

# SPEEDshifting™ Challenge Guide

## 1. Write your Single Intention for Results by the 28th Day.

*Notes: make it present tense/continuous/completed with descriptive, feeling words describing the scene of accomplishment and satisfaction. Describe who, where, what is happening:*

I am...

---

---

---

---

---

---

---

---

## 2. Read the Daily Habits Guide and begin seeing yourself accomplishing them.

## 3. Schedule and Diarize your LIVE Sunday SPEEDshifting™ sessions.

*This podcast call is for Ruby90 members only, and includes 15 minutes topic plus 15 minutes of SPEEDshifting session.*

Connection method: skype, phone, online site, replay.

NOTE SPECIAL ACCESS ID: \_\_\_\_\_

SUNDAY my connection time: \_\_\_\_\_ (5 minutes early)

---

"I commit to getting on at least \_\_\_ live calls, no matter what timezone, no matter what else!"

Signature: \_\_\_\_\_

---

## 4. Do the work, show up for the LIVE sessions, journal your progress.

*While I am committed to getting results and giving the most to this 28 days, I declare that I remain responsible for my own well being and will be guided by my own needs first.*

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## **SPEEDshifting™ Challenge Daily Habits (Reminder) Guide**

### **Before Daily Work:**

Wake in gratitude & appreciation.

Share space and time with \_\_\_\_\_ (closest person).

Meditate for \_\_\_\_\_ minutes.

Stretch and gently exercise.

Shower/bathe and decorate my body with care and fully present attention.

Watch a manifesting mini-movie.

State Thanks for my Intention and today's actions toward it.

---

### **Do Actions that makes a difference:**

Respond to requests (emails, phone, social nets).

Create a communication (blog, letter, card, article, audio, email, book-chapter or section).

Complete something.

Celebrate with fun and laughter.

Thank someone for something.

---

### **End of day:**

Write in **3gratitudes** journal.

Drift off to sleep in gratitude & appreciation with a smile on your face.