

A man and a woman in business attire stand on a rooftop balcony, looking out over a city skyline at sunset. The sun is low on the horizon, casting a warm, golden glow over the scene. The man is on the left, wearing a dark suit, and the woman is on the right, wearing a light-colored dress. They are standing behind a metal railing. The city skyline is visible in the background, with several tall buildings. The sky is a mix of blue and orange.

# New Year New Mindset 3-Day Challenge

Transformation  
Guide

# WELCOME

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Welcome to the **New Year ► New Mindset 3-Day Challenge**. This workbook is your companion for the journey ahead. You have decided to step out of the default mode of living and into a life by design.

Over the next three days, we will Blueprint, Bridge, and Build a vision for a life you would truly love.

We look forward to guiding you on this journey!

**Michele Grassley Clarke**

Transformational Business Coach

**Morgan Gutierrez**

Performance & Mindset Engineer

## CREATING STATE: 3 TS FOR TRANSFORMATION

Before each session, use this practice to create presence and amplify intuition.

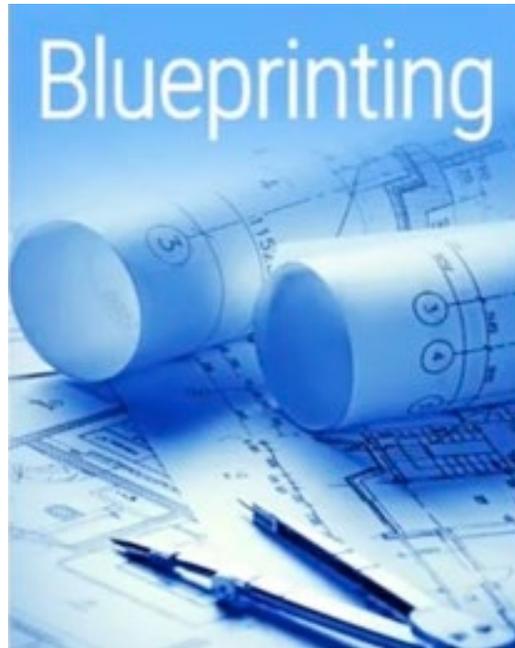
- 1. Tune In:** Access clarity by arriving fully in the moment.  
Breath. Grounding. Sensation.
- 2. Turn Up the Volume:** Amplify the intuitive signal.  
Quiet the voice of fear and tune into the voice of possibility.
- 3. Transformational Willingness:** Say "YES" to growth.  
Be willing to try on new thoughts and take aligned action.

## HOW TO USE THIS GUIDE

This guide is designed for active participation. Transformation is not a passive sport. Print this document, grab your favorite pen, and commit to the process.

- Show up for yourself fully each day.
- Complete the "Fill in the Blanks" to ground the key concepts.
- Use the journaling space to capture your insights immediately.
- Take action on the daily challenges.





## **DAY 1: BLUEPRINTING**

*Awareness & Vision*

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*"In order to carry a positive action we develop here a positive vision."*

*— His Holiness the Dalai Lama*

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# Activity: Life Assessment

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Review the four domains of your life. Rate your current level of fulfillment on a scale of 1-5 (1=Low, 5=High).



## Health & Well-Being

Physical vitality, energy, and wellness

LOW

1

2

3

4

5

HIGH

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## Love & Relationships

Partnership, family, and connection

LOW

1

2

3

4

5

HIGH

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# Activity: Life Assessment (continued)

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Review the four domains of your life. Rate your current level of fulfillment on a scale of 1-5 (1=Low, 5=High).



## Vocation / Expression

Career, purpose, and creative contribution

LOW

1

2

3

4

5

HIGH

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## Time & Money Freedom

Resources, spaciousness, and abundance

LOW

1

2

3

4

5

HIGH

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# SIGNALS & COSTS

Longing & Discontent:

**What would you love more of? What would you love less of?**

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**What will it cost me if nothing changes?**

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## Designing Your Dream

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Shift your inquiry from

"What can I do?"

to the highest quality question:

***"What would***

***I LOVE?"***









“

**"This or something even  
better still."**

Open yourself to outcomes beyond your current imagination.

”

∞ Allowing the Universe to surprise and delight you ∞



# Community Engagement Action Step

## DAY 1 TASK

 Post in Group

TIME REQUIRED: 2-3 MINUTES

Comment in the community with:

**1 Your ONE Focus Area**

Which domain are you choosing? (Health, Relationships, Time/Money Freedom, or Calling/Work)

AND

**2 Your "Why Now?"**

Why does changing this matters to you right now – before more time passes?



This public declaration anchors your commitment and connects you with others on the same path. Don't skip this step!

# Your Gift: Free Alignment Session

LIMITED TIME BONUS

## Gain Clarity on Your Next Steps with Coach Morgan or Coach Michele

As promised at the beginning of this challenge, claim your complimentary 1:1 session to align your vision with actionable steps.



### Clarify Your Vision

Review your blueprint and ensure it truly resonates with your soul.



### Uncover Hidden Blocks

Identify the #1 barrier currently standing between you and your dream.



### Map Your Next Step

Leave with a clear, tangible action step to create momentum immediately.



SCAN TO SCHEDULE

**Free 1:1 Session**

NEW YEAR ► NEW MINDSET 3-DAY CHALLENGE

# Upgrade Your Experience

Only \$26 Upgrade

## Unlock the VIP Experience

Go deeper with personalized support and extended access to maximize your transformation.



### Group Laser Coaching

Direct access to get your specific questions answered



### 30-Day Replay Access

Rewatch sessions anytime to reinforce your learning



### Priority Scheduling

First access to book your Alignment Session

### Scan to Upgrade

Secure your VIP spot instantly

VIP



NEW YEAR ► NEW MINDSET 3-DAY CHALLENGE







