

A hand is shown at the bottom of the frame, holding a lit sparkler. The sparkler is the central focus, with a bright, glowing core and numerous thin, golden sparks radiating outwards. The background is dark and out of focus, featuring soft, circular bokeh lights in shades of orange and yellow, suggesting an outdoor night setting. The overall mood is one of celebration and hope.

The 14 Day Self Leadership Challenge

14 Days to Build Resilience, Release
Overwhelm, and Live Your Treasured Life.

with Dr. Sheree Bryant Sekou



I'm Dr. Sheree!

*Welcome to the 14 Day Self Leadership Challenge:
14 Days to Build Resilience, Release Overwhelm and Live Your Treasured Life.*

Greetings! I'm Dr. Sheree. Welcome to The 14 Day Self Leadership Challenge. This challenge was created because I see you. You are leading in business and in life. You are navigating board rooms, virtual home school classrooms while serving the those you love. You are learning and growing and stretching in unimaginable ways. And...

...you are finally feeling the fatigue of it all. Your candle is burning at both ends and it is just a flicker.

You want / need to feel better. You know there's no knight in shining armor riding in to rescue you, nor is there a perfect time to pause and tap into your personal power to change.

You are not alone. Your time, OUR TIME is now. Let's lock virtual arms and do this together. Wishing you peace, pleasure, and a life you treasure.

Dr Sheree xxxox

ABOUT THIS CHALLENGE

- This challenge has fuel for your SOUL, because we all need to refuel and replenish as we offer ourselves in service.
- It includes nourishment for your SPIRIT, because strong, servant leaders must pause to gather the strength necessary to continue to lead and serve.
- There will be time to reflect on your LIFE, because you have the right to live a life you treasure.
- And there will be space to contemplate the desires of your heart, because heart-centered leaders need love too. :-)

WELCOME TO THE COMMUNITY.

We are an open-hearted, adventure-loving community of leaders. We support one another and celebrate our differences. We lift others as we climb and we encourage one another when we feel like throwing in the towel.

We accept the challenge to lead ourselves in new and powerful ways and we understand the powerful ripple effect of collective positive change on our world.

We are feeling the fear and doing it anyway.

We're glad you're here.

Dr. Sherree xoxox

we welcome

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Dr Sheree N Bryant Sekou xoxox

LEADER | AUTHOR | SPEAKER

CHALLENGE TRACKER

DAY	NOTES	COMPLETE
DAY 1		<input type="checkbox"/>
DAY 2		<input type="checkbox"/>
DAY 3		<input type="checkbox"/>
DAY 4		<input type="checkbox"/>
DAY 5		<input type="checkbox"/>
DAY 6		<input type="checkbox"/>
DAY 7		<input type="checkbox"/>
DAY 8		<input type="checkbox"/>
DAY 9		<input type="checkbox"/>
DAY 10		<input type="checkbox"/>
DAY 11		<input type="checkbox"/>
DAY 12		<input type="checkbox"/>
DAY 13		<input type="checkbox"/>
DAY 14		<input type="checkbox"/>

14 Day Self Leadership Challenge

Day 1 - Calling All Leaders!
Lead Yourself

Day 2
Escape the
Cape

Day 3
Free Your
Mind

Day 4
Rest for
Resilience

Day 5
Disconnect
to Connect

Day 6
Divine
Time In

Day 7
Own Your
Throne

Day 8
Radical
Appreciation

Day 9
Remove
Expectation

Day 10
Release to
Restore

Day 11
Right to
Refuse

Day 12
Bask in the
Glow

Day 13
Bathe in
Bliss

*Day 14 - You Did That! Enter to win
our GIVEAWAY!*
Celebrate the Journey



The 14 Day Self Leadership Challenge

Day 1

LEAD YOURSELF

REFLECTIONS

COMMITMENTS

The 14 Day Self Leadership Challenge

Day 2

ESCAPE THE CAPE

REFLECTIONS

COMMITMENTS

The 14 Day Self Leadership Challenge

Day 3

FREE YOUR MIND

REFLECTIONS

COMMITMENTS

The 14 Day Self Leadership Challenge

Day 4

REST FOR RESILIENCE

REFLECTIONS

COMMITMENTS

The 14 Day Self Leadership Challenge

Day 5

DISCONNECT TO CONNECT

REFLECTIONS

COMMITMENTS

The 14 Day Self Leadership Challenge

Day 6

DIVINE TIME IN

REFLECTIONS

COMMITMENTS

The 14 Day Self Leadership Challenge

Day 7

OWN YOUR THRONE

REFLECTIONS

COMMITMENTS

The 14 Day Self Leadership Challenge

Day 8

RADICAL APPRECIATION

REFLECTIONS

COMMITMENTS

The 14 Day Self Leadership Challenge

Day 9

REMOVE EXPECTATION

REFLECTIONS

COMMITMENTS

The 14 Day Self Leadership Challenge

Day 10

RELEASE TO RESTORE

REFLECTIONS

COMMITMENTS

The 14 Day Self Leadership Challenge

Day 11

RIGHT TO REFUSE

REFLECTIONS

COMMITMENTS

The 14 Day Self Leadership Challenge

Day 12

BASK IN THE GLOW

REFLECTIONS

COMMITMENTS

The 14 Day Self Leadership Challenge

Day 13

BATHE IN BLISS

REFLECTIONS

COMMITMENTS

The 14 Day Self Leadership Challenge

Day 14

CELEBRATE THE JOURNEY

REFLECTIONS

COMMITMENTS



Anyone who is interested
in making change in the
world also has to learn how
to take care of herself,
himself, theirselves.

-Angela Davis

responsibility

POST-CHALLENGE REFLECTION

Use this worksheet to share your post-challenge reflections.



AS A RESULT OF COMPLETING THIS CHALLENGE, I FEEL...



AS A RESULT OF COMPLETING THIS CHALLENGE, I KNOW...



AS A RESULT OF COMPLETING THIS CHALLENGE, I WILL...

giveaway



YOU DID IT! NOW JOIN THE GIVEAWAY.

To join the giveaway, follow the three steps outlined below:

- ✓ One video will be posted each day for 14 days. View each video and post one key takeaway for each of the 14 challenge videos.
- ✓ Support 3 other challenge participants by celebrating their successes and/or breakthroughs.
- ✓ At the end of the challenge, complete the post-challenge reflections and post them on Facebook.

COACHING PROGRAMS

Are you...

- **over-committed and can't seem to find time for what really matters in your life?**
- **juggling so much for so long that you're not sure what stopping, relaxing and regrouping would even look like?**

My coaching programs can help.

01 GET C.L.E.A.R. COACHING CALL

Have the conversation of a lifetime and get clarity and direction in an hour. Every minute will be packed with information tailored to you and what you need to get where you want to go. We're packing all the information into this hour-long session, so be prepared to take notes!



02 CLARITY AND CHANGE COACHING PACKAGE

Get going in the direction of your dreams and stay on track with our most valuable coaching package. Enjoy three, 1-hour sessions with to help you establish and maintain your goals so you can achieve the change you're striving toward. Stay accountable with bi-weekly accountability/check-in calls (over 90 days) to help you continue driving directly toward your personal and professional goals.

