



# ELEVATE!

14 DAYS TO A MORE SPIRITUAL, PHYSICAL,  
AND PROFESSIONAL YOU!

PRESENTED IN PARTNERSHIP WITH THE GLAMBITIOUS BRAND

Hello!

I am excited you've decided to join me for 14 days of *Glowing Up!* The best ways to maximize the challenge is to:

1. Designate a specific time each day to commit at least 60 minutes to completing everything!

xoxo, *Dr. Shanna Moore Reynolds*

YOUR MENTAL HEALTH PERSONAL TRAINER



# [DAY 1] Accept Yourself!

As ambitious women, we are often focused on one goal after the next and can be pretty hard on ourselves. Once you factor in relationships, children and family - there is often very little time to really celebrate the woman that we've evolved into at this very moment!

## Challenge 1: Write A Love Letter To Yourself

Think about your 8 year old self and all of the challenges you have overcome, in addition to the accomplishments you have made since then. Write this letter and keep it somewhere safe so that when you're feeling down, you can pull it out and celebrate yourself! Here's a snippet of my own love letter!



Dear (insert name),

I am so proud of the amazing woman you have become! Instead of allowing the environment you grew up in to stifle you, you let it inspire you. Despite the many challenges and disappointments you've experienced, you maintain this jovial, upbeat, almost child-like disposition...I love that about you. I admire how much you take risks and have the courage to live life on your own terms.

You're always seeking resources and positivity to share with others, and I'm certain you will continue to impact the world, one idea at a time!

# Challenge 2: Pitch Yourself for an Interview or Blog Feature

You work hard and deserve for your professional efforts to be celebrated as well! Pitch yourself to 2-3 blogs or podcasts for an interview opportunity! These outlets feature inspiring women on their blog, so perhaps pitch them first and mention I sent ya!

GlamBoss.org (Info@GlambitiousIAM.com)

PinkBoss.com (Vanessa@PinkBoss.com)

iam.priiincesss.com (iampriiincesssblog@gmail.com)

Remember to attach a hi-resolution photo taken by a professional photographer. A media pitch should be about 1 paragraph long and simply highlight what you'd like to share with the blog's audience. Here is an example:

Hi Glambitious Team!

I am a fan of your blog and would love to be considered for an interview or online feature about my latest efforts! I am the creator of \_\_\_\_\_ and would love to share tips with your audience for how to \_\_\_\_\_.

Through my many years of experience as a \_\_\_\_\_, I've worked with women around the country to empower and inspire them to achieve their wildest dreams. To learn more about my work please visit [www.\\_\\_\\_\\_\\_.com](http://www._____.com), thank you in advance for the consideration!

Note: We also offer interview opportunities at GlamBoss.org!

**Challenge 3: Let's Dance!**  
Access a dance workout via this link:  
[bit.ly/glowupdance](http://bit.ly/glowupdance)

## [DAY 2] Cut the Cords



From childhood experiences, romantic relationships and professional endeavors - it is virtually impossible to exist without some form of baggage. However we must deliberately cut the cords whenever possible to lighten our load! Imagine trying to run a 5K race with a bookbag full of weights....that is the equivalent of going through life without consciously taking time to cut the cords to everything that doesn't serve you in a positive way.

# Challenge 1: Cut Energetic Cords, Ties and Attachments

Think about 2 people that you have had a negative experience with or people that just weigh heavily on you. From a disappointing parent or romantic partner, to a friend that calls you to complain all of the time; The energies of those connections can stifle you in more ways than one. We may not even recognize exactly how we are affected by it, nevertheless it is very imperative to cut those emotional cords and purify our own energy.

The guided meditation below will help you cut energetic cords, ties and attachments. Be sure to use earphones and sit in an isolated place to maximize this meditation. If you are new to meditating, it may seem weird at first. However if you find your mind wandering, just shift it back and commit to the process (its only 12 minutes!)

Visit this link to access the meditation:  
[bit.ly/meditationcord](https://bit.ly/meditationcord)

# Challenge 2: UNSUBSCRIBE + UNFOLLOW + UNFRIEND

Most of us are subscribed, whether intentionally or by surprise, to a number of newsletters and email lists. Take the time to unsubscribe from ALL newsletters or email lists that do not serve you professionally or spiritually. Before I went on my unsubscribing-spree, I was worried about hurting the feelings of a few colleagues. However my inbox is my professional haven so I don't need the clutter and neither do you!

Likewise as you engage on social media, don't be afraid to unfollow or unfriend those that don't align with you professionally or spiritually. When you scroll through your timeline, you should see positive quotes, light-hearted memes or professional opportunities. Anytime someone posts something crass, negative or disturbing -- immediately disconnect!

## Challenge 3: Yoga For Relaxation

Now that you've cut those cords, lets do a Yoga of 'intention'! This particular Yoga video will replenish you with positive energies that are centered around your goals and intentions. Something about doing Yoga after cord-cutting, just makes sense!

Visit this link access the yoga video [bit.ly/yogatorelax](https://bit.ly/yogatorelax)

# [DAY 3] Practice Radical Acceptance



Stop judging your journey, and for once practice radical acceptance! Everyone has some parts of their life that they wish were different, however it is important to always remember the magnitude of magic that makes you one-of-a-kind. It is a culmination of diverse experiences that make you unique and special, so don't wish any of it away....accept it!



# Challenge 1: Find the Hidden Gifts

"Contrast experiences" are the moments that aren't warm and fuzzy.... the moments that have challenged you or shifted you outside of your comfort zone. It is important to find the gift in the contrast experiences, and change the narrative that you applied to those moments.

*Write down a few contrast experiences  
and list the hidden gifts*

Examples of Hidden Gifts:

1. Having grown up in an urban area allows me to relate to and empower a special demographic of young girls.
2. Not being born rich allowed me to be inspired by a hard-working mother and internalize that work ethic as an adult.

# Challenge 2: Accept to Excel

Our professional journey has likely also had a fair share of contrast moments. Don't allow this to affect your career confidence. Stop comparing your journey to other professionals and know that everything happens for a reason. Again find the hidden gifts in your professional journey and use them as a catalyst to grow!

*Write down a few unsuccessful projects or negative career experiences and list the hidden gifts. For example:*

1. [Layoffs] Being laid off of 3 jobs after relocating to Atlanta, encouraged me to pursue entrepreneurship. This has resulted in me experiencing true professional freedom and fulfillment.
2. [Event flop] Having my first Charlotte brunch flop 6 years ago, taught me how to creatively attract attendees, connect with local influencers and produce a more exciting event experience.
3. [Staff flop] Hosting an event where all of the volunteers flaked, taught me to use an event staffing agency for onsite help moving forward.

# Challenge 3: Yoga For Acceptance

This particular workout includes an affirmation mantra 'I Accept', which perfectly aligns with today's message of radical acceptance. Yoga is a great workout choice to help you ease through the work-week and handle any mania that comes your way.

To access video visit: [bit.ly/acceptyoga](http://bit.ly/acceptyoga)

# [DAY 4] Get Social!



## Challenge 1: Schedule a Lunch Chat with 3 Pros

As the old saying goes, your network = your networth! Sometimes we get too comfy with our immediate circle, and need to work on building connections with other great business professionals! The synergy from meeting in person far exceeds an email or social media conversation.

Think about 3 amazing Pros that you'd like to build with or reconnect with and email them to confirm a meeting for lunch or coffee. If the Pro is exceptionally busy, suggest ordering lunch delivery to their office and meeting them there to chat. I've been guilty of procrastinating when it comes to forging these type of meetings, so don't fall victim to the "I'll do it tomorrows".....send the Pros an email today!



Likewise we can get comfy hanging out with the same circle of friends, and there is so much adventure to be explored amongst other social groups.

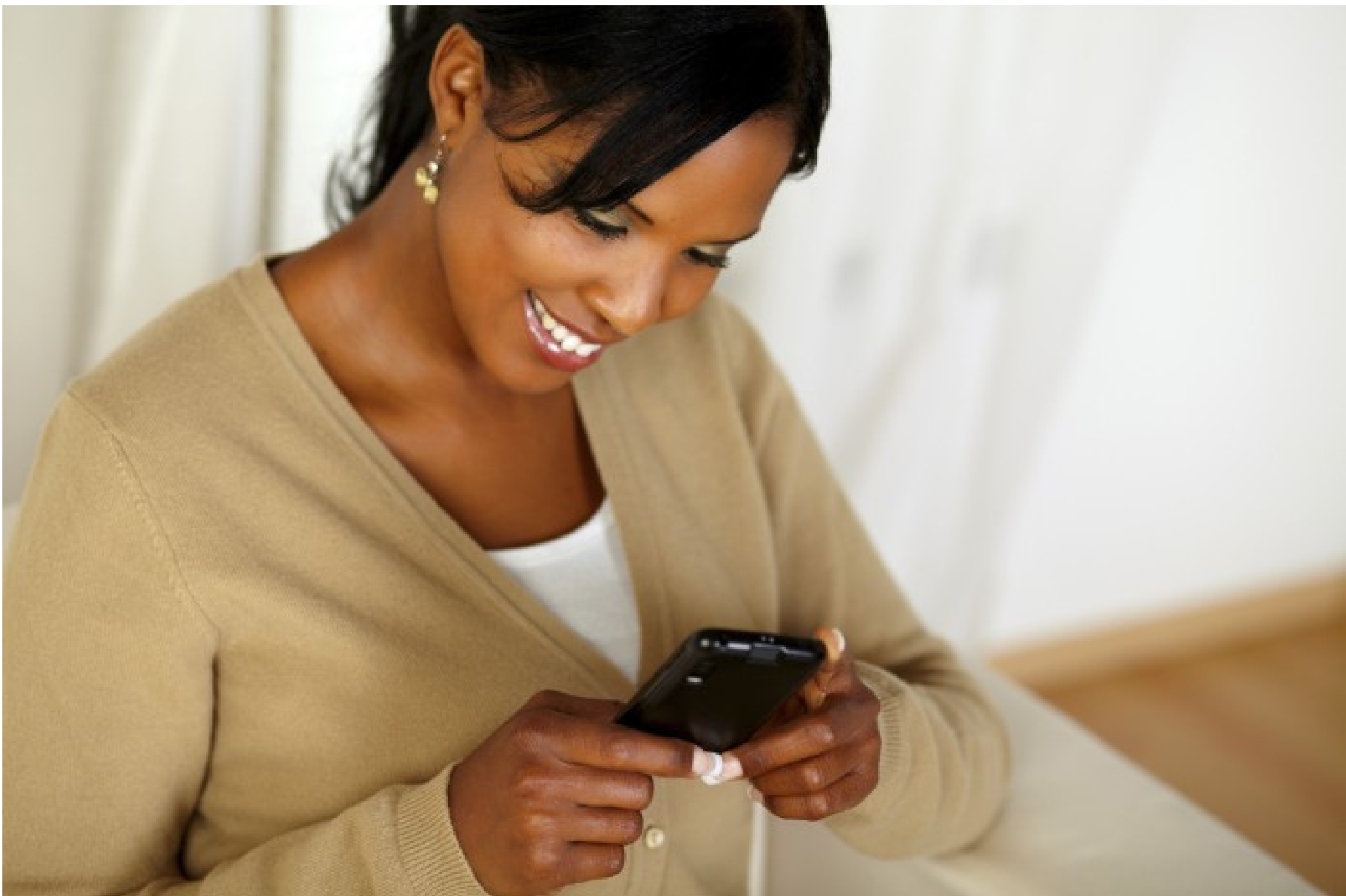
Visit [meetup.com](https://www.meetup.com) and join 3 groups that speak to your cultural interests or personal goals.

There are also adventurous meet-up groups, so joining can allow you to check off some of those bucket list activities like white-water rafting! Don't be afraid to go to activities alone either. Pictured above is a 'Yoga In the Park' event with over 100 Yogis !!

Moral of the story, challenge yourself to get out of your comfort zone to expand professionally and personally!

# Challenge 3: Invite a Friend To Workout With You Today!

## [DAY 5] Apps for Life Hacks



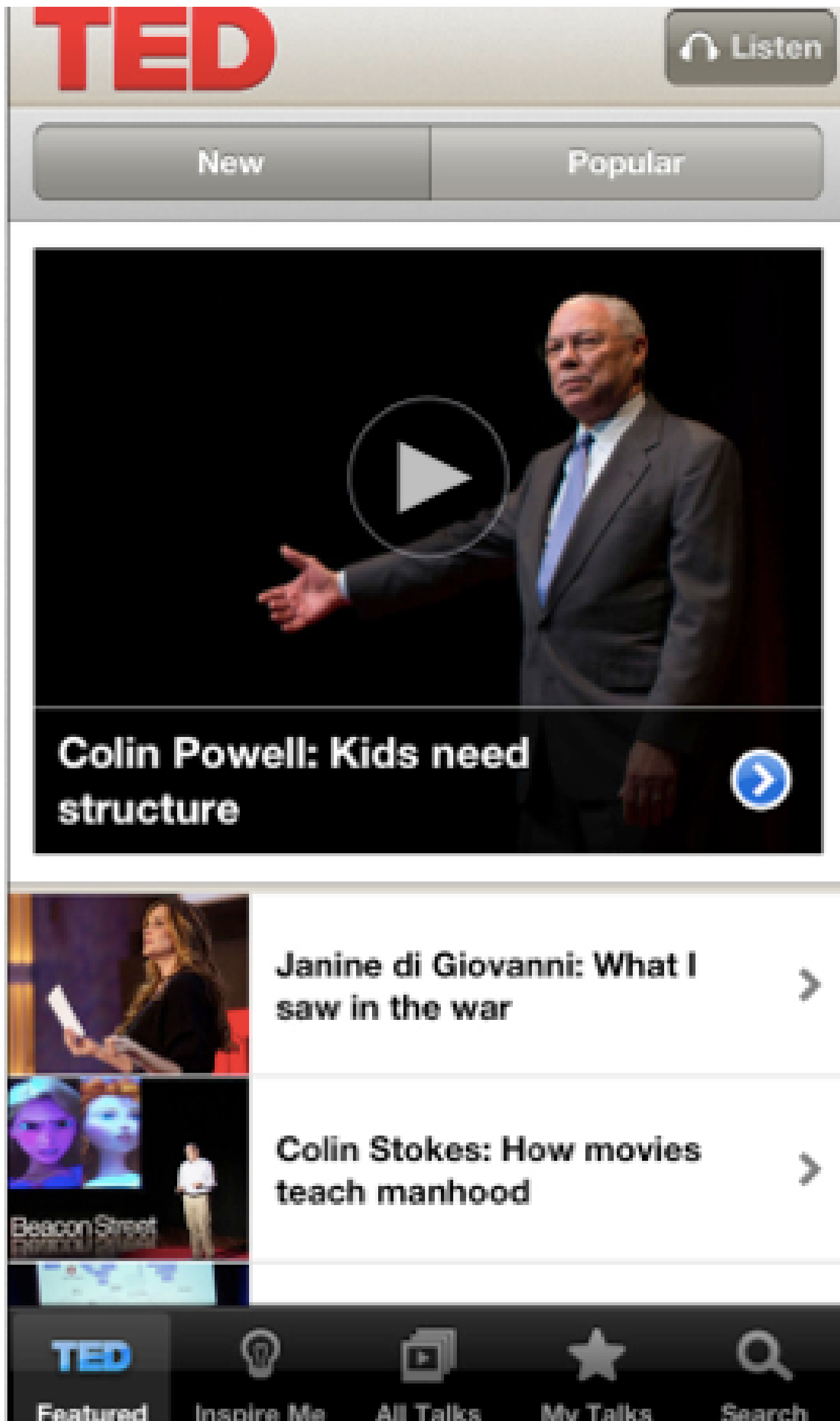
## Challenge 1: Duolingo

Download this FREE App and start learning a new language today! This app is a nice alternative to games and social media whenever you have idle time and it is actually quite fun!

Duolingo offers 10 extensive language courses and the developers shared that an 11-week university language course can be completed in 34 hours using the app.

After downloading it today, work through at least 2 lessons!

# Challenge 2: Download TED talks App



About TED talks App: With intriguing discussions by experts, academics and celebrities, the TED app is an awesome resource to tune-in to fascinating talks of all facets. TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED talks cover almost all topics — from science to business to global issues.

Watch 2 TED talks today!



# Challenge 3: Download Sworkit App

About Sworkit App: "Rather than focus on set exercise routines, Sworkit (Android, iOS) has users creating targeted workout routines. Select whether you want to build strength, do yoga, practice cardio, stretch, pilates or build a custom routine, as well as a duration, and Sworkit builds you a routine of randomized exercises that fit your exercise goals. Each workout is different, making sure that you stay alert and are never bored by your workout."

# [DAY 6] Let's Be Unreasonable

When you are being 'unreasonable' by most people's standards, it is the best indication that you are on your way to experiencing something amazing!



Although graduate school was a great choice for others, "going against the grain" has always lead to the biggest victories and most life changing experiences. I challenge you to be "unreasonable" in your thought processes and start thinking bigger!

# Challenge 1: Plan Your DREAM trip

We all want to travel the world and experience wanderlust, so today I challenge you to get one major trip in motion for this year! For many it may be 'unreasonable' to have breakfast with a giraffe, but going to Kenya can afford you that luxury.

Instead of assuming a trip is 'too big' or 'too expensive', treat it like a project, break it down and make it happen:

1. Price flights to find the least expensive travel month. The 'Flight Life' and 'Sky Scanner' apps are great for this. You can also set up an alert through [FareDealAlert.com](http://FareDealAlert.com)
2. Choose AirBnB! Email us at [info@GlambitiousIAM.com](mailto:info@GlambitiousIAM.com) for a \$40 Travel Credit to use toward your next booking! Note: When booking a stay through AirBnB, always read the reviews!
3. Create the Budget: Price typical food, transportation and excursion costs to create an overall budget.
4. Open a Bank Account for Traveling. Take the budget total and divide it by how many weeks you have before traveling. This will be your weekly savings goal. VOILA!



# Challenge 2: Set Bigger Business Goals

Think about a project, book, event or effort that you can revamp to reach an even bigger goal. Setting a bigger goal can reignite your interest in something you've already created!

If you published a book 2 years ago, change the cover design add a few extra pages and restart the campaign with the goal of doubling your sales! If you had a small event for 40 people last year, plan another edition of it for 150 people this year! If you're not sure where to start, simply write down the 3-5 projects you most recently completed and brainstorm areas to make them bigger and better. Need some project ideas? Check out the book "How To Earn \$5K In 30 Days" at 5Kbook.com.



## Challenge 3: Insanity w/ Shaun T!

To access this fitness video visit:  
[bit.ly/insanityoz](http://bit.ly/insanityoz)

# [DAY 7] The Power of Giving

Per TheMindfulWord.org: "The more you give of yourself, the more you find of yourself."

"We all know how great it feels to receive gifts. However, the joy of getting is short-lived. Giving takes you out of yourself and allows you to expand beyond earthly limitations. Giving is one of the best investments you can make towards achieving genuine happiness.



If you find yourself feeling unhappy, try making someone else happy and see what happens. If you're feeling empty and unfulfilled, try doing some meaningful and worthwhile work and see how you feel. The catch is that you must do this work with passion and enthusiasm."

## Challenge 1: Send Thank-yous to 3 Professional Peers

We are all inspired by and supported by a variety of professional peers. Think about 3 of your professional peers, particularly the ones that you haven't had the chance to formally thank. Here are some creative ways to consider thanking them:

1. Post a #FlashbackFriday picture with them, including a message about how they've impacted your professional journey.
2. Send them a digital Starbucks gift card with a special thank you message.
3. Invite them to your next event and surprise them with public acknowledgement
4. Gift them with a cool business resource from GlamBoss.org to help them professionally
5. Invite them out for brunch or lunch.

# Challenge 2: Volunteer with a New Cause

Sign up to volunteer with a new cause driven organization. Think outside of the box and choose a service that you have a special connection to. For example I love babies, so volunteering at a shelter for homeless children is an extra special experience for me. You can even consider creating a cause-driven initiative to gain larger support for a local charity after you volunteer. The spirit of service is definitely among the most rewarding!



## Challenge 3: Burn 500 Friday Calories!

To access the fitness video visit:  
[bit.ly/burn500calories](http://bit.ly/burn500calories)



# [DAY 8] Lets Get Married!

...to C



Challenge 1:  
Check out this awesome Ted talk  
visit: [bit.ly/tedtalkmarried](http://bit.ly/tedtalkmarried)



Challenge 2:  
Create Vows for Professional Happiness

A 'vow' is defined as a solemn promise to do a specific thing. Think about the areas of your profession or business that make you unhappy and create 3-5 vows for professional happiness! Below are a few examples:

1. I vow to set specific business hours and not take calls or emails outside of those hours.
2. I vow to only accept full payment for my services in advance, (no more payment arrangements!)
3. I vow to apply for 5 new professional opportunities every Sunday.

# Challenge 3: Honeymoon Time!

Instead of a physical fitness challenge, we challenge you to treat yourself to something special today! Whether a spa treatment, massage, mani or pedicure -- do something special to celebrate your new commitment to self. Perhaps even consider a 'Staycation', where you book a hotel room locally and enjoy a day away from home.

## [DAY 9] Slay Your Day!

### Challenge 1: Find 3 Things To Look

Start with today by outlining 3 things you're looking forward to this week. Next make a standing date with friends that happens every Monday after work, like trivia or potluck so you that you have yet another thing to look forward to every Monday!

Watching motivational videos like the one below is a great daily habit to keep you revved up throughout the day!

### Challenge 2: Change your mind!

### Challenge 3: Can't Slay Without a BEAT visit: [bit.ly/glamworkout](http://bit.ly/glamworkout)

# [DAY 10]

## Get Ready For Your Close-Up



### Challenge 1: Coordinate Your Glam Day!

As a thriving female professional, you can never have enough professional photos. Sometimes we use the same headshot over and over and over; even after our looks and style have changed.

Schedule your next photoshoot and make it a Glam Day! Instead of doing your own makeup/hair, hire a MUA and professional hairstylist to glam you up on site! Also consult with a fashion stylist to assure you have the best looks available in your wardrobe. Beyond having new photos to use with your business promotions or website, this is also a feel good effort that every Glambitious woman should have each quarter!

# Challenge 2: Develop Your Video Reel

Most women that are experts in a particular industry, eventually evolve to include public speaking in their repertoire. Whether or not this is one of your goals, it is always good to have a professionally shot video reel that introduces what you do, who you are and what makes your brand special. This is an impressive multi-media tool for potential clients and customers to see as well!

If you already have a collection of video snippets, perhaps hire someone from Fiverr.com to edit it into a cohesive video. If not, consider booking a local videographer to work with on this project. It can be a simple 1-scene video of you discussing your work or a multi-faced reel that shows you in action!

Brainstorm creative ideas  
for your video reel!

Challenge 3:  
Enjoy a Low-Impact Glam Workout!  
visit: [bit.ly/glamworkout](http://bit.ly/glamworkout)

# [DAY 11] RELAX. RELATE. RELEASE.



## Challenge 1: RELEASE

**Have you had endless to-do lists this week?  
Does it seem like your plate is always full?**

Write down everything that is on your mind, then literally lose it!  
On the lines below, write down your to do list, your worries, your anxieties etc. ....read it over.... then rip it up! The purpose of this challenge is to help you empty your thoughts and experience an authentic peace of mind.

 \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_



# Challenge 2: RELATE

As kids we would use our imaginations often and even experience feelings of enjoyment from the little worlds we created in our minds.

Channel that child-like open-mindedness and imagine what the perfect lifestyle would look and feel like. Allow yourself to feel the excitement and energy from this ideal lifestyle as well!

What city would you live in, what view would you see when you wake-up, how would you look, what would you do on a daily basis, what activities would you do for fun, what type of people would you interact with? Daily visualization of your ideal lifestyle will get you one step closer to achieving it!



Challenge 3: RELAX  
VISIT: [bit.ly/auracleanse](https://bit.ly/auracleanse)

# [DAY 12] It's Never Too Late

## Challenge 1: Revamp Resolutions

Usually we wait until the dawn of a New Year to think about resolutions, but it is important to revamp resolutions every quarter! Life happens and time flies, so it is easy to get off track or have a change of heart with your goals. Take a notebook and flush through how you can improve as it relates to reaching your goals in the 3 areas below:

**Fitness** - Research free classes and add them to your phone calendar, it definitely makes the fitness journey more fun! Look for bootcamps, outdoor activities, running groups, 5K events, among other creative ways to stay physically active. (Look on eventbrite or under your Facebook events tab)

**Health** - Plan your meals for the week and try to only eat-out on the weekends. Literally write down your daily eating plan for next week and stick to it! Stock the fridge with your fave fruits for late night snacking and keep healthy snacks in your purse if you are frequently on-the-go.

**Lifestyle** - If you've been single for awhile allow yourself to try online dating. If you've felt isolated, join a group at church that supports your interests. Identify the areas of your lifestyle that can use a boost and do something about it!

# Challenge 2: Business Resolutions

List 5 Business Resolutions that you can feasibly accomplish within the next 30 days. Are you tired of running your business alone? Hire summer interns. Is the finance part of your business overwhelming? Book an appointment with an accountant that specializes in small business ownership.

Identify the 5 areas of your business that need immediate attention and write down the steps to get those business resolutions handled Olivia Pope style!



Most of the world's most successful people commit to daily meditations as a way to stay in tune with their core, reduce anxiety and maximize their efforts during the day. As the physical body needs rest, so does your mind!

# [DAY 13] Big Ego or Nah?

Most people assume that if they aren't arrogant in nature, that they must not have a big Ego. However the Ego is much more than that, and it often tricks us into being consumed with material things, negative perspectives and immediate gratification.

## Ego

I am a victim  
of circumstance.

I live in scarcity,  
there is never enough.

I am alive temporarily  
and that is scary.

I am in competition  
with the world.

It's complicated.

## Higher Self

I create my  
own reality.

I live in abundance,  
there is always enough.

I am alive temporarily  
and that is awesome.

I am in harmony  
with the world.

I am happy.

# Challenge 1: Connect with Higher Self

Becoming in tune with your higher self is a deliberate action that must be taken daily. Challenge 1 is to visit [bit.ly/higherself10](http://bit.ly/higherself10) and read the ten steps to contacting your higher self.



## Challenge 2: Close The Gap

Visit [bit.ly/positivehead](http://bit.ly/positivehead) and I  
earn how to close the gap!



## Challenge 3: Letting Go of the Ego & Need to Control

Visit [bit.ly/meditation13](http://bit.ly/meditation13)

# [DAY 14] Define Your New Reality!



Discipline is the most integral component for creating a new reality. Compose 5 commitment statements that will help you stay on course for an elevated lifestyle professionally, spiritually and health-wise! Here are some examples:

1. I will commit to \_\_\_ minutes of physical activity Mon.-Fri.
2. I will eat home-cooked meals during the weekdays, and only eat-out on weekends.
3. I will start saving an extra \$\_\_\_ each week.
4. I will re-invest \$\_\_\_ per week into my business exposure efforts and educational tools.

5. I will read 30 minutes of my bible plan and/or meditate daily.

## Challenge 2: Reach Your Income Goals!

1. Define your monthly income goal: \$\_\_\_\_\_
2. Outline your current and potential Income streams. For example:  
*E-book: \$20 - Coaching: \$200/client - Service: \$500/client*
3. Create the sales-goal equation to reach your monthly goal. For example if the goal is \$3,000 with the above income streams your equation may appear this way: **SALES GOALS:**  
*50 E-books: \$1K / 5 Coaching Clients: \$1K / 2 Service Clients: \$1K*
4. Create a plan to reach each of those sales goals! Ask yourself how can I boost book sales or how can I reach more clients? Should I make a special offer to previous clients to renew their contracts? Should I offer a referral incentive for paid client referrals?

## Challenge 3:

Tune-In to this motivational video!!

Visit: [bit.ly/successtips10](http://bit.ly/successtips10)