

# STRETCHYOURSELF CHALLENGE

## Content Breakdown

Let me introduce my STRETCHYOURSELF Challenge online course.

Over the course of 6 week, I will be taking you on a journey to create a solid foundation by getting crystal clear on your personal and perforssional goals and defining what success and abundnace truly looks like for YOU. Together, we'll build s strong focused minset and wil fuel your journey ahead.

Here's a taste of what we will be diving into:

### Week 1: Setting Intentions & Defining Success

**Objective:** Create clarity around goals and define what success looks like for each participant.

Topics Covered:

- Defining personal and professional success
- Visualization techniques for goal-setting
- Creating a "Why" that fuels motivation

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### Week 2: Overcoming Limiting Beliefs

**Objective:** Identify and break through mental blocks that hinder growth.

**Topics Covered:**

- Recognizing self-limiting beliefs and negative self-talk
- Strategies to reframe and replace limiting beliefs
- Building confidence through small, consistent wins

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### Week 3: Building High-Impact Habits

**Objective:** Learn to develop habits that support long-term success.

**Topics Covered:**

- Understanding habit formation and the science of consistency
- Identifying keystone habits that create a ripple effect
- Strategies for staying accountable and motivated

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### Week 4: Strengthening Mindset and Resilience

**Objective:** Cultivate mental resilience and a growth-oriented mindset.

**Topics Covered:**

- Adopting a growth mindset vs. a fixed mindset
- Techniques for managing setbacks and reframing failure
- Daily practices for mental resilience

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### **Week 5: Goal Setting and Time Management**

**Objective:** Develop strategies to set realistic goals and manage time effectively.

**Topics Covered:**

- Goal-setting frameworks (SMART goals)
- Time management techniques, including prioritization and batching
- Balancing long-term vision with short-term action steps

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### **Week 6: Accountability and Sustaining Momentum**

**Objective:** Create a sustainable plan to maintain progress and accountability.

**Topics Covered:**

- Building a support system for accountability
- Strategies for maintaining momentum and tracking growth
- Planning for obstacles and adapting goals as needed

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### **Review and Reflection:**

- Celebrate progress and review achievements
- Reflect on lessons learned and personal growth

**Final Challenge:** Write a letter to your future self, outlining the habits, mindset, and actions you're committed to sustaining for ongoing success.

**Bonus:** Access to a private online group for continued support and accountability.