

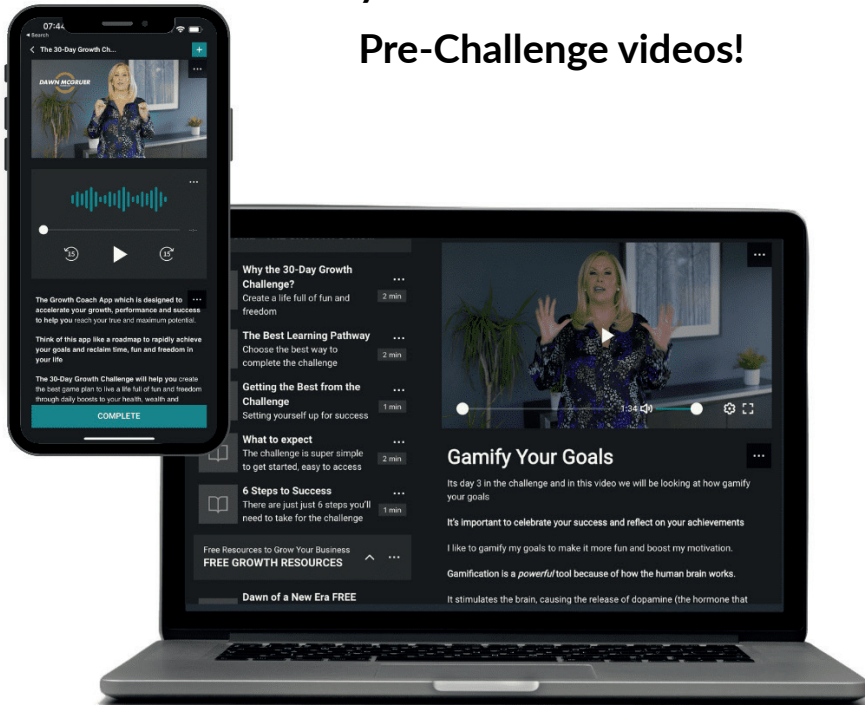


30-Day Growth Challenge Pre-Challenge Videos

Growth & Success Assessment

What was your score
before challenge =

Before you go any further
you must watch the
Pre-Challenge videos!



watch
video
(✓)

Welcome & Overview:

- Why the 30-Day Growth Challenge?
- The Best Learning Pathway
- Getting the Best from the Challenge
- What to Expect
- 6 Steps to Success

- ▶ **STEP 1 - Get Your Assessment Score**
- ▶ **STEP 2 - Set your Challenge Goal**
- ▶ **STEP 3 - Complete your Daily Actions**
- ▶ **STEP 4 - Get Support in the Interactive Community Channels**
- ▶ **STEP 5 - Check-In Daily to Track Your Progress**
- ▶ **STEP 6 - 6 Steps to Success**



30-Day Growth Challenge Calendar Tracker

- (✓) Tick daily when completed:
- A. Watch Daily Video
 - B. Complete Your Daily Actions
 - C. Get Support in the Interactive Community
 - D. Check-In Daily to Track Your Progress

MODULE 1	A	B	C	D	Unlock the Power of Daily Habits
					Day 1 Neuroscience and Psychology Behind Habits
					Day 2 Dreams Can Come True
					Day 3 Gamify Your Goals

MODULE 6	A	B	C	D	Learn to Develop Yourself
					Day 16 Developing a Growth Mindset
					Day 17 Mindfulness
					Day 18 Overcoming Procrastination and Perfection

MODULE 2	A	B	C	D	Master Your Time
					Day 4 Time-Blocking
					Day 5 Design Your Diary
					Day 6 Delegate & Declutter

MODULE 7	A	B	C	D	Mindset & Mental Fitness
					Day 19 Boosting Your Emotional Intelligence
					Day 20 Overcoming Imposter Syndrome
					Day 21 Stepping into Your Superpowers

MODULE 3	A	B	C	D	Seeking Knowledge & Wisdom
					Day 7 Create More than You Consume
					Day 8 Decision Making
					Day 9 Daily Development

MODULE 8	A	B	C	D	Health & Physical Fitness
					Day 22 Eat, Sleep, Drink, Move & Repeat
					Day 23 Move More
					Day 24 The Power of Relaxation

MODULE 4	A	B	C	D	Communicate with Confidence & Authority
					Day 10 Body Language
					Day 11 The Art of Active Listening
					Day 12 Storytelling for Introverts & Extroverts

MODULE 9	A	B	C	D	Build Strong, Loving, Engaged Relationships
					Day 25 Relationships
					Day 26 Self Love
					Day 27 Level Up Your Peer Group

MODULE 5	A	B	C	D	Money Matters
					Day 13 Overcoming & Releasing Money Blocks
					Day 14 Self-Reflection
					Day 15 Know Your Numbers

MODULE 10	A	B	C	D	Living a Happy Life
					Day 29 Principles of Happiness
					Day 29 Lifestyle By Design
					Day 30 How Artificial Intelligence is Transforming Personal Development



Progress Tracker & Improvements

Evaluating Your Results

▶ Score before challenge =

▶ Score after challenge =

▶ As a result of the
30-Day Growth Challenge
you have boosted your
growth by...

▶ Your Next Steps to
Accelerate Even More Success

**Schedule a call
with Dawn**