

4 WEEKS
FOR YOU
EXPECTING
AND EMPOWERED

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WELCOME TO THE EXPECTING AND EMPOWERED 4 WEEKS FOR YOU CHALLENGE. WE'RE THRILLED THAT YOU ARE HERE AND WE'RE READY TO HELP YOU GET THE MOST OUT OF THIS 4 WEEKS AND OUR GUIDE!

WE REFRESHED THE CHALLENGE FORMAT TO TRY TO HELP YOU IN A MORE COMPLETE WAY. OVER THE NEXT TWO PAGES, YOU'LL SEE WE'RE ASKING YOU TO GET TO KNOW YOURSELF A LITTLE BETTER. THIS IS THE MOST GENTLE ENCOURAGEMENT TO TAKE TIME WITH THE PROMPTS. DON'T USE IT AS A "CHECK OFF THE BOX" ACTIVITY, BUT SIT WITH THEM FOR ENOUGH TIME TO SEE WHAT SURFACES.

LET'S DO THIS GIRL! WE CANNOT WAIT TO HEAR HOW THESE 4 WEEKS GO.

LOVE,
AMY KIEFER AND KRYSTLE HOWALD

QUICK HOUSEKEEPING:

-BOTH PAGE 3 AND 4 WILL NEED TO BE TURNED IN VIA EMAIL AT THE END OF THE CHALLENGE (BY JUNE 29TH). YOU CAN TAKE A PICTURE AND ATTACH THEM TO YOUR EMAIL WHEN YOU SUBMIT TO EXPECTINGANDEMPOWERED@GMAIL.COM .

-2 SOCIAL SHARES: SHARE AN IMAGE ON INSTAGRAM OR FACEBOOK OF YOUR WORKOUT, YOUR SET UP, ONE OF OUR CHALLENGE GRAPHICS, YOUR SHEETS, WHATEVER YOU WANT...AT THE BEGINNING AND END OF THE CHALLENGE. YOU HAVE TO TAG OUR HANDLE @EXPECTINGANDEMPOWERED AND ADD THE HASHTAGS #EANDEMAMA #EANDEACCOUNTABILITY #4WEEKSFORYOU. WE LOVE BEING TAGGED IN YOUR STORIES, BUT THESE HAVE TO BE STATIC IMAGES THAT STAY IN YOUR FEED.

-FIRST WEEK SOCIAL SHARE HAS TO BE UP BY JUNE 7TH. THE LAST WEEK'S SOCIAL SHARE MUST BE COMPLETED BY JUNE 29TH . AS A SMALL BUSINESS, IT IS A HUGE HELP AND HONOR EACH TIME YOU TAG US...IT HELPS US TO GROW AND REACH MORE MAMAS JUST LIKE YOU. IT IS ALSO A FUN WAY FOR ALL OF YOU TO FIND EACH OTHER AND BUILD COMMUNITY.

-AS ALWAYS, WE RESPECT YOUR PRIVACY. IF YOU ARE NOT COMFORTABLE SHARING ONLINE, YOU CAN STILL ENTER BY EMAILING US AND GIVING US A HEADS UP THAT YOU WON'T BE PARTICIPATING IN THE SOCIAL SHARES ON WEEK 1. REMIND US OF THAT IN YOUR FINAL EMAIL AND YOU'LL STILL BE RESPONSIBLE FOR COMPLETING YOUR TRACKER SHEETS.

WEEK 1

SETTING YOURSELF UP FOR SUCCESS

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|------|------------|------------|-----------|--------|
| | UPPER BODY | LOWER BODY | FULL BODY | CARDIO |
| DATE | | | | |

“Forget the past and live the present hour.”
- Sarah Knowles Bolton

What do I perceive as my biggest barrier to making this week’s workouts happen?

Perfect. Now that I know...here is how I’ll overcome it:

WEEK 2

CHANGING YOUR NARRATIVE

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| | UPPER BODY | LOWER BODY | FULL BODY | CARDIO |
| DATE | | | | |

“You can change your inner dialogue, you can rewrite the narrative in your mind, you don’t have to submit to the way you’ve always told yourself the story.”
- @thepracticeco

One limiting belief I have about myself is:

I’m rewriting it. My new narrative about this subject is:

WEEK 3

OVERCOMING OBSTACLES

| | | | | |
|------|------------|------------|-----------|--------|
| DATE | UPPER BODY | LOWER BODY | FULL BODY | CARDIO |
| | | | | |

“Many times we are our worst enemy. If we could learn to conquer ourselves, then we will have a much easier time overcoming the obstacles that are in front of us.”
– Stephan Labossiere

What changes could I make in my life to lead a healthier life?

The ONE change that I commit to making this week is:

WEEK 4

MAKING A HABIT STICK

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|------|------------|------------|-----------|--------|
| DATE | UPPER BODY | LOWER BODY | FULL BODY | CARDIO |
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“All big things come from small beginnings. The seed of every habit is a single, tiny decision. But as that decision is repeated, a habit sprouts and grows stronger. Roots entrench themselves and branches grow.” -James Clear

These last 4 weeks have inspired me to be more rooted in:

The reasons I want to continue these habits beyond the challenge are:
