality that you'd like to change, write down one thing you can do to improve in that area of your life. If that feels too overwhelming, then simply own the quality without judgment.

Ex: If you are running late for work, instead of telling yourself you should have woken up earlier and getting mad at all the traffic, just say, "I'm running a little bit late right now and that is okay."

The goal of this exercise is to stop beating yourself up about qualities you don't like about yourself. You can't change everything at the same time. Growth happens slowly and with consistent effort. And who said you need to be perfect? Not us! So, give yourself a break!

Day 1 - Challenge

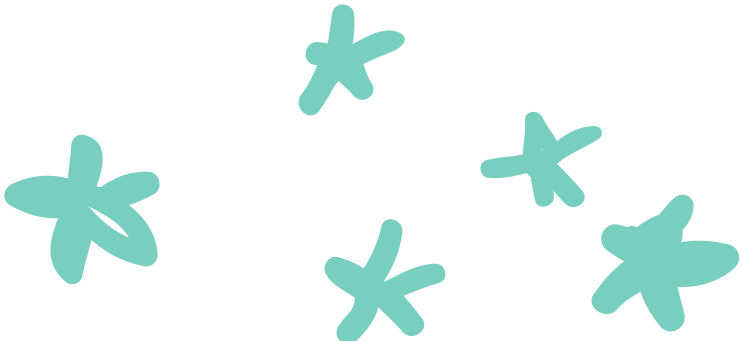
Part 3

Pick a Motto for your life

Everyone has a motto, even subconsciously, they probably just don't notice it. Do you know what your current motto is? The reason it is important to consciously choose your motto is that your brain believes what you tell it.

Examples of negative mottos that you may have adopted include: "I'm always late," "I'm sure I'll do something to screw it up," "Bad things just happen," "Things never work out for me," "People don't appreciate me," "It's all my fault," "I have no self- control," "It's not going to work out anyway," "Kill me now," "It's difficult to make friends," "I'm never going to like myself," and "I shouldn't even try."

These negative mottos become self-fulfilling prophecies. If you want to make a positive change in your life, you have to believe it is actually accessible to you. That starts with changing the core beliefs you have about yourself or in this instance the motto you repeat to yourself every day.



Day 1 - Challenge

Part 3

Pick a Motto for your life

Your mind can easily get stuck in old thinking patterns, but having a motto to fall back on can give your brain a different perspective when you face challenges. It can also help you maintain a positive and productive mindset.

A motto should be simple.

It should make you feel...inspired, empowered, capable, confident, fulfilled, and ready to take on the day!

Every major company on the planet has a motto or slogan and almost every successful person has one as well. There is a reason - they work.

If you are struggling to pick a motto, think about what hurdles you face throughout your day. Is there something in particular that triggers anxiety or fear in you? Pick something to help you get through that.

Motto Ideas

Your motto doesn't have to be a quote. Just anything that inspires you. You can even write it yourself!

"It always seems impossible until it's done."
- Nelson Mandela

I can do anything I put my mind to.

"It does not matter how slowly you go as long as you do not stop."
- Confucius

"If you can dream it, you can do it."
- Walt Disney

"Winners never quit, and quitters never win."
- Vince Lombardi

Be still. Be present.

"Never give up. Never surrender."
- Galaxy Quest

I am stronger than I know and smarter than I think.

I can learn far more from failure than I can learn from success

Day 2

NOT SAYING ANTHING NEGATIVE ABOUT ANYONE ELSE!

Day 2

The human brain produces automatic judgments about everything it processes. These judgments don't even have to be rational as they exist outside of our conscious awareness. This means that, whether you like it or not, you are a judgmental person. At least, on a subconscious level. Your brain makes these snap judgments to help you process information easier.

But what happens when these negative judgments start taking up too much of your time?

If you choose to spend your free time saying negative things about someone else, you end up stealing time away from yourself and giving it to someone you may not even like!

It only takes a handful of seconds for a thought to affect your mood. So, even if you only spend a few seconds dwelling on someone else's bad behavior or risky fashion choices, you're actively putting yourself in a more anxious and agitated state.

The way you invest your time defines you.

Stop focusing on other people. Focus on you and how you can create more opportunities for your life.

Day 2

When you focus on yourself you bring your attention back to things you can control. Your thoughts, emotions, and actions are all up to you. This will help you feel less drained throughout the day.,

The negative comments we make about other people often come from deeply rooted emotional perspectives we formed about ourselves a long time ago. We are repelled by people who display characteristics that we don't like or, ironically, remind us of something we don't like within ourselves.
What you say about others says a lot more about you than it does about them.

When you stop yourself from saying negative things about others, you allow your brain to develop a more positive perspective that can benefit you for the rest of your life. You'll see the value in others as opposed to their flaws.

We all know what it is like to come across an article or social media post that gets us upset. Whether it is about politics or a frivolous celebrity feud, it is so easy to waste time talking about people, compare ourselves to where they are, or seek out validation that our opinions are shared by others. But what good actually comes out of that?

That's why today is all about not making negative comments about others!

Day 2 - Challenge

Eliminate negative comments about others!

If you do say something negative about someone else then you'll have to restart Day Two all over again.

Be consciences of the words you use. Do a little bit of self-reflection and ask yourself what about that person you don't like, as opposed to just saying something negative about them. That way, you grow as a person from the experience.

Here is a great exercise to practice:
If you do say something negative about someone else, turn whatever you said around into a more positive statement. Change, "I hate that person," to "that person is different than me and that is okay."

Be the person who sees the best in others!

By uplifting others, you'll feel better about yourself as well. By doing so, you'll have more time to focus on yourself and all the ways you can invest your time into bettering your life.

Day 3

IMAGINING YOUR SUCCESS

Day 3

Did you know that your subconscious mind cannot distinguish between what has happened in your life from what you imagine in detail? Your thoughts are extremely powerful. The words you say to yourself and the pictures you see in your mind create a roadmap for your life.

You can use this power to your benefit or it can be your biggest downfall.

Unfortunately, your mind is hardwired to find and solve problems. If there are no big problems, your mind focuses on smaller problems and makes them look bigger and scarier for you!

You might have a job interview scheduled but as it gets closer you start imagining all the ways the interview will go wrong. You may imagine having terrible answers to the questions or the interviewer not liking you. You may even stop going on interviews because you keep thinking about how humiliating it will feel to be rejected or told you are not qualified.

You end up rejecting yourself before anyone else can even get the chance to see what you can do!

Day 3

There is nothing more limiting than your own mind.

Think of your brain like a bodybuilder. You have to train it to function the way you want it to. If you want to lift heavier, aka have an empowered mindset built for success, you have to work at it every day. When you play out scenarios in your head of all the things that could go right, you end up strengthening the right muscles and train your brain to focus on positivity.

Think of all the good things that can happen to you!

One of the ways to achieve this is called **mental imagery**. For years, professional athletes have used imagery to fuel their performances, boost their confidence, and amplify their precision. But mental imagery isn't just for athletes.

"Everyone can use imagery to prepare for all kinds of situations, including public presentations and difficult interactions," says Daniel Kadish, Ph.D.

Day 3

So, what is mental imagery?

Mental imagery can be defined as the pictures in your head and the stories you tell yourself about them. Whether they are true or not, good or bad, whatever you are thinking about is having a deep impact on you.

When you want to use imagery to help you achieve a goal, it can act as a sort of hypnotic rehearsal in your mind. The more vividly you imagine it, the more real it will seem. When it's finally time for you to actually perform, you will be ready.

By simply imagining working out, you can stimulate your sympathetic nervous system, which can elevate your blood pressure, heart rate, and breathing.

By using guided imagery, you can ease anxiety, boost your confidence, and feel motivated to take on anything!

Day 3 - Challenge

How To Successfully Imagine Your Success

1. Choose your goal
    - Pick a goal that you've always wanted to accomplish. You'll use this goal for the mental imagery meditation sessions for the rest of The 5-Day Best Life Challenge.
2. Be the star
    - Imagine in detail that YOU are the one achieving your goal, as opposed to watching yourself succeed. You should be imagining your success from your own perspective, not watching a movie version of yourself like an audience member.
3. Use all of your senses
    - Imagery works best when you can stimulate your senses. As you imagine your goal being fulfilled, what is the temperature of the room you're in? Are there people around? What do you hear? How do you feel in your body? What are you wearing? Are you tired?
4. Write down your goal in great detail.
    - As you go through this exercise, write down what you feel and experience. That way, you can go back to these notes and add to them when you repeat the exercise for days four and five of the challenge.
5. Find a quiet space and set a timer for 10-20 minutes so that you can ensure you are not interrupted and that you can fully engage in the exercise.
6. Remember to repeat this exercise, at least once per day, for the duration of the challenge.

You can do anything you put your mind to!

"I REALLY BELIEVE IF YOU VISUALIZE YOURSELF DOING SOMETHING, YOU CAN MAKE THAT IMAGE COME TRUE ... I MUST HAVE REHEARSED IT 10,000 TIMES. AND WHEN IT CAME TRUE IT WAS LIKE AN ELECTRIC JOLT WENT UP MY SPINE." - WAYNE GRETZKY, HOCKEY'S ALL-TIME LEADING SCORER

"THE USE OF MENTAL IMAGERY IS ONE OF THE STRONGEST AND MOST EFFECTIVE STRATEGIES FOR MAKING SOMETHING HAPPEN FOR YOU."
- WAYNE DYER, AUTHOR AND SPEAKER

Day 4

NOT SAYING ANYTHING NEGATIVE ABOUT YOURSELF

Day 4

Did you know that your ego fuels negative self-talk as well as positive self-talk? It might be strange to think about your ego as something other than the thing that boosts your confidence and sometimes needs to be brought down a peg. The truth is, your ego will tell you wild stories about yourself and many of them are not good.

Your ego might tell you that this challenge is too hard and that you shouldn't do it because you won't be able to get through it. Your ego might also tell you this challenge is too easy so you shouldn't waste your time on it. Your ego will tell you whatever it wants to tell you in order to get the results it wants.

You need to neutralize your ego by recognizing when it is trying to steer you off track. One of the ways to do this is to not saying anything negative about yourself.

Whenever you say something negative about yourself:

- It subconsciously affects you negatively.
- It takes you out of a positive mindset and into a negative one.
- You magnify the intention because you are using multiple senses. Your mind, your mouth, and your ears.
- It leads your mind in the exact opposite direction of your goals.

Day 4 - Challenge

Don't say anything negative about yourself!

Spend today being mindful of everything you think about yourself so that nothing negative pops out of your mouth. If you do want to say something, rephrase it to a positive statement.

When you have the urge to say something negative, rephrase it instead. A great way to turn negative phrases around is to ask them in the form of a question. Your brain loves solving problems. So, allow your brain to do its thing.

Change "I can't do that," to "how can I learn to do that?"
Change "I am not good enough," to "what can I do to feel good enough?"
Change "there's no way this will work," to "how can I make this work?"
Change "it's too hard for me," to "who can help me with this?"

This exercise is particularly helpful if you let the people around you know you're doing it. You might be surprised at what you say about yourself when you're not even paying attention. So, ask others to hold you accountable.

Turn your inner critic into an inner cheerleader

Day 5

NOT THINKING ANYTHING NEGATIVE ABOUT YOURSELF

Day 5

Congratulations on making it to day 5 of the challenge! You should be so proud of yourself.

Since the start of this challenge, you have engaged in quite a bit of self-reflection. You've begun to change your relationships with other people by not speaking negatively about them, given yourself confidence by recognizing your best qualities, motivated yourself with your motto, gotten into the zone of success with mental imaging, and gifted yourself self-love by not saying anything negative about yourself.

As a result of performing these exercises, you've become more aware of your mental habits and the power of your thoughts.

Yesterday's challenge was not saying anything negative about yourself and today's challenge is not thinking anything negative about yourself. While they might seem similar, they are very different.

Thoughts are far more difficult to edit than words. But our thoughts are incredibly powerful.

Day 5

The thoughts you have about yourself create the narration to the story of your life. They will define whether you are the hero or the villain. They'll help you go on a life changing adventure and overcome your challenges or help you cave to them.

The thoughts you have about yourself generally fall into these two categories: positive and uplifting or negative and destructive.

Research has shown that our thoughts drive our emotions and emotions drive our actions.

Your thoughts are the roadmap of your life.

So even though today's challenge may seem daunting, it is a worthwhile endeavor as it can have dramatic and life changing impacts.

Day 5 - Challenge

Not Thinking Anything Negative About Yourself

It's now time to confront where the urge to say negative things about yourself comes from. That means confronting the limiting beliefs your ego has created in your mind and not feeding into them any longer.

The good news is, similarly to the way you approach changing a habit in the physical world, like learning to write with the opposite hand you, you can approach creating new mental habits with the right amount of practice.

Anytime you have a negative, judgmental, or unpleasant thought about yourself, say something either in your mind or out loud to contradict it. Train your mind to rephrase your thoughts and think of yourself more kindly.

In the beginning, it may be difficult to stop your thoughts from planting doubt and criticism into your head. That's okay! The more you practice this, the easier it will get.

Today will take some concentration. But each day of this challenge has helped you build your mental awareness. You should be able to tackle this challenge with confidence! You got this!

Life After The Challenge

CONGRATULATIONS! YOU JUST COMPLETED THE 5-DAY BEST LIFE CHALLENGE!

You should be really proud of yourself for what you have achieved. We hope this challenge lit a fire within you and filled you with confidence, positivity, and an abundance of self-love.

But this is only the beginning! Go to Your10Keys.com to check out our entire COURSE ACADEMY where you can find all kinds of amazing resources to keep you moving in the directions of your dreams!

Let us know if you liked the challenge!

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Life After The Challenge

The 5-Day Best Life Challenge is a great way to begin the journey of self-empowerment, but if you really want to see long lasting change, you have to establish new habits that support you.

That's why we created the **Make It A Habit Course**. It's a month long course focused on your personal development and emotional intelligence. The Make It A Habit Course helps you shed destructive patterns of self-sabotage, unearths deeply rooted belief systems that hold you back, and helps you transform into the person you've always wanted to be.

Video courses, weekly challenges, guided meditations, and daily audios are all there to keep you working through whatever is holding you back.

It's time to let go of fear, break through old patterns, re-ignite your life, find fulfillment, and build noticeably powerful confidence.

This is the transformational course you've been dreaming about! A course that will actually help you grow, see results, and feel amazing about yourself.

Go to Your10Keys.com to get this amazing course!

Start showing up as your Highest Self

The 5-Day Best Life Challenge

Love,
Kate and Jacqueline