



MY **BOSSY** LIFE

7- Day Wellness Challenge

Includes a **FREE** 24-page
Wellness Guide & Journal

www.mybossylife.com

MY BOSSY LIFE

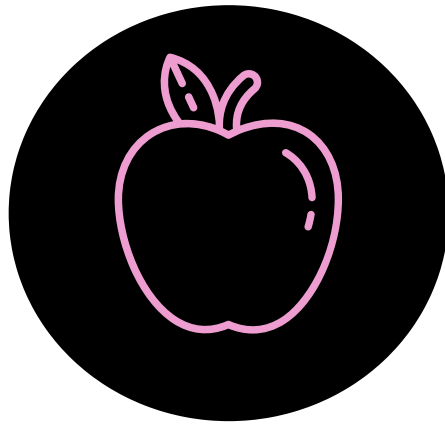
Hey Bossy Babes!

Welcome to the My Bossy Life 7 - Day Wellness Challenge. This challenge focuses on "self care" because it is so important to the health of our life and the health of our business. We should all know by now that Health= Wealth, but sometimes we get a little too busy and unfortunately push this priority to the side.

I created this challenge because I too needed a self care pep talk and I knew there were many other girl bosses who struggled with this as well. My self-care was based off how I felt about myself in the moment. If I was feeling good I would do all the cute self care stuff (spas and brunch dates). When I was down in the trenches, I wouldn't even thinking about pampering myself because I felt as if I had more important stuff going on that needed to be handled first. Then I soon realized that self care isn't always pampering and relaxation. It is the things we need to do EVERY DAY to make sure that we are always striving to be the best version of ourselves (mentally, physically, and spirituality). Sometimes it will fun, sometimes it will be difficult, ALL TIMES it is needed.

This challenge is very simple. We will focus on 7 habits that we should practice daily to be our best self. This is not a workout plan or miracle spell. You will only see the outcome of work you put in. All I ask is for you give it your best shot. There are no "winners" or "losers" of this challenge so the only person you should be in competition with is yourself. In 7 days you'll feel rested, energetic, present, strong, healthy (and perhaps even happier). Even better, you'll have a base knowledge about health and wellness that will last long after the challenge ends, giving you the tools you need to build a healthier lifestyle for years to come. Imagine what it would be like if you kept this up for the next month?!

Ready, Set, Manifest!



Nutrition

Now I'm not here to nag or be a hypocrite (because if you know anything about me I love a good eats) but this is just a reminder that your nutrition is very important. I live by the 80/20 rule. I meal prep and do my best to eat clean Monday -Friday and have my cheat days on the weekend days. Strict diets and fads don't ever work out for me and I'm sure a lot of you may feel the same. That is what works for me and you have to find out what works for you! Now If all you eat is processed and fried foods, you're going to have to make some changes. Start small and track your progress. Just try to eat as healthy as you can, okay babes?

If you need a little help changing your diet, here are a few websites for clean, healthy meals and recipes:

Websites

<http://www.eatingwell.com/article/288643/14-day-clean-eating-meal-plan-1200-calories/>

<https://www.buzzfeed.com/christinebyrne/clean-eating-2015>

[https://www.pinterest.com/search/pins/?](https://www.pinterest.com/search/pins/?q=eating%20healthy%20meal%20plans&rs=typed&term_meta[]=eating%7Ctyped&term_meta[]=healthy%7Ctyped&term_meta[]=meal%7Ctyped&term_meta[]=plans%7Ctyped)

[q=eating%20healthy%20meal%20plans&rs=typed&term_meta\[\]=eating%7Ctyped&term_meta\[\]=healthy%7Ctyped&term_meta\[\]=meal%7Ctyped&term_meta\[\]=plans%7Ctyped](https://www.pinterest.com/search/pins/?q=eating%20healthy%20meal%20plans&rs=typed&term_meta[]=eating%7Ctyped&term_meta[]=healthy%7Ctyped&term_meta[]=meal%7Ctyped&term_meta[]=plans%7Ctyped)

Grocery List

Look Great Feel Great

Fruits

1. Berries: blueberries, blackberries, raspberries ect.
2. Apples
3. Bananas
4. Oranges
5. Avocados: *The blacker the better*
6. Limes & Lemons: *Find the heavy ones... They'll have more juice*



Nuts & Seeds

Unroasted, Unsalted, Unsmoked Nuts. RAW. Store in Fridge

19. Almonds
20. Walnuts
21. Flaxseeds
22. Sesame Seeds



Meat, Fish, and Poultry

23. Boneless, Skinless Chicken Breasts
24. Roast Turkey Breast
25. Boneless Lamb Loin
26. Wild Salmon
27. Fresh Sole



Eggs & Dairy

33. Omega-3 Organic Eggs
34. Feta Cheese
35. Plain Nonfat Yogurt



Staples

40. Almond Butter
41. Cashew Butter
42. Extra-Virgin Olive Oil
43. Green Tea Bags
44. Rice Vinegar, Unseasoned



Vegetables

7. Baby Spinach
8. Baby Mixed Greens
9. Broccoli
10. Carrots
11. Tomatoes: Vine ripened or hot house
12. Cucumbers
13. Beans
14. Peas
15. Onions
16. Garlic
17. Herbs (bunches): Rosemary, Flat-leaf Parsley, Cilantro, Tarragon
18. Peppers



Frozen

28. Frozen Shrimp Cooked
29. Frozen Mixed Berries



Organic Soy Product

30. Plain, Unsweetened Soymilk
31. Plain, Unsweetened Soy Yogurt
32. Tofu



Whole Grains

36. Brown Rice, Long Grains
37. Whole Rye or Flax Bread
38. Steel-Cut Oats
39. Quinoa



Drinks

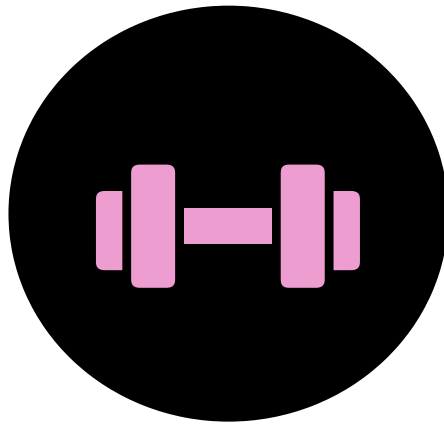
45. Bottled Water



Extras

46. Dark Chocolate
47. Cocoa Powder





FITNESS

There is always going to be a debate on what exercises you should be doing. Although all of us have some "body goals" we want to reach, this is not really what this challenge is about.

For this challenge your goal is to simply GET ACTIVE.

Choose a 30- minute activity; yoga, gym, boxing, rock climbing, dancing swimming, or whatever else you ENJOY doing (5 days)

Chose a 10-minute activity for rest days (2 days)

Devoting half an hour to physical activity will make it fun and not a chore. **YOU DO NOT HAVE TO SPEND HOURS IN A GYM TO LIVE A HEALTHY LIFESTYLE** but you must be active for at least 15- 30 mins **DAILY**.

Don't want to spend an arm and leg on a workout regime? If you are a Youtube lover here are some channels to check out.

YouTube Channels

<https://www.youtube.com/channel/UCFKE7WVJfvaHW5q283SxchA>

<https://www.youtube.com/channel/UC22l9RNI8gRrh2BpDZOoLVg>

<https://www.youtube.com/channel/UCBINFWq52ShSgUFEoynfSwg>



MOBILIZE

Stretch for at least 10 minutes everyday during this challenge. I recommend in the morning before you start your day or the evening before you go to sleep at night.

Stretching Guidelines

- Hold stretches for 15-30 seconds.
- Consistent stretching is the goal. Stretching is most effective when performed as a habitual practice. 5-7 days per week will garner the best results.
- Stretch all major muscle groups.
- Focus on the stretch and use your breath to relax and go deeper.

As you breath, exhale into the stretch. Exhalation causes the diaphragm and muscles to relax.

- Don't get competitive: as you focus on your breath let the distance achieved in the stretch be what it is for today.
- Stretch to the point of limit of the movement, not the point of pain. As you relax, the limit will increase; do not force this to happen, wait for it.

DAILY ROUTINE

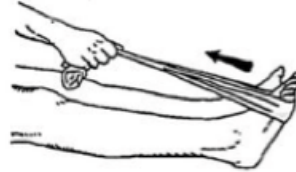
STRETCH ROUTINE FOR OPTIMAL HEALTH



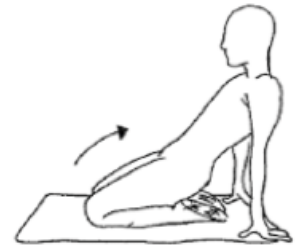
SEATED HAMSTRING #1



SEATED HAMSTRING/LAT



SEATED CALF STRETCH



SEATED QUAD STRETCH #1



SIDE LYING QUAD STRETCH



LUNGE QUAD STRETCH #1



LUNGE QUAD STRETCH #2



PIGEON STRETCH #1



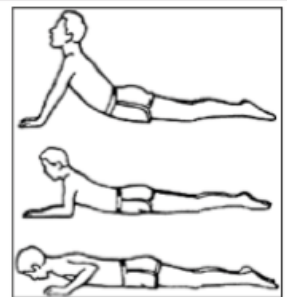
Adductor Stretch



SPINAL TWIST #1



SPINAL TWIST #2



SPINAL EXTENSION



SPINAL FLEXION



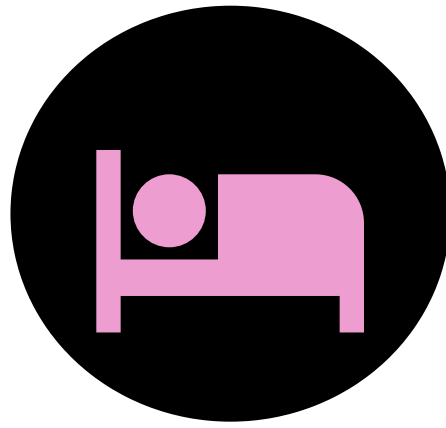
SHOULDER/Triceps STRETCH



CHEST OPENER



BEHIND THE BACK



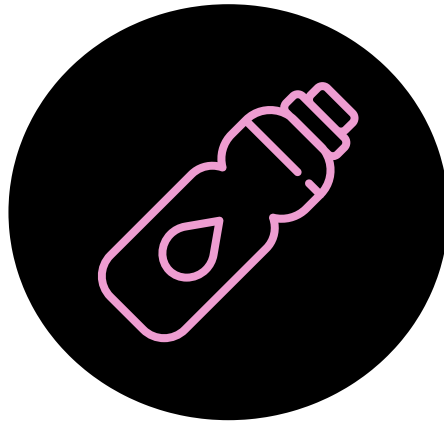
REST

Sleep influences your health, your mood, your mental abilities, and even your body fat level, Yet most of us don't get enough.

Still, it's not realistic to ask everyone to get 7.5 to 8 hours of sleep every night.

Work, your business, family and social obligations will always conspire to shorten our slumber, regardless of our best intentions..Recognizing this, I ask only that you set a sleep goal

(The number of hours and minutes you'll sleep each night), and stick with it, attempting to get just slightly more sleep than you would otherwise.This philosophy of small steps.Seeking improvement rather than perfection—is at the heart of the My Bossy Life 7-day Challenge.



HYDRATE

There is no simpler way to improve your health than to increase your water intake. Water is the start to the solution. After only a few days, joints become less inflamed, calories are processed more efficiently, digestion improves, and essential life processes carry on as they should — leaving you feeling energetic and vital. Your skin will start to glow and your hair health will improve as well. While there is some debate about how much water is enough, it is undeniable that most of us don't drink as much as we should. Instead choosing caffeinated beverages, alcohol, and foods that leave us vulnerable to dehydration. I'll be honest with you, the infamous gallon is not for me. I have yet to finish an entire one. Instead I strive to drink at least 5 bottles of water a day.

1 in the morning when I first wake up or with my breakfast

1 during the morning at work

1 for Lunch

1 mid afternoon

1 with dinner or late evening before I go to bed

If you're on quest save the world like me, Buy a reuse-able water bottle from your local Ross or Target. You can also order off Amazon.





WELL-BEING

Each day of week during the Challenge, we'll introduce you to a new well-being practice—
A small action you can take each day to improve your life.

Day 1:

Meditate/Pray for 10 minutes when you wake up in the morning and before you go to bed.

Complete the journal exercise

Organize a messy space that you occupy. This could be your room, closet, kitchen, work desk/office or car.

Day 2:

Listen to a motivational podcast before you begin your day. I recommend Confessions of a Werkaholic or Therapy for Black Girls, but there are so many more!

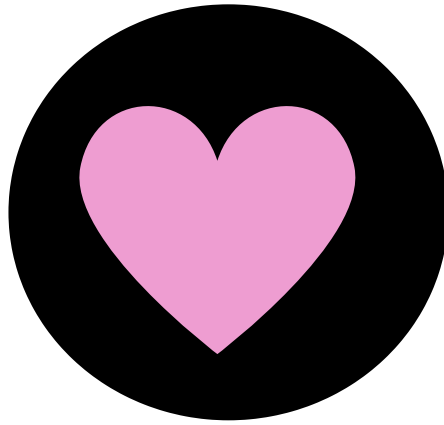
Spend 30 minutes catching up with your family or love ones.

Complete the Journal exercise.

Day 3:

Meditate/Pray for 10 minutes when you wake up in the morning and before you go to bed.

Spend less time on social media and pick up a book to read. I will be reading
Complete the journal exercise.



WELL-BEING

Day 4:

Practice your favorite form self care today. Remember self care isn't just designated for the weekend

Complete the journal exercise.

Day 5:

Meditate/Pray for 10 minutes when you wake up in the morning and before you go to bed.

Practice your favorite form self care today. Remember self care isn't just designated for the weekend.

Complete the journal exercise.

Day 6:

Spend time catching up with a close friend.

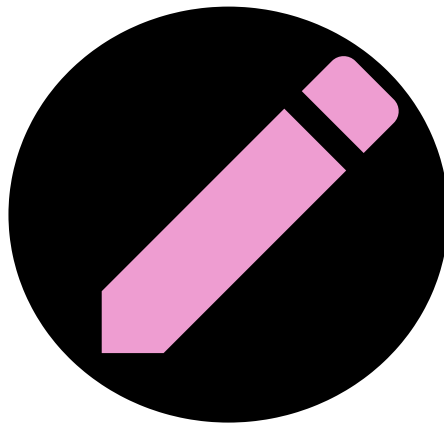
Do something kind for someone without expecting anything in return.

Complete the journal exercise.

Day 7:

Meditate/Pray for 10 minutes when you wake up in the morning and before you go to bed.

Complete the final journal exercise.



REFLECT

Below you will find your daily journal prompts. This is the most important part of the challenge. The journals are only for your use so it is important to be as transparent as possible. Do not treat this as boring mandatory activity. Be honest and be yourself! This is a judgement-free zone. I recommend to print the pages and physically write. This will make it more personal.

DAY 1

Who am I?

VS.

Who do I want to be?

Where am I in my life?

A large, solid pink rectangular area intended for a person to reflect on their current position in life.

Where do I want to be? 1yr from now? 3 years from now? 5ys?

A large, solid pink rectangular area intended for a person to reflect on their future goals and aspirations for 1, 3, and 5 years from now.

Am I on the right path? If not, what do I need to change?

A large, empty pink rectangular box, likely intended for a user to write their response to the question above it.

What do I expect to accomplish from this challenge?

A large, empty pink rectangular box, likely intended for a user to write their response to the question above it.

DAY 2

Morning Reflection: How do you feel today?

A large, solid pink rectangular box intended for a morning reflection. It is empty and occupies the upper half of the page below the first question.

What's going well in your life? Not so good?

A large, solid pink rectangular box intended for reflection on what's going well or not so good in life. It is empty and occupies the lower half of the page below the second question.

DAY 2

In this moment, What are 3 things you are grateful for?

A large, solid pink rectangular box intended for the user to write their response to the gratitude question.

Evening Reflection: How was your day? What did you accomplish?

A large, solid pink rectangular box intended for the user to write their response to the evening reflection question.

DAY 3

What do you love about yourself?

A large, solid pink rectangular box intended for a person to write their response to the question 'What do you love about yourself?'. It occupies the upper half of the page.

What do you wish you could change?

A solid pink rectangular box intended for a person to write their response to the question 'What do you wish you could change?'. It is positioned below the first reflection box.

Evening Reflection: How was your day today?

A large, solid pink rectangular box intended for a person to write their response to the question 'Evening Reflection: How was your day today?'. It occupies the bottom half of the page.

DAY 4

What are you passionate about? What makes you happy?

A large, solid pink rectangular area intended for handwritten responses to the question above.

Are you doing that? If not, why? How can you start?

A large, solid pink rectangular area intended for handwritten responses to the question above.

DAY 4

What is your life purpose?

A large, empty pink rectangular box intended for a person to write their response to the question "What is your life purpose?".

Let's redefine success. What does Success look like for you?

A large, empty pink rectangular box intended for a person to write their response to the question "Let's redefine success. What does Success look like for you?".

DAY 5

What are you afraid of?

How will you overcome those fears?

How was your week so far? Anything new?

DAY 5

How have you changed in the last 3 years?

A large, solid pink rectangular box intended for the user to write their response to the question about changes over the last three years.

What distractions are hindering your productivity?

A large, solid pink rectangular box intended for the user to write their response to the question about distractions hindering productivity.

Closure: Tell something to someone you need to but just can't.

A large, solid pink rectangular box intended for the user to write their response to the closure prompt.

DAY 6

What do you need forgive yourself for?

A large, solid pink rectangular box intended for journaling or writing a response to the question above.

What do you owe yourself? What are you worth?

A large, solid pink rectangular box intended for journaling or writing a response to the question above.

How was your week so far? Anything new?

A large, solid pink rectangular box intended for journaling or writing a response to the question above.

DAY 7

It is day 7 of the challenge, How do you feel?

A large, solid pink rectangular box intended for journaling or writing a response to the question above.

What have you accomplished?

A large, solid pink rectangular box intended for journaling or writing a response to the question above.

What have you learned this week that you will take with you?

A large, solid pink rectangular box intended for journaling or writing a response to the question above.

DAY 7

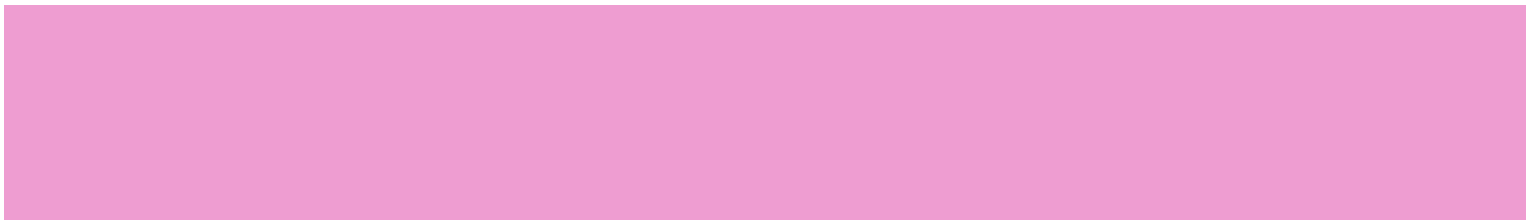
What is your power? How will you use it?

A large, solid pink rectangular box intended for the user to write their reflection on their power and how they will use it.

What's next? Goals?

A large, solid pink rectangular box intended for the user to write their reflection on their goals and what's next.

Positive Affirmation or Motivation

A large, solid pink rectangular box intended for the user to write their positive affirmation or motivation.

Congratulations you have completed the My Bossy Life 7-day challenge! Share your feedback by DM on Instagram or visiting, <https://www.mybossylife.com/contact>