

How to 10x Your Life in 10 days



A Guide to Making Your Life Easy

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Why This Book

Imagine your life if you had 10 extra hours a week.

Imagine your life with an extra \$10,000 or 10 times more money.

Imagine your life with ten times more energy.

Imagine if it took only 10 minutes a day to 10x your life.

It took extreme measures for me to realise that I could 10 times my life.

Every day, thousands of men and women all over the world are searching for ways to go to the next level, be it in their personal and/or professional lives.

They are looking for ways to have more energy, more time, more money and better relationships.

In other words, they are looking for that holy grail or Jack's magic beans that will give them their Dream Life.

This book is designed to help you identify the things you are doing or not doing in your life that are stopping or blocking you from creating the extra energy, time, money and relationships we all desire.

The goal is to bring awareness to the Barriers that are hindering you moving to the next level and then to create a strategy to overcome this issue overall self-improvement. One of the best ways to ensure success is by setting action steps required to overcome the problem or issue.

Each day highlights a different issue that is currently holding us back and we will bust through this unhealthy belief or habit in order to promote change in one's life, allowing healthy habits and thoughts to be formed.

Even if you feel you have mastered that particular challenge, there are still ways for you to take it to the next level.

That is how you 10x your life, never being satisfied with where you are today, always looking for new innovative and creative ways to take it to the next level.

Don't you feel it's time to lift the veil and show the world who you truly are, who you can be?

By participating in this Ten-Day Challenge, you will have the opportunity to redefine your self-worth and 10X your life creating more purpose and meaning.

Let's Move Beyond SMART Goals.

You may have heard the advice before about making goals SMART: Specific, Measurable, Attainable, Relevant, and Time-Based. There are a lot of strengths in setting goals this way, though this locks you into the land of mediocrity as they do not fire the imagination of the soul.

Goals should have two components: **a vision goal** and **a target goal**.

The two parts work together and enhance each other.

The vision goal motivates and gives broad direction.

The target goal clarifies and outlines action.

The vision goal is the ideal image of what your life will be like when your goal is achieved, specifically what it will feel like. The vision goal makes you a DREAMER first, it raises your capability.

They Inspire, Challenge and Grow YOU.

Uncage yourself, you are going to grow into that person and you should not limit what you want, to who you are now. You don't have to know now, how this will happen, just decide now that you want it to happen. Most people think too small. Believe in your ability to be whoever you want to be, then use target goals to get you there.

The target goal is your typical SMART goal. Target goals are self-imposed checkpoints that keep you on track and insure that effective action is being made.

The vision is really your true goal. That's where you want to go. The targets are checkpoints you establish for yourself to help keep you on track. The target goal is an aid that helps flesh the vision into reality.

How the Book and Challenge Works

This book is specifically designed for each chapter to be a separate challenge, looking at ten issues that will challenge you to increase your self-acceptance, self-worth, self-esteem and self-love.

Each challenge (day) will consist of one simple activity that is designed to help increase your level of awareness, self-acceptance and confidence, a journal prompt to promote continual change even after the ten days are finished, and a social media photo challenge so you can share your success with those around you!

Even if the issue is not currently a problem you identify with, do the activity as it will assist you to move to the next level.

By creating a DAILY vision and action plan, you will be providing yourself direction and understanding for the next 10 days about what you want to achieve and how you are going to achieve it. When you have something to work towards, your experience will be more fulfilling and you will walk away with success!

What You'll Need: Along with this guide, you will need a journal or something to write in and a camera (phone) to record your thoughts and experiences for the next ten days!

Don't forget to use the hashtag #10Xurlife so others can share your experience!

DAY 1

Issue ~ You Are Putting Yourself Last

CHALLENGE: PUTTING YOURSELF FIRST

*I used to spend so much time reacting and responding to everyone else that my life had no direction. Other people's lives, problems and wants set the course of my own life. One I realised it was OK for me to think about and identify what I wanted, remarkable things began to happen in my life. **Sye Wells***

Ok, most of us were brought up with an understanding that if you put yourself first then you were selfish and no-one would want to work, love or be around you.

Whilst this may be true when you are coming from EGO, when you flip your perspective and start to embrace that "You are the only person you will spend your entire life with" you begin to see the benefits of how you can serve everyone else more effectively after you have looked after yourself first.

Remember, the first thing they say during the safety announcement on a plane - "Put your own oxygen mask on first, before you assist anyone else."

We all live busy lives. Though more than likely we are busy doing the things that don't serve us and neglecting the things that will assist us to achieve our personal and professional goals.

I am a great believer that everyone should spend the first hour of each day on themselves. Their M.E. time - my exercise, my escape, my essence, my exuberance, my energy, me early... (the list is endless, click here to check out the 99 M.E. statements from my Less of You: More of Myself program.)

Challenge:

Create a VISION goal describing 10 different M.E. activities you will accomplish in the next ten days as part of the 10xurlife Challenge, that will assist you to PUT YOURSELF FIRST. Write it down and hang it somewhere, you will see it every day, then schedule each in your calendar to make sure they happen. Testimonial

Journal Prompt: Record today's M.E. activity in your journal. After you have completed today's activity write about how it made you feel before, during and after. Why is this goal important for you to do every day? How will putting yourself first help you to reach your full potential?

Photo-Op: Using the hashtag #10Xurlife, post a picture on social media of you doing today's M.E. activity. Tag one friend to complete the challenge with you. Let's spread the word!

Is this a recurring issue for you?

Would you like to bust through this barrier and create your vision and target goals more easily?

Not sure where to start? Then schedule a call with me so we can figure out what is getting in your way and then together we can create your step by step easy plan.

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CHALLENGE: BUILDING YOUR SELF-ESTEEM

"Self-esteem must be earned! When you dare to dream, dare to follow that dream, dare to suffer through the pain, sacrifice, self-doubts and friction from the world, you will generally impress yourself."

Self-confidence and self-esteem are two very different things, and the aim of this challenge is to bring awareness, so you can create high positive self-esteem.

Basically, self-esteem is how we value ourselves. It is an essential requirement that is vital for us to thrive – to have normal healthy development. It is how we perceive our value to the world and to others.

Self-esteem affects our trust in others, our relationships, our work – nearly every part of our lives. It arises automatically from within based upon a person's beliefs and consciousness.

Women with high self-esteem may or may not have self-confidence. Similarly, women with self-confidence may or may not have high self-esteem. Self-confidence is an outer focus of confidence. We gain confidence by being able to do something well. A self-confident woman must have all the skills and tools, all the nuances down pat, before she will go out into the world and display her skill. She gets her recognition from everyone else letting her know how great she performs a skill or task.

Low self-esteem is a debilitating condition that keeps individuals from realising their full potential because the person feels unworthy, incapable and incompetent. This quote (unknown author) sums it up eloquently: "If you put a small value on yourself, rest assured the world will not raise your price."

Challenge:

There are numerous ways to build your self-esteem:

- *Positive self-talk. *Don't compare yourself to others. *Exercise.
- *Don't strive for perfection. *Don't beat yourself up when you make a mistake. *Focus on the things you can change. *Do things that you enjoy. *Celebrate the small stuff, though one of my favourites is to focus on all of your past achievements.

Think back to everything you have achieved to get you to be the person you are now. Give yourself a pat on the back and then focus on what you'd like to achieve if success was guaranteed. DREAM BIG.

Journal Prompt: Record some of your past achievements in your journal. Reflect on all the obstacles you overcame to achieve. Write about some of the foreseeable issues that may come up as you work towards reaching your BIG DREAM. Write actions steps required (including people who may assist you) so you can easily fulfil this dream. Write how you will feel and who you will be, once this dream becomes reality.

Photo-Op: Using the hashtag #10Xurlife, post a picture on social media of your BIG DREAM or how you will look/ feel once this dream is reality. Tag one friend to complete the challenge with you. Let's spread the word!

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CHALLENGE: STOP COMPARING YOURSELF TO OTHERS

The result of our comparison are usually inaccurate as we usually match up our worst with their best. Its our differences that make us unique and special. Look in the mirror.

That is your competition. YESTERDAY YOU!. Karen Chaston

We learn, grow and set goals for whom we would like to become through listening, looking and learning from others. I love the saying that you will never learn anything new whilst you are talking. I even have a friend who uses a prompt called "WAIT", which stands for "Why Am I Talking!!"

A lot of the time we're comparing ourselves with others, wondering why they apparently have it all together, whereas at the same time we are always coming up short or lacking in one way or another.

Of course, we tend to forget that we are actually comparing our back of house with everyone else's front of house.

Everyone has a back of house and it's great to realise that we are all basically the same. We all have things that come easily to us, we all have limiting beliefs, self-doubts and unrealistic perceptions of other people.

We all have that self-critic that can be downright brutal with their feedback. Let's face it, if we talked to anyone else the way we speak to ourselves, we would not have many friends and/or people who would want to work and spend time with us.

Challenge:

Self-checking is a great way for you to become the person you would like to become and this assists you to stop comparing yourself with others. Commit to growing a little bit each day. Start to consciously take note of your self-talk, is it positive or negative? Rephrase the way you are talking to yourself. If something comes up that you agree with set vision and target goals to change it.

Journal Prompt: Today at the end of your day, honestly answer these three questions, then commit to doing this exercise daily, (you'll be surprised how quickly you begin to grow):

1. What did I do today that I would do exactly the same next time?
2. What did I do today that I would do differently next time?
3. What did I learn today about myself, others and /or the world?

Photo-Op: Take a photo of yourself and post it – you are amazing just the way you are. Know that you are capable of becoming the person you visualise. Know that your best features are your HEART and SOUL!

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DAY 4

Issue ~ You Don't Believe You are Worth More

CHALLENGE: YOU ARE WORTHY

Self Worth comes from one thing. Thinking YOU are Worthy. Dr Wayne Dyer

Know your value and don't accept being treated in a way less than you deserve.

We all have some sort of measuring stick that we use to determine our value as a human being. When we feel like we're measuring up, we feel good about ourselves. But, when we feel like we've fallen short, our self-worth can plummet.

Despite the fact that our measuring stick has so much influence over how we feel about ourselves, most people aren't even conscious of what they're using to determine their self-worth. But they are conscious of the fluctuations they experience in how they feel about themselves.

The way you choose to measure your worth as a person will serve as a major factor in the choices you make, the thoughts you have about life, and the way you feel about yourself. Know what measuring stick you're using to determine your value and measure your self-worth based on the factors you can control – not the external events in your life.

You find your worth when you butt up against your own limitations. If you aren't always trying to outdo yourself, then you won't know where that worth lies. Moreover, you lose the biggest opportunity of all: making yourself worth more.

Challenge:

When you know who you are - and you're pleased with the person you've become - you'll maintain a sense of peace throughout life's inevitable ups and downs. Rather than experience major fluctuations in how you feel about yourself based on your latest success or most recent failure, you'll believe in yourself regardless.

Measure your self-worth by who you are at your core. Doing so will help you focus on behaving according to your values, instead of chasing the things that will temporarily boost your self-esteem.

And always remember, if you believe you deserve more, then you owe it to yourself to ask for it.

Journal Prompt: The root of not feeling worthy is your self-limiting belief. The solution to helping you break the pattern of having limiting self-beliefs involves a series of practices that break the mental chains that hold you back. Today's Journal Prompt is to follow & journal about these 5 steps:

1. Carve out some quiet time to identify your self-limiting beliefs and write them down. HINT: They are usually the same thoughts that replay in your mind every day, or familiar thoughts that are triggered in specific scenarios, like when you think about your finances.
2. Pick one self-limiting belief to work on at a time.
3. Ask yourself why you believe this. Reflect upon your life and write down every instance, every experience you had that reinforced this belief. Try to trace this back to the earliest experience from where this belief emerged.
4. Gather any evidence that suggests this belief is false. Can you think of any real-life examples when a statement like this was not true? Can you think of any examples in your life where this statement about yourself was false? Write down every example that indicates this belief is untrue - for other people, as well as for you.
5. Neutralise the self-limiting belief with positive visualisation.

Photo-Op: Using the hashtag #10Xurlife, post a picture on social media showing how you are worthy, or a positive money-mindset quote that you have created to display in a place you can easily see in order to read aloud each day.

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DAY 5

Issue ~ You're Going to Work Stressed, Tired and Generally Unhealthy

CHALLENGE: YOUR WELL-BEING

*Health is when every cell in your body is bouncing with JOY. Each day make these 6 ingredients a **PRIORITY** - Sunshine, Water, Rest, Air, Exercise and Nutrition. **Karen Chaston***

Studies have shown there are many mental-health benefits of physical activity.

Every year, statistics show that being active improves mood and lessens symptoms of depression and anxiety.

Physical activity could be anything from weight lifting and aerobic exercises, to participating in sports, to yoga and dancing. The possibilities are endless!

As you engage in physical activity, you will learn to appreciate your body and witness the power that it has to offer. As explained by the Beauty Redefined Foundation, "Physical activity is shown to lead to body satisfaction when persons develop an appreciation of what their bodies can do." So, what can your body do?

There have also been many research studies that reflect the benefits of nutrition. Eating healthy does not mean participating in the latest diet or food restriction fad. It means eating the proper amounts of fruits, vegetables, grains, and proteins every day. It means recognizing when your body is hungry and when it is full. Your body needs to be fuelled properly to function properly.

Health is defined as the state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. This definition highlights how important it is for us to take care of ourselves! Being healthy is not the result of a quick fix or secret trick. It happens over a period and is the result of a series of small manageable actions. By taking care of our bodies, we will be empowered to live a healthy and well-rounded life!

Challenge:

Spend 30 minutes today taking care of your body. This could be going on a run for 30 minutes or participating in a sport. It could also be sitting down for 30 minutes to eat a nutritious meal or going to bed 30 minutes earlier than normal.

Journal Prompt: Write about what you did for 30 minutes to take care of your body. Why did you choose that as your activity? Did you feel a difference? Could you feel the stress leave your body? Did you feel more energised? How will you continue taking care of your body? Remember, it is doing little things consistently that makes the biggest difference!

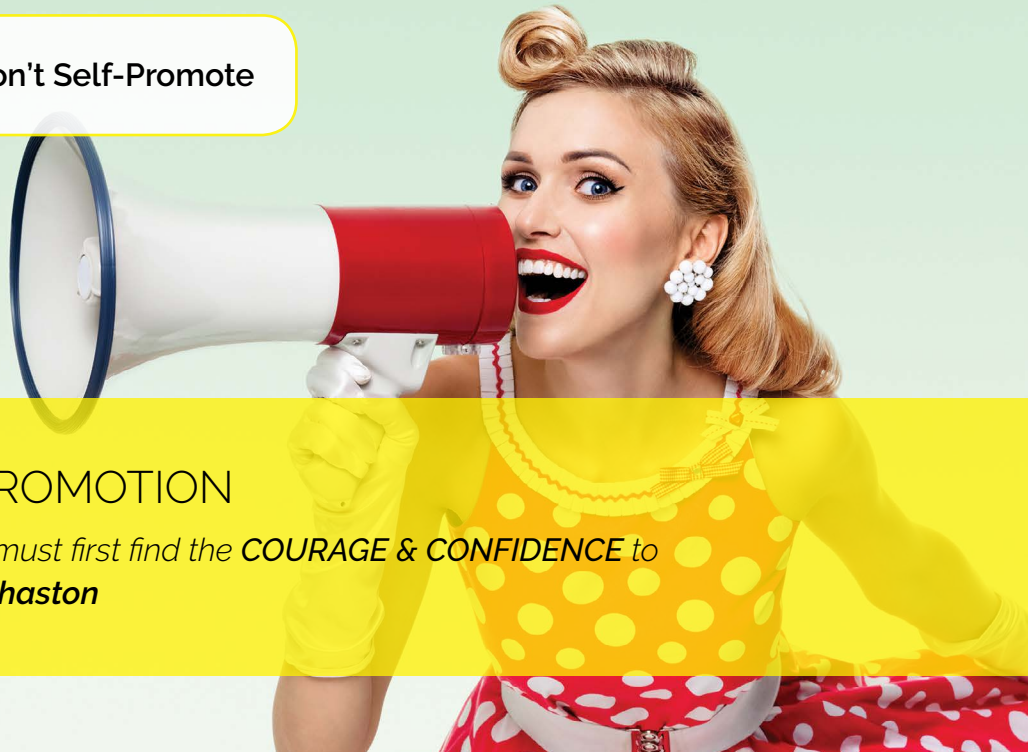
Photo-Op: Using the hashtag #10Xurlife, post a picture on social media that shows what you did to take care of your well-being today.

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CHALLENGE: SELF-PROMOTION

*If you want a **PROMOTION** you must first find the **COURAGE & CONFIDENCE** to **PROMOTE YOURSELF!** Karen Chaston*

Most of us aren't super great at self-promotion. Selling ourselves can feel awkward, braggartly and just plain wrong.

Being humble is not necessarily a virtue in today's world; it's important to promote yourself, to some degree.

There's a reason that nearly every book on career building discusses the need to promote yourself -- if you want your career to thrive and you want your work to make a positive impact — you've got to learn how to do it. If you don't, it's unlikely that anyone will do it for you.

It's time for all of us to untangle this feeling of shame and self-consciousness from the act of expressing our gifts, and offering our services to the world.

Challenge:

Figure out a way to be more visible and feel most comfortable, and go for it.

Remember, whoever takes the time to promote themselves will get the deal or will earn the promotion because they've made a nice package of themselves that makes it easy for the decision-maker to choose them.

Journal Prompt: Have you ever held your-self back from sharing about who you are or what you do? What fear or concern stopped you? Did you feel you would be judged? Journal about numerous ways that you can and will self-promote yourself today.

Photo-Op: Using the hashtag #10Xurlife, post a picture on social media about positive quotes as to why self-promotion will promote your life to the next level.

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CHALLENGE: JUST SAY "NO"

*You have to delete what your highest priorities are and have the courage - pleasantly, smiling and non-apologetically - to say "NO" to other things. And the best way to do this is to have a BIGGER YES burning inside. **Stephen Covey***

One of the major reasons women burn out and have very little time for what inspires them is that we take on too many things. This is mainly because we do not know how to say no, perhaps because we want to please everyone. This does not work. We end up totally exhausted with so many misaligned relationships and projects—all because we cannot say NO.

As you start to say no, keep in mind that you do not need to give a reason why you can't do something. This is the biggest trap we fall into. Giving a reason allows others to alter their request to fit in around your reason for saying NO.

Make sure when you say YES to others, you are not saying NO to yourself.

Keep it simple, just say NO.

Challenge:

Spend 30 minutes today looking at everything scheduled in next week's calendar. For each of these items ask these questions:

Will doing this activity deepen my life?

Will it bring me Joy?

Will it move me closer to my desired outcome?

Will it grow me in any way?

If the answer is NO to any of these questions, you should be cancelling the activity. Add up how much extra time this will create in your week. Use these questions as a guideline for when someone requests something from you. It's time to take back your life and create your own agenda.

Journal Prompt: Write about the activities you have cancelled. How did it feel to know that you don't have to do the activity? What will you schedule in place of these activities? How will these new activities move you closer to your Vision goals? Remember, it is doing little things consistently that makes the biggest difference!

Photo-Op: Using the hashtag #10Xurlife, post a picture on social media that shows what you will be doing with the extra time created through saying no and reclaiming your life.

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DAY 8

Issue ~ You Believe Professionally Moving Up Will Detract from Your Personal Life

CHALLENGE: PRIORITISE YOUR LIFE.

Fact: Entrepreneurs who allow themselves to take part in and enjoy their family and their lives, outside of work. Have more successful business and are much happier and healthier people.

Mark Mahoney

Did you know that there are nine areas to your life?

Did you know that every week you should be consciously spending time in each area as that is how you live a balanced life? That is how you make sure that your professional life is not detracting from your family and/or social life.

The Nine Areas of Life: Mentally, Professionally, Financially, Socially, Family, Physically, Spiritually, Emotionally and Environmentally.

Balancing Your Wellness Wheel.

Imagine waking each day and springing out of bed, joyous, happy and excited with what the day will bring. Having peace of mind, knowing that all nine areas of your life are in harmony. You are living the life that you came here to live.

You have more freedom to focus on the things that you really want to focus on, and being able to make a difference to the people who need it. Being the intricate part that assists the company to reap all the benefits that come with having more passionate, inspired and productive employees. It's having more time, more energy, better relationships, more prosperity and being completely fulfilled and organised in your life.

Challenge:

Spend 30 minutes today balancing your wellness wheel i.e. looking at each area of your life.

Print the wellness and rate what's been going on for you in each area?

What's missing? What needs tuning up?

How can you improve and optimise each area?

Which area requires more attention?

Attention is everything in life. Where your attention goes energy flows. Where your attention goes success follows.

Consciously master all nine areas of your life and you'll master your life.

Create a plan, schedule the time and then work it, work it, work it. There are great rewards for people who embrace these concepts.



Journal Prompt: Write about what you have discovered after spending time looking at each of the nine areas. How much desire do you have to improve each area? Do you feel you are in command your life? Journal about all these feelings. Write the action steps you will take this week to improve each area. Schedule time in your calendar to make sure it happens. Every Sunday night review your calendar for the following week and make sure each area is allotted the appropriate time.

Photo-Op: Using the hashtag #10Xurlife, post a picture on social media of you spending time in an area. Then for the next 9 days post a different area each day. This will put attention back on these areas and you'll then be emotionally back in the game, which will assist you to take new action steps to improve each area.

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TAKE CONTROL OF YOUR LIFE

CHALLENGE: TAKE RESPONSIBILITY

The moment you take responsibility for everything in your life is the moment you can change everything in your life. Hal Elrod

You are totally responsible for your life. This is the foundational principle you must embrace if you plan for happiness and success in all areas of your life. For many people, everything is someone else's fault. Every problem can be explained away with reasons why they can't affect the situation or the outcome, especially at work.

The blame game is one of the most common barriers that get in our way and one of the easiest to identify and change.

It is really easy to look at our current life and blame everyone except ourselves. The very talented actress Katharine Hepburn sums it up beautifully: "We are taught you must blame your father, your sisters, your brothers, the school, the teachers – but never blame yourself. It's never your fault. But it's always your fault, because if you wanted to change you're the only one who change you."

Everything in life is a choice. We get to choose how we react to every single event or situation. We can live a life of the blame game or we can consciously choose to look for the good in any situation.

There is no point playing the 'blame game' if we do not have the life that we desire. The place to look is actually inside of ourselves. We must take stock of who we are and what barriers we are putting up, and then we can start to look at ways we can begin to become the person we so truly desire to be.

Women, more so than men, tend to blame everyone except themselves for what is happening or not happening in their lives.

Does any of this sound familiar?

Are you ready to take responsibility and create the life of your dreams and desires?

Challenge:

The most important aspect of taking responsibility for your life is to acknowledge that your life is your responsibility. No one can live your life for you. You are in charge. No matter how hard you try to blame others for the events of your life, each event is the result of choices you made and are making.

Listen to the little voice in your head. And, observe yourself talking with co-workers, family members, and friends. Do you hear yourself taking responsibility or placing blame? What measures can you put in place that will assist you to delete the "blame track"?

Journal Prompt: Write about how you can take responsibility today for your life. What things are you going to put in place that will make a difference? How can you eliminate blame? How will you react in the future when things don't go to plan? Will you be able to turn a disaster into an opportunity to learn and grow?

Photo-Op: Using the hashtag #10Xurlife, post a picture on social media of quotes that will assist you to take responsibility for your life.

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CHALLENGE: SIMPLIFY YOUR LIFE

Focus on: **1. Your well-being 2. Your relationships 3. Your goal attainment. Instead of**
1. Stuff 2. What others are doing 3. What went wrong in the past. Karen Chaston

So, what do I mean that you are doing things the hard way? Well, to be honest so many of us are still living the same old way, we and our fore-fathers (mothers) did in past centuries. We now, live in the information age where everything is just a couple of clicks away. Now is the time for us to become more strategic, more prepared, more disciplined high achievers.

Though many have still bought into the old myth that the main way to get ahead in life is to work as hard as possible in a 9-5 profession, climbing the ladder by competing with everyone, coming home stressed and tired, watching mindless screens for hours on end and then after years of accumulating a lot of stuff, you retire.

Wondering, surely there must be more to life than living in a "ground-hog day daze?"

It is time for us to realise that sometimes our busy work is not our life work!!

Don't be the person who works hard to get to the top of the ladder to then realise they are on the wrong ladder, or that they have spent their health to get their wealth, or that when they look around they realise that they are all alone, as they have burnt every relationship, during the climb!!

It's time to take on the big leaps to move your life forward. It's time for you to reclaim your day. To Own Your Life Experience.

To Succeed Above Standard Norms and Out Perform Your Self, Each Day Consciously Decide:

1. **Who Do I Want to BE and How Do I Want to FEEL, today?**
2. **How Will I INTERACT with People I Meet, today?**
3. **What Are the 3 Actions I'm Taking Today that Will Move My Life Forward?**

Challenge:

In order to reclaim your day, you must eliminate:

1. any distractions,
2. false obligations (other's priorities) and
3. any task that is meaningless to your life

These 3 things steal your time, your energy and stop you from progressing to where you want to be.

Your challenge today is for you to be more honest in how you have arrived at where you are today.

Today you will evaluate how you are spending your time. Bring a magnifying glass onto everything you are doing. Every single moment of every single day, needs to be scrutinised. Ask yourself "Is it something I can eliminate all together or delegate?" "Does this bring me Joy" "Is this bringing me closer to my goal, or moving me backwards."

Journal Prompt: Write about the things you have identified, that can be delegated or eliminated? How does it make you feel? How much extra time will you now have to spend on achieving a goal? Write about the daily action steps you now will take with this extra time, to achieve the goal. Write about how you are going to succeed above standard norms and outperform yourself each day?

Photo-Op: Using the hashtag #10Xurlife, post a picture on social media that shows some of these things: How you are reclaiming your life? What is the new goal? How much extra time each week have you created? How this exercise has made you feel? You achieving above standard norms?

Is this a recurring issue for you?

Would you like to bust through this barrier and create your vision and target goals more easily?

Not sure where to start? Then schedule a call with me so we can figure out what is getting in your way and then together we can create your step by step easy plan.

<https://karenchaston.agilecrm.com/calendar/karen>

Where to From Here

There are great rewards for people who embrace these concepts.

Imagine waking each day and springing out of bed, joyous, happy and excited with what the day has to offer. Having peace of mind, knowing that every area of your life (mentally, professionally, financially, socially, family, physically, spiritually, emotionally and environmentally) is in harmony. You are living the life that you came here to live.

You have more freedom to focus on the things that bring you joy and being able to make a difference to the people in your life. Being the intricate part that assists any company to reap all the benefits that come with having more passionate, inspired and productive employees.

It's having more time, more energy, better relationships, more prosperity and being completely fulfilled and organised in your life.

I know that connecting to your true self and standing out from the crowd can be difficult and a mine-field of where do I begin, with many well intended colleagues, friends and family not understanding why you want to change.

It's about knowing who you are and what you want to be – and vigorously pursuing that. It's not about pleasing everyone, it's not about being loved; it's about accomplishing goals, creating a new path for others to follow.

Are you ready? Ask yourself these questions to find out

1. **Am I currently living a life of fulfillment?**
2. **Do I spring out of bed each day, ready to embrace the day?**
3. **Do I love what I do?**
4. **Do I have a hidden desire that I'm meant for more?**
5. **Do I want more though I'm not sure what that is?**

Can I help you?

I love to help! It's why I'm in business!

I have moved beyond my worst nightmare, all so, I could create a better way, a smarter way, a happier way, a less stressful way and a more higher achieving way, to do life.

I now know that my unconsciously incompetent life, happened so I could share my newfound awareness with others.

All so, I could stand here and say, "I have lived your crazy mixed up life and it does not work, it may for a while, though eventually it will all come tumbling down, either the career, the relationships and/or your health. Could be one of these, a couple or all of these."

Great news is that, I'd love to show you how easy and fun it is to create your dream life, through adopting my strategies, where we balance all areas of your life.

There is no quick fix, but there are strategies you can use to achieve everything you desire whilst managing your entire "life" more effectively, more happily all whilst improving every relationship in your life, especially the one with yourself.

Don't be the person who works hard to get to the top of the ladder to then realise that you're on the wrong ladder or even worse that it's been at the cost of your health, relationships and general well-being.

It's time for you to become consciously competent in all that you do – The STAR of YOUR LIFE!!

If you're ready to reconnect to your passion, purpose, creativity and joy, in other words to get your wings now, then let's chat.

Where you can connect with us:

I am based in Sydney, NSW, Australia

I speak at events and corporate events around Australia and the United States.

I connect with many clients via Zoom and Skype, all around the world.

To you, successfully re-discovering your authentic self,
Karen Chaston

Karen Chaston is the founder of Kazand Investments Pty Ltd t/as KarenChaston, a company dedicated to assisting people to become their own best friend and create the life of their dreams and desires.... Even the ones they have not thought about yet!!

Best of all, Karen's Financial Model includes actionable systems individuals, managers and business owners can take away and implement that keep you focused on the most important asset of any business: YOU.

What Others Say

Deanne Goesch: Financial Paraplanner – Temora NSW

Karen's mentoring has given me a different perspective on getting everything together to meet my goals and achieve balance in my life. I feel so honoured to be mentored by someone with so much business exposure, to have someone outside my circle of colleagues, to bounce ideas off, has been so motivating and has really helped to boost myself confidence.

So, thank you Karen, for your guidance and expertise during our face-2-face sessions; it's something people like myself in a rural area, don't often get exposure to and I am very appreciative that I now have a clear pathway to achieving my goals and dreams.

I believe I will see benefits from your guidance for many years to come.

Lee Gabbett: Managing Director – SCM Australia

I had the opportunity to work with Karen on a short-term project early in 2016. The insights and advice given to us by Karen proved to be invaluable.

Her ability to read the situation and get the outcomes required was fantastic. Her input was always ahead of schedule, delivered with enthusiasm, and came with a big smile. Great to work with.

Natalie Moutia: Founder and Director - Success Women's Network

In a few words Karen Chaston is a "captivating" keynote speaker, "engaging" author and well-connected collaborator.

Karen has this wonderful energy that is not only warm and enticing it draws you in. Karen's recent presentations, workshops and one-day events are fun, informative and professional all the way. First class content and delivery!

If you are looking for an engaging, knowledgeable speaker with a huge heart- then you are looking for the charismatic Karen

Chaston. We would recommend Karen to any organisation who wants the best possible speaker that you can trust. We received a very personal service from start to finish and would highly recommend Karen's services without hesitation.

Amongst Karen's many talents, her books have been amazing to read, I couldn't stop reading them and read them in 1-2 days. Karen is an inspiration and talented story teller.

"The difference between good and great is a little more effort" I believe on the effort front Karen is streets ahead of the rest. Her tenacity is infectious. We are so excited by this awesome opportunity and partnership, forged from respect, compatibility and friendship.

Thanks Karen for all your hard work and we look forward to a big bright future working on the endless possibilities.

Tracey L Forde: Independent Business Owner, ACN Limited.

If you have ever felt that the person you are with is totally present, has absolutely no judgement, no ego, and wants nothing FROM you, then you have been in the presence of the gorgeous Karen Chaston. This woman operates purely from the heart, and exudes that joyous sense of freedom we all aspire to experience. And the amazing thing is that Karen is on a mission to help other women live that joyous life too!

I first met Karen in 2013 in Sydney, and since then have been blessed to be part of her Group Meetings, workshops, and other events she has held. Her book "A Journey to Becoming Your Own Best Friend" was, for me, a turning point in how I viewed myself. And how I TREATED myself. It is now my "go to" book any time I am feeling at odds with the world (or with me!).

I cannot thank Karen enough for helping me get in touch with my true self, my playful self, my confident self! And to love and nurture the woman I am. But most of all, Karen has taught me to actually get out of my own way and BE the woman I love to be.

What Others Say

Luisa Manfredini: Director MM+J Architects & Founder WoManly Women's Networking Group

I met Karen Chaston through the local northern beaches community business networks. She attended my Manly women's business networking group - 'WoManly' and enjoyed our meetings. Karen accepted an invitation to speak at our February 2015 meeting and gave a very inspirational talk about women's self-care and guidance for achieving a balance in life. I found her book 'Being Your Own Best Friend' a lovely guidance for women and young girls, as if she is there speaking with you. It is refreshing, honest and lacking in the hype that can surround these things.

Karen Chaston is the real deal, she operates from the heart, and she follows through with action not words. Thank you, Karen.

Jen Cudmore: Director JEN CUDMORE KINESIOLOGY

If I were to describe Karen Chaston in one word I would say "Inspirational". I have watched people wake up and become inspired by her at many events.

It seems to happen miraculously within moments of her addressing the audience. She has an unusual combination of power and vulnerability and I've witnessed her message for women even bring quiet tears to men in the room.

We collaborated on a One Day Mind Body Soul Event last year, and it was Karen's segment that broke the ice for the whole day, and it set up the energy of openness and collaboration for every woman there.

Her Book 'A Journey to becoming you own best friend' sits in the waiting room of my clinic, and is a quick 'pickup' whenever someone needs a reminder of who they really are! Karen is always on the look out to add something to other's lives, everywhere she goes. I wish Karen all the very best on her journey. She fully deserves it!

Eva Lenghart: Co-Founder - Diamond Club

"We have had the pleasure of having Karen share her wisdom with us at the Diamond Club. Karen's passion about her topic beautifully came through with her engaging and fun delivery. We really enjoyed having her with us and look forward to working with her again in the future."

Gladys Goh. Conference Producer. Adventedge

I had the opportunity to work with Karen at our Women in Leadership Summit Sydney, 7-9 December 2016. Karen did an exceptional job in chairing the day and is indeed an inspirational leader and engaging speaker. It was a delightful experience to work with her. Thank you very much Karen!

To read more acknowledgement please visit:

<http://www.karenchaston.com.au/praise.html>

What Others Say - From Karen's Corporate Days

Andrew Jolliffe – Former CEO, National Leisure & Gaming (NLG)

It is with great pleasure that I write this reference for a unique professional, Karen Chaston.

Karen joined the listed vehicle National Leisure and Gaming Limited when I was CEO, after we actively head hunted her from a senior role she was occupying with the international leading hotel chain, Accor.

Karen's integration into the high-pressure role as listed company CFO was seamless; testimony to a combination of her ability and willingness to outperform expectations.

Karen's role required her to:

- a) report to a Board of Directors and Senior Bank executives;
- b) manage a team of direct reports;
- c) operate sophisticated accounting systems for in excess of 40 national business units and over 1,000 employees, and
- d) maintain a standard of professionalism, processes, and work quality consistent with the stringent expectations of both the ASX and ASIC.

Karen's work and work ethic were faultless, and she remains the most passionate, most proficient employee I've had the pleasure to work with.

I unreservedly refer Karen to you for any senior role requiring an exceptional business specialist, and one who owns the outcome of all objectives tasked to her.

Dan Brady – Former CEO, National Leisure & Gaming (NLG)

Karen's tenure at NLG can be characterized as a very successful tenure for her personally, professionally and to the benefit of NLG.

Karen's role as the CFO of NLG primarily encompassed the technical requirements, reporting and compliance delivery of a publicly listed entity as well as the delivery of the reporting and analysis of the management accounts to the operational team.

Additionally, Karen was seen by the management team as a leader and elevated to the leadership group which looked to assist the team with deliverables around the organizational culture.

It should be noted that Karen's employment commenced with the then board of NLG recognizing that it needed a CFO who would be able to help navigate the company through financially difficult issues relating to the viability of the company. Hence, it should be noted that some of the experiences Karen has dealt with over her tenure have been extraordinary and that these experiences serve as excellent pillars of knowledge that she is able to now draw upon.

Specifically, Karen managed the following areas of the business:

1. Created the systems for and managed cashflow efficiently, both in difficult circumstances and with timely decision making and reporting transparency to board/financier and advisors.
2. Reshaped and created the manual accounting system into an extremely accurate timely reporting system
3. Met all reporting deadlines (ASX, Board, Financier, Advisors, Auditors and Management)
4. Met all compliance requirements of the (ASX, Board, Financier, Advisors, Auditors and Management)
5. Maintained excellent direct relationships with senior lenders and advisors
6. Constructed a reliable and direct interface with corporate advisors charged with the responsibility of restructuring the company to construct a longer term sustainable model
7. Maintained composure and professionalism through the event and process of receivership and enjoys the respect & support of the Receivers & Managers
8. Bolstered research skills throughout tenure and researched various cost and efficiency savings projects with implementation of some, this resulted in great benefits to the company

Further, Karen was able to improve the reporting of the business as such that operational reports that were utilized by the management team contributed and helped drive operational profit higher YOY for subsequent years of her tenure. Karen achieved this mostly through being able to successfully bolster her relationships around her to a level whereby team members could expeditiously access her for systems creation, reporting or analysis to assist in their role.

I recommend Karen as an excellent team member, a technically proficient and dependable CFO.

About the Author

Karen's suffering and disappointments became the catalyst for personal and spiritual growth, leading to her creating "The Dream Maker Programs."

For many in business, we focus on money and profits. Karen's strategic approach combines her life experience and financial expertise to assist shift your focus from stress and worrying to freedom and joy.

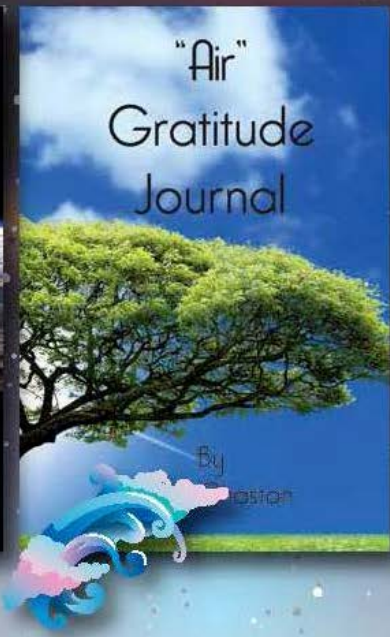
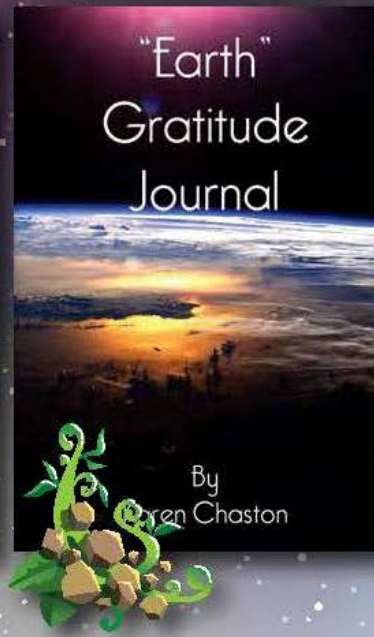
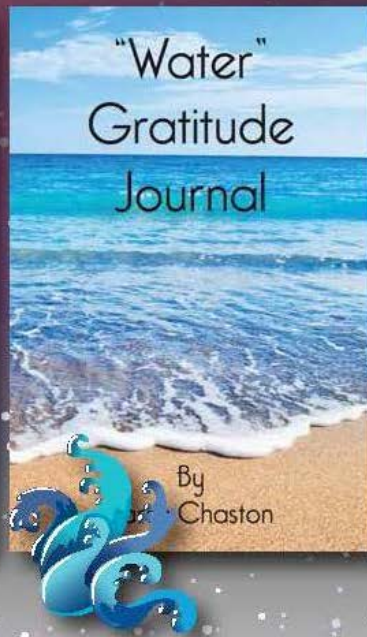
Best of all, Karen's Financial Model includes actionable systems individuals, managers and business owners can take away and implement that keep you focused on the most important part of any business: YOU.

Karen Chaston: "Inspiring People to Empower Their Lives" The Dream Maker Program Creator, author, speaker, on-line TV Host, radio host, CPA and former CFO publicly listed company.

Karen Chaston ran on the corporate treadmill until the day the world came tumbling down on her head. The constant effort of juggling work, family, the big house and cars, and the stress created by all that was taking its toll on her even before tragedy struck when her son died at a young age.



The Elements Collection Gratitude Journals - Teaser



12 Days of Gratitude

A special gift from Karen Chaston

Congrats on completing the 10x Your Life in 10 Days Challenge,
I have a special gift for you **"The Elements Collection
Gratitude Journals ~ 12 Days of Gratitude"**.

Click the picture [or here](#) to download your special gift.