

Create Your Purpose[®]

CHALLENGE



DAY TWO :: DECLARE



Day Two

DECLARE

“Sometimes we need to say *no* so we have more time to say *yes*.”

- Suzette Hinton

Yesterday, you explored a dream for yourself, a vision of what you'd like to create in your life. Or more simply put, what you want to say “YES” to! You've now defined the destination you'll head towards, but, as any good traveler knows, there will inevitably be bumps along the road. There will be diversions. You may even have to take an alternate path to get where you want to go. Those bumps may even be in your life right now.

We don't often (if ever) sit down to reflect on all of the things we've let into our life - either unthinkingly *or* intentionally - and decide what we need in order to create more alignment with our dreams and make real progress towards bringing them to life.

That is why *contrast* is so powerful and revealing.

To gain clarity on what you NEED in order to bring your dream to life, it's often helpful to focus on what you DO NOT NEED. Identifying what does *not* serve your dream helps you align your thoughts, behaviors, and actions with what *does*. It also makes saying “no” so much easier.

Today, I challenge you to declare what in your life currently does **not serve your dream.**

To help you do that, I've provided a few reflection prompts on the following pages. Use what you uncover there to then create your three-item **Nope! List**. I encourage you to post this in the group on the comment thread linked on the final page. You will be entered to win a prize!

A note before you begin: When looking at your present and seeing where things aren't working so well, it can be a rough wake-up call. Watch out for your pesky inner critic, try your best to flip your mental script and explore your declaration with kindness to your self.



1. Habits

List one habit that **helps you** right now and contrast it with one habit **that hurts**. (e.g. *Helps: My meditation routine eases my stress. Hurts: I'm bad at tidying & my home distracts me.*)

Helps

Hurts



2. Energy

List one activity that **energizes you** right now and contrast it with one thing that **depletes you**. (e.g. *Energizes Me: Creating content and course ideas! Depletes Me: One-on-one client calls.*)

Energizes Me

Depletes Me



3. Momentum

List **one advantage** that can help bring your dream to life and contrast it with **one obstacle** you face. (e.g. *Advantage: Supportive partner. Obstacle: No entrepreneurial support network.*)

Advantage

Obstacle



4. Nope! List

Using what you uncovered above, create your unique **Nope! List**, a declaration of what in your life currently does **not** serve your dream. Three of the top things that - if uninvited from your life - would help you hustle less and sparkle more! Whether it's saying "Nope!" to bad habits, obstacles, or draining activities, your three-item list is completely up to you. Below are real examples to inspire you. The prompt starts with **"From now on, I say no to..."**

- *Holding onto debt holding me back from starting a business.*
- *Procrastinating like my life depended on it!*
- *Responding to emails outside of work hours or on weekends.*
- *Pricing my offerings less than what they're worth.*

"From now on, I say no to..."

What to Do Next

You are done with Day Two's exercise! You have spent valuable time assessing your current reality to see how it aligns with your dream. Now, come share your Nope! List with the group by commenting [on this thread](#).

Do it today and you'll be entered to win one of Day Two's prizes! Want extra credit? Use this template and post your daydream to Instagram Stories. Make sure to tag me so I can see and you'll get another entry to win a prize!

Then, join me LIVE at 12 pm PT / 3 pm ET where I'll be leading a training on today's theme and will answer any questions you have! A recording will be posted afterwards.

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