

WELL-BEING

REVOLUTION CHALLENGE



Setting Your Intention for the Challenge

Setting an intention is like making a heartfelt promise to yourself. It's more than just a goal; it's a deep commitment to your well-being.

Why it's Important:

- ✔ **Clarity and Focus:** It helps you get clear on what you really want and why it matters.
- ✔ **Motivation and Commitment:** It connects you with your inner drive, making it easier to stay dedicated.
- ✔ **Empowerment and Ownership:** It empowers you to take charge of your journey.

Examples of Intentions:

➤ **Self-Love and Body Confidence:**

"My intention for this challenge is to embrace self-love and kindness. I commit to treating myself with compassion and nurturing my body with joyful movement and nourishing foods."

➤ **Holistic Health and Wellness:**

"My intention is ditch diet culture tactics and prioritize my health by nourishing my body with balanced, wholesome foods, moving with joy, and making time for rest and relaxation."

➤ **Spiritual Connection and Inner Peace:**

"My intention is ditch diet culture tactics and prioritize my health by nourishing my body with balanced, wholesome foods, moving with joy, and making time for rest and relaxation."

➤ **Joyful Movement and Physical Vitality:**

"My intention is to engage in movement that feels joyful, rejuvenating, and fun, releasing the notion that exercise must be painful to be effective."

➤ **Transformative Mindset Shift:**

"My intention is to shift from self-neglect, self-criticism, self-doubt and fear to confidence, self nourishment and empowerment, focusing on the progress I make rather than perfection."

How to Set Your Own Intention:

1. **Reflect:** Think about what you truly desire to achieve or experience during this challenge.
2. **Visualize:** Imagine yourself living your intention fully and the positive changes it will bring.
3. **Write it Down:** Write your intention in a clear, positive, and affirmative statement.
4. **Share:** If you feel comfortable, share your intention with the private facebook group [HERE](#) or via [email](#).

We're here to support you every step of the way. Embrace this opportunity, set a powerful intention, and get ready for a journey of transformation and self-discovery.

My intention for the 3-Day Well-Being Revolution Challenge is..

Setting an intention is a powerful practice that helps you align your mind, body, and spirit with your deepest desires and goals. An intention is more than just a goal; it's a heartfelt commitment to yourself and your well-being. By setting an intention, you create a clear message to your inner self and the Universe around your "why" and it acts as your North star throughout this experience.

1. My intention for this challenge is...

Day 1: Reconnect With Your Body

Welcome to Day 1 of the challenge! This worksheet will help you identify if you resonate with any of the inner blocks that might be keeping you from creating your ideal wellness results.

Today, we debunk the old myths of “No Pain, No Gain” and we deepen the Mind-Body-Spirit concept that supports your entire being.

Myths to debunk?

➤ **Myth - > Getting Bathing Suit Season Ready.**

Every season is bathing suit season when you love and accept your body.

➤ **Myth -> Diet Mentality (Calories-In, Calories-Out) You must burn calories to lose weight, causing you to feel tired and depleted.**

Food is for fuel, and movement is designed to spark joy and increase your energy.

➤ **Myth -> The thinner you are, the healthier you are and the more attractive you are.**

Health comes in every size and shape, focusing on how you feel, versus how you look.

➤ **Myth -> When we age we go down hill.**

With holistic approaches you can thrive as you age and even reverse aging.

➤ **Myth -> The body is something to fix.**

The body is resilient, seeks health and wellness, and has innate wisdom.

➤ **Myth -> Exercise Needs to be painful to be effective/work.**

“No pain, no gain” typically doesn’t create longevity. Doing movement that sparks joy is healthier for your mind, body & spirit.

➤ **Myth -> Self-neglect will turn into Self Confidence when I lose weight, or look a certain way (change my body)**

Having a body you love, starts with loving the body you have.

➤ **Myth -> I must hide my feminine, creative, spiritual or sensual side to be respected.**

As you balance your masculine and feminine, and unleash your divine radiance, femininity, spirituality and sensuality, you become balanced and thrive as a result.

Day 1: Reconnect With Your Body

Reflect on each block and create a vision for how you want to feel by the end of the challenge.

Self-Reflection

Personal Body Image Reflection:

Think about your current feelings toward your body. Write down both the limiting thoughts, and the empowering thoughts that are part of your typical inner dialogue.

Body Image and Society:

Reflect on societal and cultural influences that have shaped your relationship with your body. What messages have you received about body image?

Day 1: Reconnect With Your Body

Exploring Your Mind-Body-Spirit Connection

➤ Mind Assessment on a Scale from 1-5:

How do you currently feel about your mental health? Are there any recurring thoughts or patterns that challenge your inner confidence?

➤ Body Assessment on a Scale from 1-5:

Consider your physical health. Do you engage in activities that you find joy in rather than exercise you feel you have to suffer through? List any joyful movements you enjoy.

➤ Spirit Assessment on a Scale from 1-5:

Reflect on your spiritual health. Do you have practices or routines that help you connect with your inner self and the world around you?

Day 1: Reconnect With Your Body

Crafting Your Vision for a Vibrant, Healthy Life

Longing and Discontent:

Identify areas of your life where you feel longing or discontent. What aspects of your well-being are you most dissatisfied with?

Day 1: Reconnect With Your Body

Crafting Your Vision for a Vibrant, Healthy Life

Affirmations and Gratitude:

Write down three self-love affirmations to reinforce a positive mindset toward your body and overall well-being.

Gratitude Exercise:

List three things you are grateful for about your body and its abilities.

Day 1: Reconnect With Your Body

Transcendance™ Shared Experience

Engaging in a Taste of Transcendance™:

What did you feel when you participated in the joyful “taste of Transcendance™?” Did anything about this movement practice surprise or delight you?

Commitment

By reflecting on these blocks and envisioning your success, you are taking powerful steps toward transforming your well-being. Keep this worksheet as a reminder of your journey and the progress you're making.

Signature:

Date:

★ Your Challenge Activity

Post in the Facebook Group a quick video or post describing your VISION, what outcome would you love to create in your ideal Mind, Body, Spirit wellbeing?

Be sure to celebrate your fellow challenge participants, choose at least 2-3 people to support by replying to their post, saying something like, "I believe in you, you've got this!"

Day 2: Clear the Blocks That Have Been Holding You Back

Welcome to Day 2 of our transformative journey together! Today, we take a deep dive into our disempowered beliefs around diet culture, excessive exercise, and body image. This worksheet is your guide to fostering empowering beliefs that celebrate a more loving and joy-filled approach to well-being.

Step 1: Unveil Disempowering Beliefs

Common Disempowering Beliefs:

1. No Pain, No Gain:

Belief: I must suffer and push my body to extremes to achieve results.

2. Strict Dieting:

Belief: I have to follow a strict, restrictive diet to lose weight.

3. Body Perfection:

Belief: My worth is determined by having a perfect body.

4. Over-Exercising:

Belief: The more I exercise, the better my results, regardless of how I feel.

5. Self-Comparison:

Belief: I must look like others or fit cultural standards to be considered beautiful and successful.

Day 2: Clear the Blocks That Have Been Holding You Back

Step 2: Reflect on Your Beliefs

Reflection:

- Which of these beliefs resonate with you the most?

- How have these beliefs affected your well-being?

Step 3: Replace with Empowering Beliefs

New Empowering Beliefs:

1. **Healthy Balance:**
Belief: I embrace balanced and joyful movements that nourish my soul and body.
2. **Intuitive Eating:**
Belief: I listen to my body and feed it lovingly with foods that satisfy and energize me.
3. **Self-Worth:**
Belief: I am loved and worthy just as I am.
4. **Listening to My Body:**
Belief: I honor my body's signals and rest when needed, knowing it supports my overall health.
5. **Self-Celebration:**
Belief: I celebrate my unique journey and progress, embracing my individuality.

Day 2: Clear the Blocks That Have Been Holding You Back

Step 4: Identify Your Top 3 Beliefs to Transform

Disempowering Belief #1:

➤ Identify the belief:

➤ New Empowering Belief:

➤ *Reflection:* How will this new belief positively impact your life?

Day 2: Clear the Blocks That Have Been Holding You Back

Step 4: Identify Your Top 3 Beliefs to Transform

Disempowering Belief #2:

➤ Identify the belief:

➤ New Empowering Belief:

➤ *Reflection:* How will this new belief positively impact your life?

Day 2: Clear the Blocks That Have Been Holding You Back

Step 4: Identify Your Top 3 Beliefs to Transform

Disempowering Belief #3:

➤ Identify the belief:

➤ New Empowering Belief:

➤ *Reflection:* How will this new belief positively impact your life?

Words of Encouragement

Embrace each small step towards these new beliefs as a triumph. Trust in your profound strength to manifest the life you dream of. You are deserving of unconditional love, vibrant health, and immense joy.

Commitment

- I commit to replacing my disempowering beliefs with empowering ones and to be kind to myself throughout this journey.
- I believe in my ability to change and grow.

Signature:

Date:

Final Reflection

Reflect on your feelings after completing this exercise and the positive shifts you expect as you embody these new, empowering beliefs.

★ Your Challenge Activity

Post in the Facebook Group a quick video or post describing your #1 Disempowering Belief you are releasing and your new #1 Empowering Belief you are claiming.

Be sure to celebrate your fellow challenge participants, choose at least 2-3 people to support by replying to their post.

Day 3: Awaken That Inner Knowing You've Always Had

Today's focus is to deepen your connection to your body's intuition and healing capacities. Instead of viewing the body as something that needs to be fixed, understand that the body has innate healing powers and divine wisdom. Learn practical tips and strategies for adopting a more balanced, intuitive approach to health and fitness using somatic and intuitive approaches.

Worksheet Activities

1. The 8 key habits that contribute to overall wellness

Practice: Learn about the key habits that contribute to overall wellness.

1. **Spiritual Connection:** Spend a few minutes in meditation, prayer or silence to connect with your higher self.
2. **Positive Mindset / Empowering Self Talk:** Speak kindly to yourself like you would a best friend or loved one. Write down three positive affirmations and repeat them to yourself throughout the day.
3. **Joyful Movement & Exercise:** Find a form of exercise that brings you joy. It could be Transcendental™, walking, time in nature, yoga, or any movement that feels good.
4. **Fun & Play:** Schedule at least a few minutes daily for an activity that is purely for fun. It could be playing a game, laughing at a funny video, drawing, or any hobby you enjoy.
5. **Sleep / Rest / Recovery:** Pause during the day for a 10 min power nap. Follow bouts of hard work with relaxation, and aim for at least 7-8 hours of sleep tonight. Before bed, practice a relaxing routine such as reading or taking a warm bath.
6. **Hydration & Nutrition:** Drink at least 8 glasses of water today. Focus on eating a balanced diet rich in whole organic foods. Nourish your Soul with activities that spark joy.
7. **Time in Nature:** Spend at least 10 minutes outside, whether it's a walk in the park or simply sitting in your backyard, get some natural sunlight, put your feet in the grass, dirt or ground without shoes on.
8. **Sacred Space / Declutter:** Choose one area in your home to tidy up and make it a clutter-free, peaceful space. Your sock drawer, medicine cabinet, wallet, etc. Put items in your space that help you feel empowered and connected to your deeper essence.

Reflection Prompt:

Did you know that Transcendence™ Checks off the first 4 items on the list of 8 keystone wellbeing habits? Transcendence™ is about deepening your [Spiritual Connection](#). Each practice offers empowering messages that install a [Positive Mindset and Empowering Self-Talk](#). Of course, Transcendence™ is [Joyful Movement and Exercise](#). It also offers a safe space and reminds you to [Have Fun and Play](#). Reflect on this insight. What is your Aha moment or take away from this?

Reflection Prompt: Which of these habits do you already practice regularly? Which ones would you like to incorporate more into your daily routine?

Day 3: Awaken That Inner Knowing You've Always Had

Worksheet Activities

1. Bonus Body Intuition Exercise

Practice:

Take a few moments to tap into and trust your body's signals.

- **Find a Quiet Space:** Sit comfortably, close your eyes, and take deep breaths. Inhale deeply, letting your belly expand, and exhale slowly.
- **Focus on Your Body:** Starting from the top of your head, slowly move your awareness down to your toes. Notice any sensations, tensions, or areas of comfort.

Journal Prompt: Write down what you felt. Did any specific areas call for your attention? What might your body be trying to tell you?

Day 3: Awaken That Inner Knowing You've Always Had

Worksheet Activities

2. TRANSCENDANCE™ is designed to help you in 10 core areas

1. IMPROVE MOBILITY & FLEXIBILITY:

Move your body with more freedom, improved balance, coordination, grace, rhythm, and flexibility!

2. ELEVATE ENERGY & ELEVATE YOUR MOOD:

Release tension, stress and blocked energy. Increase your natural connection to the flow of infinite energy of love always & improve your mood through the release of happy hormones.

3. STRENGTHEN SELF-CONFIDENCE:

Increase your self-confidence, reduce negative self-talk, and free yourself from seeking the opinion and approval from others.

4. INCREASE SELF-LOVE:

Install a new pattern for unconditional self-love and self-nourishment.

5. ACCOMPLISH YOUR DREAMS:

Live from the optimal version of you, internalize your goals, take courageous action, and accomplish your dreams with greater ease.

6. CONNECT WITH HIGHER SELF:

By allowing spirit to dance with you, and by allowing your body wisdom to be your guide you are able to deepen your connection to your inner wisdom.

Day 3: Awaken That Inner Knowing You've Always Had

Worksheet Activities

2. TRANSCENDANCE™ is designed to help you in 10 core areas

7. RECONNECT WITH THE JOY OF DANCE:

Move your body with freedom, grace, and playfulness, bring your unique creative expression through dance to life, and re-ignite your childlike freedom.

8. IMPROVE MENTAL ACUITY & INCREASE LONGEVITY:

A study from the New England Journal of Medicine found that social dancing increases mental acuity in all ages by 76%. And dance has been shown to improve bone density and muscle retention as we age.

9. MOVE OUT OF YOUR HEAD AND INTO YOUR HEART:

Through dance, you literally strengthen your connection to your authentic heart, inner wisdom, and empowered inner-knowing.

10. INCREASE YOUR HEART HEALTH AND PHYSICAL WELLNESS:

Dance helps create ideal cardiovascular health, a healthy body weight, and optimal physical fitness.

3. 10 Min TRANSCENDANCE™

Outcome

Goal: By the end of these exercises, you should feel more connected to and trusting of your body's wisdom and its innate ability to heal itself.

Reflection Prompt: How did you feel during and after the dance? Write down any insights or emotions that surfaced

Reflection:

Take a moment to reflect on the day's activities. Use the space below to jot down any additional thoughts or feelings.

Today's Key Insights:



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Gratitude Moment:

Write down three things you are grateful for about today.

- 1.
- 2.
- 3.

PS: Remember, movement is meant to bring you joy and nourishment. Trust your body and listen to its wisdom. Share your journey and connect with your fellow participants in the Facebook group. You are not alone on this path to well-being!

★ Your Challenge Activity

- **Share Your Experience:** Post about your experience with the Body Intuition Exercise, Mindful Movement, or TranscenDance™ in the Facebook group.
- **Engage with Others:** Comment on at least two other posts, offering support and sharing any similar experiences.

Bonus Day: Transcendance™ Masterclass & Afterglow Session

Instead of believing that self-neglect will turn into self-confidence once you lose weight or change your body, understand that loving the body you have is the foundation for having a body you love.

Authentic Beauty Exercise

Practice: Engage in practices that help you recognize and celebrate your unique beauty.

- **Mirror Exercise:** Stand in front of a mirror and look at yourself. Take a moment to appreciate your features and smile at yourself.
- **Affirmations:** Write down three affirmations about your beauty. For example, *"I am beautiful just as I am," "My body is a source of strength and love," and "I radiate confidence and joy."*
- **Gratitude List:** List five things you love about your body and why you appreciate them.

Journal Prompt: Reflect on how these exercises made you feel. Did you notice any shifts in your perception of your beauty?

Bonus Day: Transcendance™ Masterclass & Afterglow Session

Self-Expression Activity

Practice: Encourage creative expression through movement, art, or writing.

- **Creative Movement:** Spend 10 minutes moving your body in any way that feels natural and joyful. This could be dancing, stretching, or simply swaying to your favorite music.
- **Art Expression:** Take some time to draw, paint, or create a visual representation of how you see your authentic beauty.
- **Writing Exercise:** Write a poem, story, or letter to yourself celebrating your unique qualities and beauty.
- **Beauty Activity:** Wear something today that ignites joy and makes you feel powerfully feminine: a shawl, wrap dress, power color. (Pro-tip, wear anything but grey, black, brown or beige!)

Journal Prompt: How did it feel to express yourself creatively? Did you discover anything new about your authentic self?

Bonus Day: Transcendance™ Masterclass & Afterglow Session

Transcendance™

Practice: Celebrate your journey with an expressive dance session that embodies your authentic self.

Reflection Prompt: How did you feel during and after the dance? Write down any insights or emotions that surfaced.

Outcome

Goal: By the end of these exercises, you should feel more confident and radiant, ready to step into your true power.

Congratulations! You've Completed Your Wellbeing Revolution

You've made an incredible commitment to your health, vitality, and personal growth over these past three days. By now, you've experienced firsthand how powerful it is to reconnect with your body, release blocked energy, and start manifesting your dreams.

But the journey doesn't end here...

What if you could take these new breakthroughs and go even further?

Imagine what's possible if you keep this momentum going and truly step into your fullest potential—unshakable confidence, boundless energy, vibrant health, and a life aligned with your deepest desires.

It's Time to Step Even More Fully into Your Radiant, Vibrant Self

If you've enjoyed the powerful transformation over the past few days, imagine what you could achieve with continued support, coaching, and a community of like-minded women who are on the same journey toward total well-being.

You are ready for your next step!

[Click Here to explore what Jennifer has put together for you! >>](#)

You'll receive immediate access to a 7-Day Dance Challenge—10-minute daily dance videos from Jennifer to keep your energy high, boost happiness hormones, and reconnect with your inner joy every day. And bonuses, like, guided meditations, coaching in your pocket videos for inspiration and more!

Let's Dance Your Dreams Into Reality!

To Your Vitality,

