

*Girl Boss Challenge!*

**The Guide: Week 1**

[www.curvesaheadtribe.com](http://www.curvesaheadtribe.com)



# *the Girl Boss Guide*



Welcome Girl Boss,

Thank you for signing up for the 21 Day Girl Boss Facebook Challenge. You are already on our Leaderboard and committed to taking the journey with us starting on Monday, March 8th. Make sure you're a member of the Curves Ahead Tribe closed Facebook Group to participate.

We are going to be diving into all of the tips and tricks that I've learned on my own personal #selflove journey to making my home my sanctuary which includes productivity, goal setting, organization and so much more. These topics, teachings and resources are just the tip of the iceberg to all the things I want to share with the Curves Ahead Tribe this year. My hope is that you will commit to showing up every day over the next three weeks to learn from the program I have put together for you and utilize everything in your own life. Make it work for you!

I will be guiding you along the way, so be sure to ask questions and get the most you can out of working alongside me to put routines and systems in place for a successful season ahead. And as you know, the more you show up and participate - the more points you will earn to winning some awesome prizes. Be sure to read through how to earn your prizes in this guide and review the templates to the topic teachings I'll be walking you through during the week. Let's get this party started. See you inside the Tribe.

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# The Prizes



## Prizes

- 2 winners will receive a \$10 Amazon Gift Card
- 2 winners will receive a \$20 HomeGoods Gift Card
- 1 winner will receive a \$50 Container Store Gift Card

*Earn points like a boss!*

# The Schedule

It takes 21 days to create a habit, so we decided to crank up the heat on our second Girl Boss Facebook Challenge to help you move your goals into action.

We will be exploring a different topic each week and diving into resources from different trusted experts. Below is the schedule of what you'll learn. Look for the posts that coordinate with the day and topic to make sure you're following along and participating to win your points.

- Week 1 - Sun. March 7 - Sat. March 13
  - Routines vs. Systems
- Week 2 - Sun. March 14 - Sat. March 20
  - Home + Mind Connection
- Week 3 - Sun. March 21 - Sun. March 28
  - Taking Action

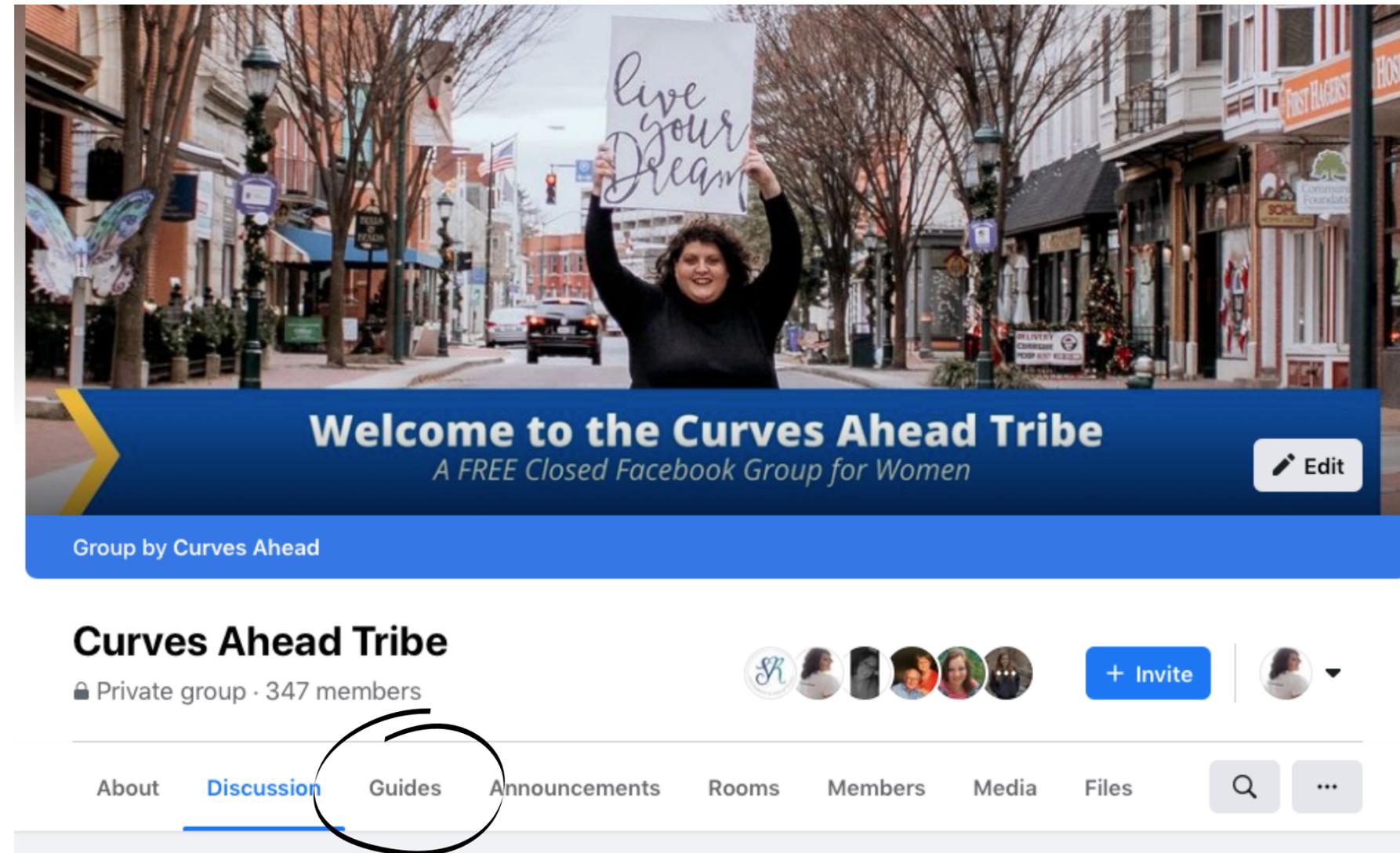
# how to earn points!

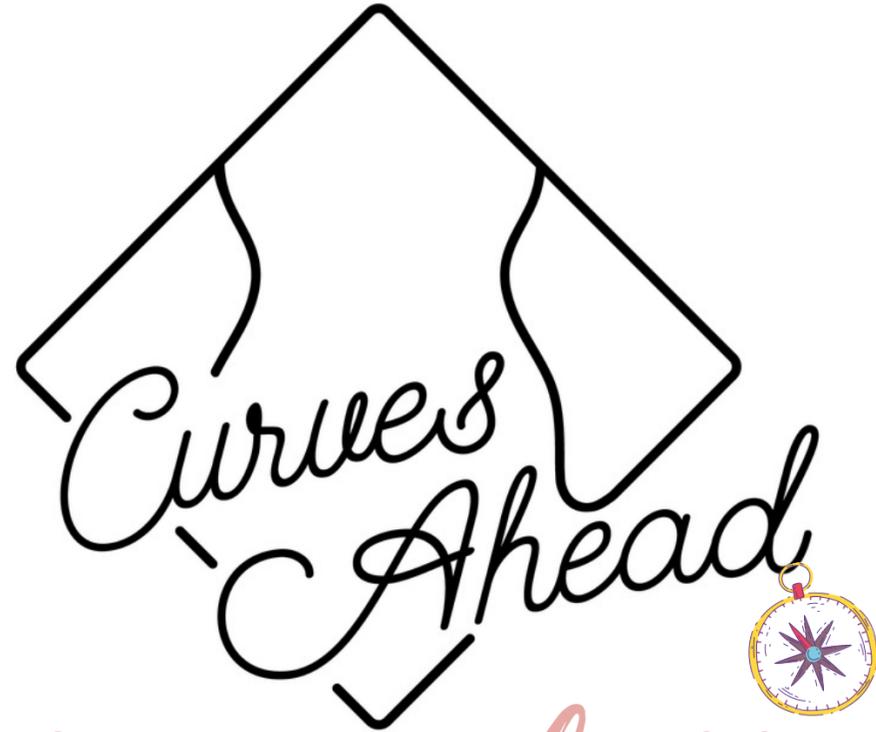
Here are some quick and easy opportunities for you to win points every single day. They include:

1. Check into the Curves Ahead Tribe Facebook every day. There will be "Action Posts" for you to participate in every Monday, Wednesday and Friday for the next 3 weeks. Read those Facebook posts and follow the instructions. Easy!

2. Follow along with all of our teachings and videos which will be found in the "Guide" section of the Curves Ahead Facebook page. If we upload a new video or go LIVE in the Tribe, you'll have the opportunity to access it there by the end of the day. Be sure to watch all of the Guides asked of you. We will prompt you to do that during our regularly scheduled instruction posts.

3. There will be bonus Facebook posts throughout the week for you to gain more points. Stay vigilant. You'll want to make sure your notifications for our group is turned on in your settings, so you don't miss anything!





*Girl Boss Challenge!*

**Teachings**

# Routines

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# Systems

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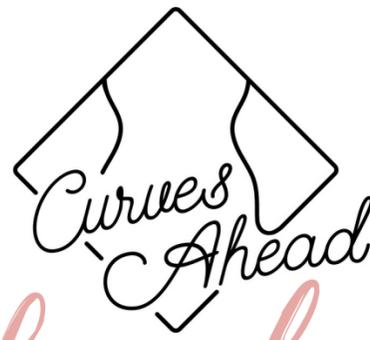
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"Create the highest grandest vision possible for your life, because you become what you believe."

OPRAH WINFREY



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## Goal Setting

Instructions: Take a moment to write down your mission and method for the next 21 days. Don't worry about movement and measurement for now, we'll tackle that next week!

### Mission

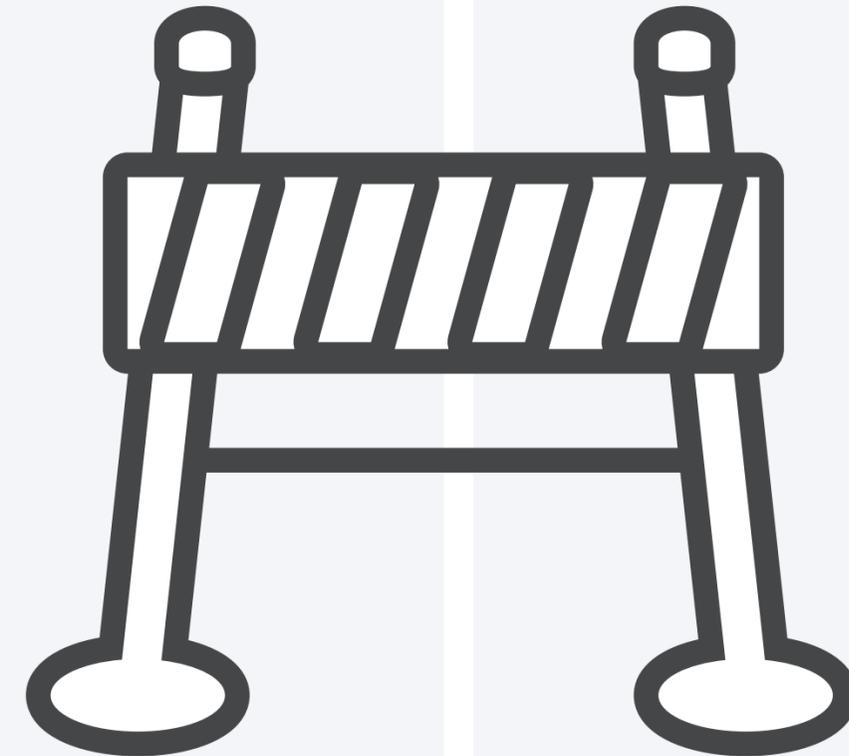
What can I realistically accomplish in 21 days?

### Method

Break it down. What do I think I need to do to accomplish this Mission?

### Movement

### Measurement



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## Goal Setting

### Mission

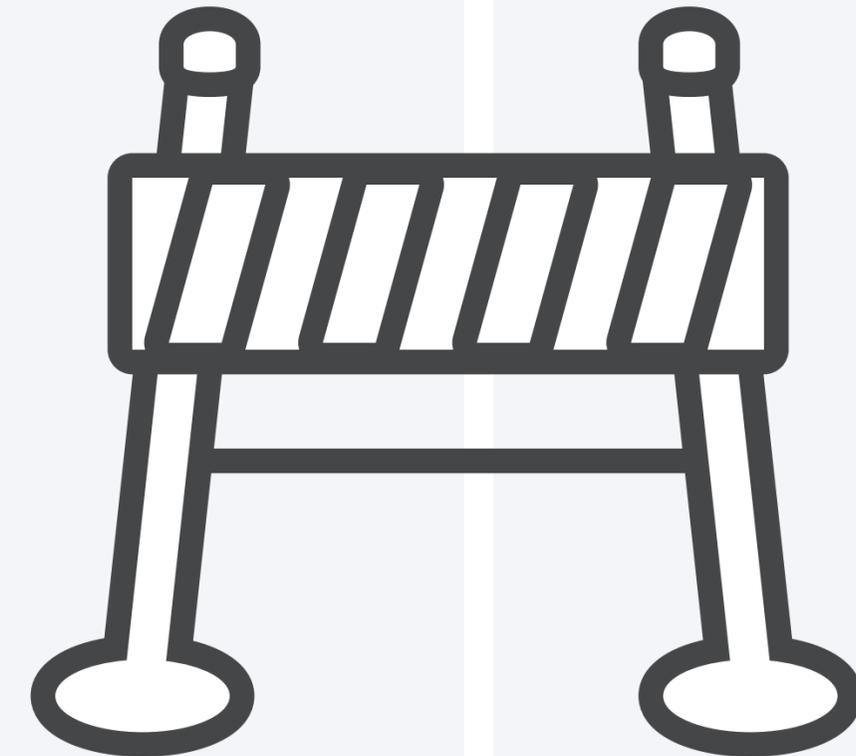
My mission for the next 21 days is to de-clutter my bedroom closet.

I would like to create more space, organize my clothing, and remove anything that doesn't support my routines or systems.

### Method

- Get rid of clothes that don't fit or I don't wear anymore
- Figure out what to do with clothes that are 'like new' that I don't want to throw away
- Move all of the items that need to go into storage
- Get rid of dresser in the closet

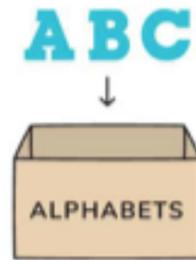
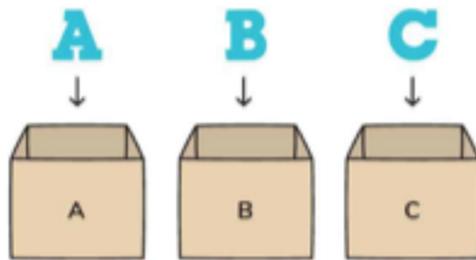
### Movement



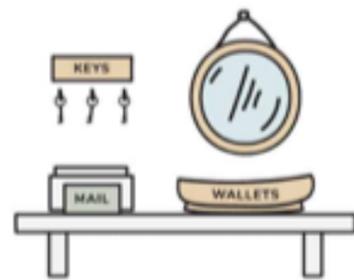
### Measurement

# What style are you?

Which Image Is More Appealing?



Which of These 2 Spaces Do You Like More?



You're a *Bee*



You're a *Cricket*



You're a *Butterfly*



You're a *Ladybug*

## WHAT CLUTTERBUG ARE YOU?

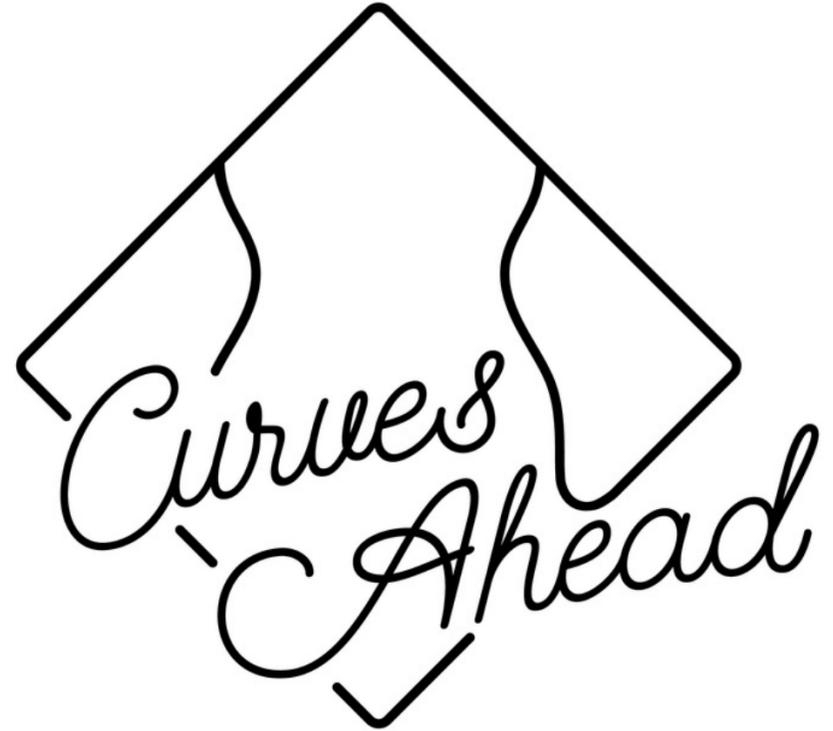
DISCOVER YOUR  
*Organizing Style*

Take the Clutterbug™ Quiz



Start Quiz

Go to [www.clutterbug.me](http://www.clutterbug.me) to take  
Cass' Quiz



**Thank you for being a part of the Tribe!**

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