

**Barbra's 30 Day
CHALLENGE!**

A VALUES- DRIVEN LIFE



**SUNDAY OCT 17 -
SUNDAY NOV 14**

Challenge MISSION:

LEARNING...AND LIVING...A VALUES-DRIVEN LIFE

Challenge VALUES:

"If I Loved Myself Fully, How Would I Treat Myself Every Day?"

Self-Care, Fitness, Health, Honesty, Courage, Gratitude,
Happiness, Compassion, Industry, and Responsibility

WE'LL LEARN:

- What are Values?
- Where are Mine?
- How do I choose Values?
- What do I want my life to be defined by?
- Let's try out values

**JOIN THIS 30 DAY CHALLENGE
AND RECEIVE:**

- Daily video lessons
- PDF guide / assignment
- Sunday Check-In and Practice Zooms (recorded)
- Personal Postcard of encouragement
- Daily Stoic / Philosophy "Gem"



HOW DO I JOIN?

CLICK JOIN AND ANSWER QUESTIONS:

www.facebook.com/groups/barbrasvalueschallenge

REGISTER AND PAY:

www.barbradrizin.com/30-day-challenges-1

JOIN NOW...WE BEGIN SEPTEMBER 12!