

A person wearing a green jacket and a red backpack stands on the edge of a large, dark rock formation. The person is looking out over a vast, hazy landscape of mountains and valleys. The sky is a clear, pale blue. The overall mood is one of adventure and achievement.

THE NINE DAY CHALLENGE

Start Living Your Best Life in 9 Days

hello,

I am excited that you are here and I hope that this challenge helps you however you need it to help you like it did for me!

I have felt the desire to create something like this over the past few years but wasn't sure how or when to put anything together until I started going on my journey through these different topics.

Here is a bit of history about me and this challenge. Eight years ago this fall, my dad died only nine days after we learned that his cancer had come back. He was 71, still working his corporate banking job and didn't even have time to quit - he used his sick days. In reflecting on his life (and mine as well), I realized how short life is and how many of us are not living up to our dreams.

Sadly, my mom passed away about 18 months after my dad and it hit me again, LIFE IS SO FREAKING SHORT and things can happen SO quickly, am I living my best life??

My parents were my biggest fans and I miss them daily, my hope is to carry on their legacy by sharing this experience and encouraging as many people as I can to start living their best life now. Before it's too late.

Life is busy, messy and amazing all at the same time, and we need to be intentional about how we spend our time or I feel we'll get to the end of it and wonder what could have been.

Losing my dad is what spurred me to start my own business again after losing my first one to a legal battle with our neighbors. Running became a way to deal with grief and I saw a correlation between physically moving my body and my mental health. I started to explore other areas of my life and realized they were all connected - when one felt good, others felt good. And if it didn't feel good, I would work to make it get to a place that did.

Another thing I realized during this journey was that being an entrepreneur was also deeply tied to my personal life. If things were off in my personal life, I could feel ripples of that in my business and vice versa.

So, this challenge is meant to help you explore areas of your life and decide how you want to live the ***life of your dreams***.

In 9 days.

The only requirement of this challenge is that you take some time each day to read the topics and answer the questions honestly. Shouldn't take longer than 15 minutes but feel free to pour a cup of coffee (or champagne!) and spend more time if you'd like!

If you ever need someone to talk to, I'm here!

Nicole

day #1

are you doing what you really want to do?

As I mentioned before, my dad died while he was still working. He never got to retire, travel or go all in on his dream of being an entrepreneur (he had a side hustle for a bit but was never able to fully commit) and that makes me so sad.

Whenever I am faced with something in my life whether it has to do with my business or something personal, I ask myself, "If I had 9 days to live, is this what I would want to be doing with my time?". If it's a no, I say no. If it's a yes, I go for it.

Are you really doing what you want to do in this short amount of time on Earth?

Would you die happy with what you're doing now?

What would you cut out?

What would you focus on?

What really lights you up?

What are you passionate about?

If you had 9 days to live, what would you be doing?

day #2

what are your limiting beliefs?

Unfortunately, many times our limiting beliefs guide us to exactly where we don't want to be. We pick up these themes throughout our lives and many are formed when we're young and we don't even realize we're carrying them around.

Some examples would be:

"I'm scared of failing."

"What will people think of me or say about me if I do (XYZ)?"

"I don't know how to do (XYZ) so I better not even try."

"What if I go for it and lose everything?"

What limiting beliefs do you have?

These can be hard to identify so take some time to really think about them and then release them as they come up. You can write them down, acknowledge them and then let them go.

Start to cultivate thoughts of growth, happiness, healing, wealth, or whatever you want in your life. Where attention goes, energy flows.

If you had 9 days to live, would these limiting beliefs even matter?

day #3

are you taking care of yourself?

Are you showing up for yourself? Do you keep your promises to yourself? Do you like you? Do you need to forgive you?

Sometimes along the way, we lose ourselves and that detachment can cause a lot of unnecessary unhappiness. We spend the most time with ourselves so if we don't like what we're doing, saying, acting, eating, etc., there won't be a balance and respect within ourselves. Sometimes we don't know better and we go through life in more of a survival mode and that can take a toll on us.

If you had 9 days to live, how would you treat yourself?

(And not in the treat yo self and buy 10 pairs of shoes kind of way, haha! But, deep down.)

day #4

are you having fun?

When was the last time you had fun?

Like, simple, pure-hearted, play on the playground, fun? As kids, we're told to get good grades, go to college, land a job, buy a house and have a family. We can have fun when we retire. But what if we never get to retire?

As adults we often let the fun in life slip through the cracks between family, work, commitments, bills, workouts, and the million other things that we have to do on a daily basis.

It's so cliché, but life is seriously too short to not have fun.

If you had 9 days to live, what kind of fun things would you be doing?

day #5

how are your relationships?

Relationships have such an influence on us. Business, family, friends, and romantic - all have a huge impact that can be positive or negative.

So, how are your relationships? Are there people in your life that shouldn't be? Are there people in your life that you need to forgive? Are there toxic relationships that you need to let go? Are there people that you'd like in your life that aren't? Do you feel fulfilled in your relationships? Or drained?

If you had 9 days to live, who would you want to be spending time in your life with?

(professionally and personally)

day #6

how do you feel about your body?

Here's a famous quote by Deion Sanders and I love it:

"If you look good, you feel good. If you feel good, you play well. If you play well, they pay well." You can't deny how you feel when you look good, it's the truth. And, people can also feel that energy and be attracted to it. How you show up in the world both personally and professionally says a lot about you.

How is your body? Do you like how you look? Do you feel good when you look in the mirror? Do you sleep well? Do you sleep enough? Do you move your body? Do you get some sun each day? How do you show up for events, meetings or gatherings?

If not, what would you change? Start small. Set goals. Keep going. I promise it does get easier.

If you had 9 days to live, would you be happy with how you feel about your body and how you show up in the world?

day #7

what are you consuming?

So important but so often overlooked. In our fast-paced society, we can consume so many things. Delivery food, bottomless mimosas, Netflix, social media, etc.

But, are those the best choices for us? Probably not (and trust me, I do love a bottomless mimosa brunch from time to time!)

I am not saying that we have to be on a strict diet, but we should really watch what and how much goes into our bodies. Moderation is key. With anything.

It really is pretty simple, though not always easy. What do you eat? Do you feel good about the majority of what you eat? Do you drink enough water? Too much caffeine? Too much alcohol? Do you spend hours binge-watching Netflix? Scroll social a little too much?

If you had 9 days to live, what would you change about what you consume?

(In all honesty, this has led me to put a time limit on my phone screen time!)

day #8

how do you feel about your finances?

Ah...money. It is amazing to me how money can bring up such visceral feelings. Money can literally make you feel stressed or happy.

I grew up in a scarcity-minded household (which is probably why there was never an “all-in” attempt at entrepreneurship) and those beliefs stayed with me throughout my life. I think a lot of people have grown up that way and I don’t blame my parents, I think they were brought up the same way. But, at some point, we have to realize that there are opportunities everywhere. There is abundance.

For the longest time, I would bury my head when it came to my business expenses, income, taxes, etc. but it just caused a TON of stress. Facing things head-on has been a game-changer. That doesn’t mean I have it all figured out (do we ever?) and believe me accounting/finance/math is not my strength, but I do not feel stressed like I used to because I am able to face it now.

Do you have a budget? Do you stick to your budget? If you have a business, do you keep track of your expenses and income?

How does money make you feel? Are you comfortable with it? Scared it will be gone? Really sit with those thoughts until you can truly feel comfortable thinking about money.

Money is not everything and you can’t take it with you, but wouldn’t it be nice to be able to enjoy the things you want in life while you’re here? Wouldn’t it be awesome to leave a legacy for your children and grandchildren?

If you had 9 days to live, what would your ideal money situation look like?

day #9

what is your plan?

Now is the time to review what you've been working through and create a plan with goals. Goals are great because they keep us focused and when we achieve one, we feel good and get excited for the next!

Obviously, we can't just quit our jobs today and move to Fiji because that's what we'd want to do if we only had 9 days to live (or maybe that's just me, ha!)

But, we can create a plan of action for our dream life and if this challenge has done anything, I hope it puts a sense of urgency to achieving your dreams.

What does your ideal life look like? (Get as detailed as possible! Who you're with, where you are, how much money you make, how you look, etc. Everything you just went through!)

What are your short-term goals?

What are your long-term goals?

When do you want to reach these goals?

If you had 9 days to live, how would you be living your life?

bonus day #10

start living your dreams!

I hope you are proud of yourself for doing this challenge! I also hope you are grateful that you get to create and live your dream life! Many, many people don't do either.

Dreams can sometimes take time to unfold, so please, please don't give up! The experience is part of the journey, it's not all about the destination. ***Go live the life of your dreams!***



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