



Kick Butt Birthday Challenges



Some people dread birthdays but I don't. I love them. Life is too precious and can be cut too short – so we need to make the most of what we have. **So I created these challenges to ensure you celebrate all the good things in your life and integrate more joy, fun and fulfillment into everyday!** (Even though these are called Birthday Challenges you don't have to wait until your birthday – do it today!)

Your Kick Butt Birthday Challenges:

1. **Count Your Blessings:** Make a list of all the good things that have happened to you over the last year and all the things you are grateful for – one thing for every year old you are. (Including the blessings in disguise – the challenges you overcame, what you learned, etc.) Then keep adding at least one new thing to the list every week!
2. **Create a Joy List:** List at least 50 things that bring you Joy! (Hint: It's usually small things that don't cost anything that bring forth joy!) To create a joy-filled life, integrate one or more of these things into each and everyday!
3. **Make a VIP List:** List the top 12 VIPs (very important people) in your life including family, friends, mentors, clients, etc. Write down why each person is important to you. Make a point to show and/or tell these people how important they are to you over the next 12 months.
4. **Create or Update Your Bucket List:** List 100 things you want to have, be or do before you die. Identify two (2) things you will do before your next birthday! (Plan and schedule them NOW!)
5. **Make Everyday Special:** Identify the three (3) best birthdays you've ever had. What made them so special? How can you incorporate these elements to make your *next birthday* more special? How can you incorporate these elements to make *everyday* more special?
6. **Focus Forward:** Identify three (3) things you are looking forward to in the next 12 months: Big or small goals; Significant events or minor milestones; or Daily pleasures or big adventures. Always keep your eyes on where you are going so you stay on track!
7. **Party On:** Do something (anything) that will make you feel more alive! Be spontaneous. Do something you normally wouldn't do. Go on an adventure. Take a field trip. Play hooky. Avoid the ruts that steal your joy, freedom, fulfillment and fun!

I hope you ENJOY your next birthday (and everyday) a little more!

With much love, *Amy*

***PLEASE PASS IT ON!** Please feel free to save and/or print for yourself or to pass onto someone you know would benefit. The only thing I ask is that you keep the copyright in place (see below)! Thanks!