

# September 2018

Leave  
EXCUSES  
in  
AUGUST





# **I deserve the world so I'm gonna give it to myself.**

Can you believe it is September?! I feel like just yesterday I was freaking out that *SUMMER IS HERE! BRING ON THE HATS, SUNSCREEN AND POOL DAYS.* Fast forward to now, I am skipping through the aisles of Home Goods, buying Halloween decor lol. Seasons I tell ya...they will get you every year.

One season that will forever be embedded in my mind is "Back to School". Think Target, notebooks + binders, lines, sales and the most important....Get Your Life Together Or Else attitude that everyone seems to have. If you don't believe me, answer these questions..

*Towards the end of August have you thought about*

- *Organizing your room/closet/ fridge lol Jrod*
- *Your diet*
- *A need for a new notebook/ planner*
- *Workouts (more)*
- *Why am I not in Italy or Greece? lol*

*If the answer is yes, we are on the same page. If no, then you must not be on social media, or get emails lol*

For me, a year starts with September. I know weird right? All of the years of schooling + college (*which took me 5 years*) will do this to a person! Even though I haven't been a student in quite some time (*forever a student of the universe am I right doe?!*) I still think this way! Is it madness or do you agree? With that being said September motivates me every year to be the best me, in all areas of my life. **Girl Boss, Fitness, Home Decor, Organization etc.**



# What would you do if you weren't afraid?

That is why the September challenge is more than just a "fitness challenge" or "clean eating challenge" (which don't get me wrong I love those too!!). But right now, my goals have shifted. **I want it all.** We shouldn't have to settle. When I look back, before my Youtube days, my grandpa would say "Sambo, you need to get your ducks in a row". He usually would say that when I would be super passionate about one thing, but let the rest of my life slip away. For example in college I got really into photography and cooking. But my grades and school work started to get sloppy.

Fast forward to now, I have mastered the art of "multi tasking" and it's called **organization**. If you asked Jarod if I was organized he would probably smile and say no lol. But that's because he would think of it from a clean standpoint (my closet could be a scary movie set, and I am known to leave a kitchen prettttttty messy lol).

I am sort of new age organized (that's what I coined it). Which means, no my clothes are not color coordinated but 3 Youtube videos go up every week (*Monday, Wednesday and Friday...hey girl hey*), my fitness classes are all on point (Sunday- Thursday), healthy meals on deck, and I still make time to cleanse and charge my crystal collection (*yes I realize how ridiculous that sounds*). What I am getting at is, if something is important to me, I will find a way to make it happen (including my closet...lol).



# **Energy flows where attention goes**

So I want you to ask yourself right now, what is important to you? What would you change in your life? Don't worry about sounding silly, or "too good". This is your life! We may only get one shot at this.

Picture yourself at 90 years old. I know I will be laying in bed with probably 3 cats and 5 dogs eating vegan chocolate cake lol! Anyway, back to being 90, your laying in bed thinking about your younger self. Do you think your going to remember the "trendy" things in life you bought at the store, OR will you remember the major impact you made on this earth. The travels and adventures, the friendships, the tough choices that got you where you are today. This way of thinking always centers me, and brings me back to reality. The goal is to look back and feel like I accomplished what I was meant to do. Inspire and live the healthiest I can. Because my 90 year old self will still want to be doing dance cardio lol!

With that being said make a list of everything you want to work on this month. (You can use the back of the calendar). If there is something you keep putting off or making excuses for, START WITH THAT FIRST! I mean it!

There is nothing I dislike more than laundry, and organizing my clothes. But I started with that task first and when I got invited to two last minute work events I was ready in 30 minutes! All thanks to keeping a fresh and clean closet! Now it's your turn!



# SEP

#FallinLOVEwithYou

MONTHLY GOALS

SUN	MON	TUE	WED	THU	FRI	SAT
						<b>1</b> <b>#GOALS</b> - Write down 3-7 goals for this month
<b>2</b> <b>Boss Babe</b> - Work on 1 of those goals today!	<b>3</b> <b>Healthy!</b> Keep snacks clean. Ex Fruit, nuts, veggies	<b>4</b> <b>Fitness!</b> 50 min workout (of choice)	<b>5</b> <b>Body &amp; Soul</b> Meditate! Light a candle, play calming music	<b>6</b> <b>Fitness!</b> 30 min Cardio! (your choice)	<b>7</b> <b>Treat yourself!</b> Buy a smoothie, coffee, or fun water	<b>8</b> <b>Home!</b> Clean, organize feel fresh!
<b>9</b> <b>Healthy!</b> Buy in season fruits + veggies	<b>10</b> <b>Body &amp; Soul</b> listen to something positive	<b>11</b> <b>Treat yourself!</b> to a healthy dessert	<b>12</b> <b>Boss Babe</b> change phone wall paper to inspiring quote!	<b>13</b> <b>Home!</b> Keep it inspiring! add a photo, new candle, etc.	<b>14</b> <b>Fitness!</b> Get that Fri-Yay workout in!	<b>15</b> <b>#Goals</b> Check in! Make a plan of action
<b>16</b> <b>Body &amp; Soul</b> Pamper Day! or night!	<b>17</b> <b>#Goals!</b> Wake up early! Crush this week	<b>18</b> <b>Healthy!</b> incorporate Kale into your smoothie! Kale-endar!	<b>19</b> <b>Fitness!</b> 20 squats 20 abs 20 push ups	<b>20</b> <b>Boss Babe!</b> Compliment another boss babe!	<b>21</b> <b>Home!</b> Make your bed! -Bedroom is your sanctuary	<b>22</b> <b>Treat Yourself!</b> To a crystal!
<b>23</b> <b>Boss Babe</b> -Write 5 limiting beliefs that stop you. Correct them!	<b>24</b> <b>Healthy!</b> Avocado pudding after a workout!	<b>25</b> <b>Fitness!</b> 15 min weight training! (can be light weights)	<b>26</b> <b>Treat yourself!</b> at home spa night!	<b>27</b> <b>Body &amp; Soul</b> make a pinterest dream board! Pin things that inspire you!	<b>28</b> <b>#Goals</b> - No excuses! Do something that scares you!	<b>29</b> <b>Home!</b> Decorate for fall/halloween!
<b>30</b> <b>Fitness!</b> - Try a NEW Workout!	1. avocado 1 tbsp chia seeds honey 1/2 milk blend					