

**5 DAY CHALLENGE**

**LIVE LIFE  
BALANCED**

With

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**Le'Siran Edwards**

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Hopewell Vision & Coaching

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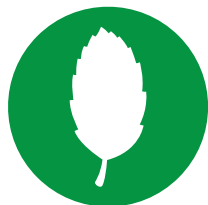


# SHUT THE FRONT CORTEX!

Ready to get started?



Learn about the power of your thoughts



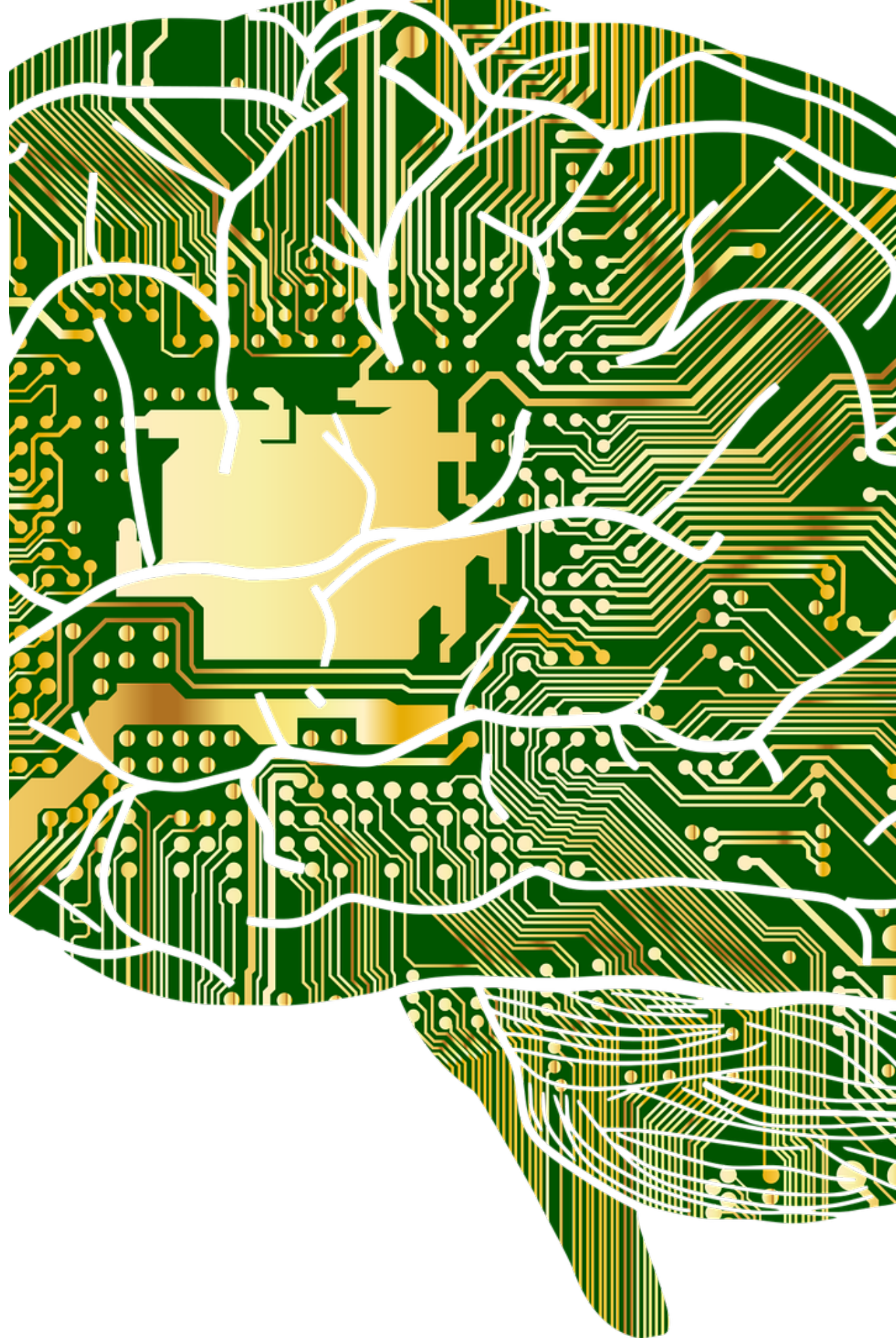
Assess Your Routine



Try a New Gratitude Exercise



Share your thoughts on our FB Group





# DAY 2

## *Shut the Front Cortex*

To start, click the below link, it's a  
4+ minute video by HappiME  
talking about the importance  
being mindful of our thoughts.

A worthy watch!

<https://www.youtube.com/watch?v=QCnfAzAlhVw&t=8s>



***Have you joined our FB Page?***

**Women's Empowerment to Success**

*Join here:*

[https://www.facebook.com/groups/womensempowermenttosuccess/?source\\_id=889512837865113](https://www.facebook.com/groups/womensempowermenttosuccess/?source_id=889512837865113)



# Day 2 - Shut the Front Cortex

**Today we'll cover:-**

RAS

Where you spend your time

Consider 'Me-time'

Present Moment Gratitude - Please  
share your pics on FB Page

**Video Link for Day 2**

<https://vimeo.com/281218023/acf25f8a59>



# What is your average weekly routine?

Complete the table

Monday	AM	Afternoon	Evening
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



Impossible only seems possible once  
it's achieved. Don't underestimate  
the power of hard work.

Le'Siran



*Day 3*

*The Emotion Potion*

