

# Chapter Fifteen: Final Exams

*“Why didn’t they teach me this in business courses?”*





## **Chapter Fifteen Challenge: Growing Good Energy.**



At this point in the workbook it is important for us to talk about your personal energy, how that pours into your vision and business, and how you can stay positive to maintain a positive influence over your business.

If we are being realistic and honest with ourselves, we have to admit that there will be days it seems nearly impossible to wear a smile. These types of days, of course, should always be the minority rather than the majority. Instead of simply waking up each day and letting the day own you, you should be starting each day in a way that will allow you to own it.

This looks different for different people so my idea of bicycling 20-minutes each morning may sound absolutely dreadful or unrealistic for you which is why your next challenge is going to help you figure out exactly how to start each day in a way that works for you!

**Your Challenge** I want you to choose one activity from the list below, or come up with your own, for each day this week. I want you to commit at least 10-minutes to that activity and fill out the chart below each day. You can choose different activities each day this week or stick to the same each day if that suits you better. The goal will be, at the end of this week, to choose an activity or activities that suit you well and begin incorporating those into your daily routine every day!

### **Sample Activities:**

Yoga	Meditation	Bicycle Ride	Watch inspiring videos on YouTube
Smile at yourself in the mirror	Journal about something positive	Dance to your favorite song	Stretch
Walk or Run	Choose a mantra and speak it aloud	Sit quietly and imagine what success looks like	Cardio of your choice

Day	Activity	How did it go?
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		

How did your week go?

Did you experience noticeable changes throughout your day?

What activity or activities will you commit to at the start of your day moving forward?



**Don't Forget** Put a reminder on your calendar to help you stay on track each morning!

**“Either you run the  
day or the  
day runs you.”**

**-Jim Rohn**