

# 5 Day Challenge of Self

The Greatest Version of Self Challenge 

Let's Be the Exception

## Day 1: Claim 100% Accountability of YOUR Life

Own it, it's yours 

Cut 100% of the BS  Own everything that you have done or do because it's your FAULT, Yes, I said it's your fault. #MYFAULT

If life isn't going how you want or planned then stop because you blocked it and are responsible 

If you are sad, overweight, angry, overwhelmed, over scheduled, in a bad relationship, low on money etc.. Its Your Fault 

What you did is your fault.

What you didn't do is your fault.

What you could have done is your fault.

How you respond what happens to you is your fault. 

Do not play the blame game 

Do not claim the victim 

Do not think that outside circumstances are responsible for your success 

If you stop and truly LIVE, not just say you will, everything said above then you will be celebrating your Independence Day  

FREEDOM 

Just take control of your life and FEEL the FREEDOM 

STOP GIVING YOUR POWER AWAY 

This is only Day 1.....

Start when you are 100% ready.

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## Day 2: Cut The Fat Head 🤔

We have a habit of letting others pee in our punch bowl ( wow that's an old word for you younger than me) 🤔

Steer clear of these three things that are peeing in your punch

: people

: problems

: politics

They amplify negativity and keep you from getting things done = distractions 😞

Stop 🛑 looking and scrolling in places where people are peeing in your punch.

: news

: newsfeeds

: negative info

These places will influence you and you don't even realize it! 😊

We want to do all good things and to do that we must create an outcome 🙌

We begin by thinking ( everything starts here) and then that thought develops an expectation and that expectation manifests into creations... YES, our thoughts control all of this..

WARNING ⚠️: We have adolescence, monkey minds with ADHD on steroids 😊 ( mine has a name: it's Nagnus and maybe we will get to her another day.

What we expect to happen we must think about first: that thought becomes a thing and so, see how important it is to FOCUS on our thinking.

Thoughts are controlled by what you see 👁️ and 👂 hear. Associations will influence you and program your mind 🤔 .

So, let's Cut The Fat Head- slow down to create results that you want.

Please 🛑 STOP letting others influence you by peeing in your punch! ❤️

Be The Exception of yourself

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## Day 3: Early Investment In?

Oh wait, how about YOU

This return is not capped, will grow endlessly for every dollar, pays daily, monthly and annually  
And has no ceiling 

Personal Growth and Development:

It's fascinating how few want it but won't commit. In fact, most show up and some invest time but never ever step over the line. Back they go into the shadows. 

We are investing to be that Exception: we want to be and do what others can't, won't or don't. We want to experience and contribute what most will never  for them but  for YOU!

We only really commit to what we pay  for:

Paying does two things for your brain communication/connection (Act of Paying)

1. The developer is CLARITY to SELF that you are so worth it  you cross that line.
2. You commit and become compelled to get a return on your investment (we want to pull out what we put in). .

How much should we invest? 

One of my mentors told me:

10 cents for every  dollar. If that is too much then do what you can but do something. Then turn around and match that to yourself to help others  !

The Return is the BEST ever .

I'm doing this now and it feels so good....nothing to sell which makes it truly PRICELESS.

All I'm providing is a positive mindset, a philosophy, an investment strategy and a perspective 

If you want to live an Exceptional Life and contribute exceptionally then this is the formula: Your Own Personal Development Investment Fund.

I'm excited to share that I followed through on this and am now able to give back to several charities and nonprofits. My side job does this for me without taking away from my family income. This year I was able to get my coaching certification and open my doors to a 8 year dream of being a Life Coach (another way I can give back).

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## Day 4: Cut the Fear

This could be a very scary one ( maybe some pain, tears, sadness with heartache) 

If you conquer this head on and enlighten yourself, I promise there is a huge transformation celebration to follow 

CUT THE FEAR and especially these 3: Failure, Rejection, Defeat 

We must take risks to get the reward 

Put that darn EGO off to the side, stop  trying to be popular and please stop  trying to please everyone around you!

Most never realize greatness or achieve their dreams  WHY is that: They didn't have the guts for risking the life they were living vs the one they were capable of! 

We all need to stop wallowing in our comfort area and stop being complacent...

Are you playing small? I bet you are.

Take a look at your life, bank account, relationships or your health to name a few. Where are you? Be honest.

We are living so far below our potential that it is embarrassing 

Be honest with YOURSELF. You are meant to be amazing, beautiful and creative. You are capable of creating magnificence 

CUT THE FEAR and claim the dreams inside of you and one more thing... you will have to risk your EGO to realize it!

Action step... look at the life wheel that has 8 components

- Business, finances, physical self, family, relationships, mental, spirit and lifestyle

Pick ONE of these. Visually think and describe all your capabilities and accomplishments if you were to go all out and max out!

Take your miracle making self and describe the tangible outcome, the production and then the realization of them operating at their highest self.

The only thing holding you back is FEAR.

Tell yourself: Let Go of My EGO

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## Day 5: Be the Exception

You need to do this to fortify you and help you prosper. 

This will be an epic heroic journey and so it's very important and very much so who you choose to walk with you 

Will you choose people who speed you up or slow you down?

Will they help guide you to the best routes or will they get you lost?

Will they help you remain healthy along the way or share their junk food?

Will they create stress, anguish and drama or will they share the joy and fun that you create along the way? 

Who you travel with will determine your destination even if you arrive!

Ask yourself: what are they saying to me, what are they reading, where are they going, what are they thinking and who are they becoming?

Are you ok with this? If not, you must trim your travel group and replace them with experienced travelers.  They will either bring you up or pull you down.  

Access high performing tribes! 

Follow successful people! 

Choose those that vibe with you! 

Join those that have the tools to get you there! 

Grab mentors but also be a mentor! 

Remember that your energy will attract the same energy "You are and become who you are with."

Raise your bar and raise that temperature.  your thermometer should be set so high that you are too hot to touch. that temperature should never be lowered to match the energy below. That

steadfast thermostat will attract the people that are willing to raise theirs!       

**YOU JUST COMPLETED THE 5-DAY CHALLENGE! CONGRATS FOR KICKSTARTING YOUR LIFE!**

*I am so happy to be able to connect with you and your journey. Please let me know how it went! What did you learn? Where did you struggle? I am offering a free follow up call to anyone who has completed the challenge. Just email me or use the contact form on my website.*

**Xoxo, Dee**

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