



Bodies and Soul By

**BENDER**

Dynamic Life Coaching, Mind Body Fitness

## 30 Day Your Best Life Challenge!

A circular image showing a man and a woman embracing outdoors. The man is wearing an orange shirt and the woman is wearing a grey top. They are both smiling and looking towards the right.

Relationship

A circular image showing a group of four people in business attire celebrating. Two people in the center have their arms raised in a 'V' shape, and the others are smiling.

Career

A circular image showing a woman with her arms raised in a field of tall grass under a blue sky with clouds. She is wearing a dark top and pants.

Free Time

A circular image showing a woman in athletic wear sitting on grass. She is wearing a light green tank top and black shorts, and is smiling.

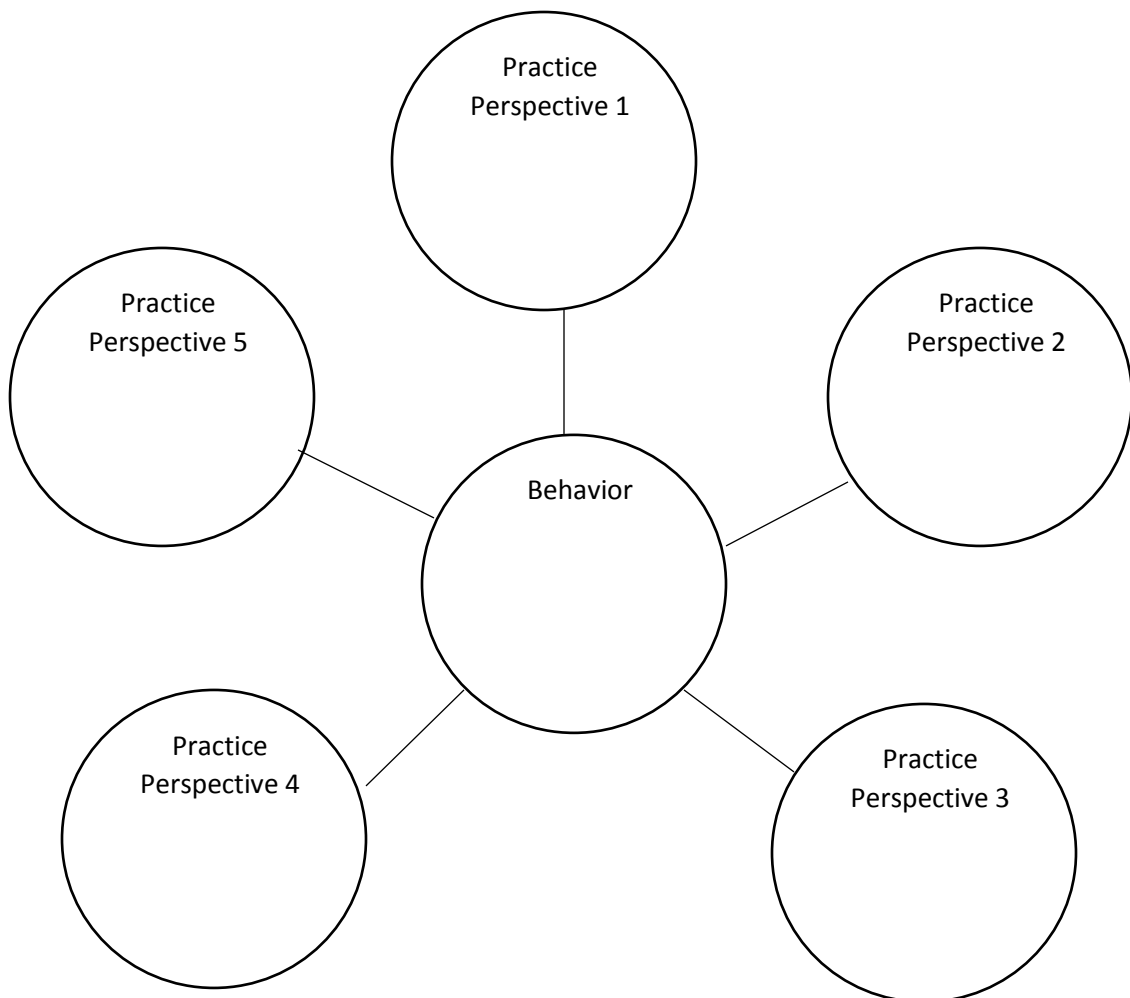
Health

# Week Two

## Letting Go – Perspective Shifting Worksheet - Identify Contracted/Limited Perspective

### Practice and Brainstorm Alternative Perspective

- 1.
- 2.
- 3.
- 4.
- 5.



**For tips and practices to shift your perception and move from feeling low level constriction (stuck) to expansion, make sure to tune into our coaching session on Wednesday at 7 p.m. MST**

**Quick Tips:**

- 1. Change physical location**
- 2. Exercise, dance, move, yoga**
- 3. Clean a room in your house, clear your desk, etc.**
- 4. Ask yourself, “What am I grateful for?”**
- 5. Pay it forward**
- 6. Mindless writing, first thing in the morning**
- 7. Connect with a trusted friend.**

**Do you want real results now? Visit [bodiesbybender.com](http://bodiesbybender.com) to sign up for a complimentary strategy session!**

# Mindless Writing Worksheet

**A great way to get focused, clean your mental house and change your vibration!**

- 1. Set timer for 5 Minutes**
- 2. Have a piece of paper and pen handy.**
- 3. Close your eyes, take a breath in slowly through your nose, take a slow breath out through your mouth.**
- 4. Open your eyes.**
- 5. Push the timer and *write like crazy! DON'T THINK!***
- 6. Don't read it! Crumple it up and chuck it!**

**What do you feel like? What is today's plan?**