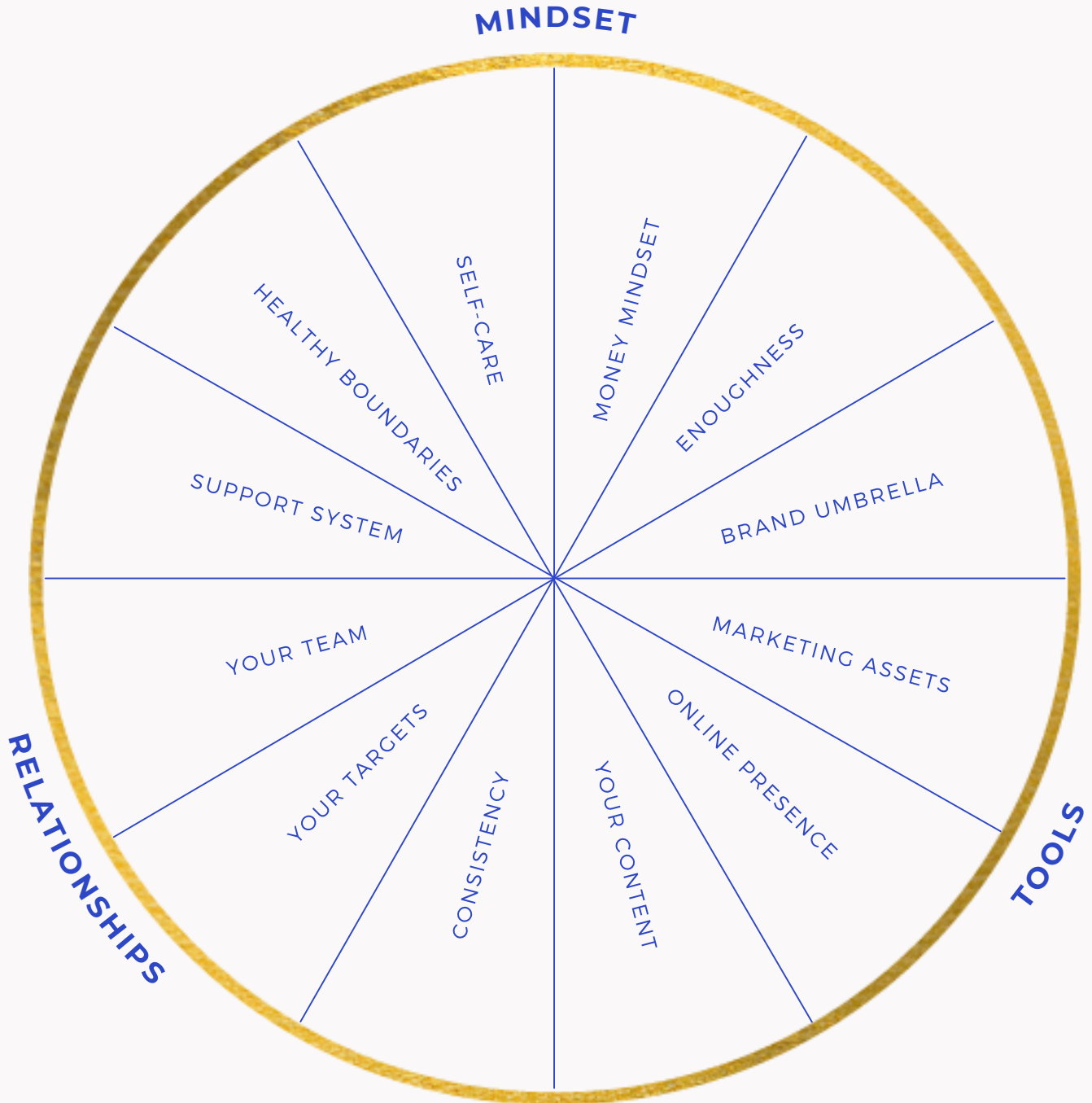


# Get in Gear

## LIFE PIE

Plot out your **Get in Gear for the Next Tier** experience thus far! Place a dot (or star or heart or whatever's on-brand for you) in the piece of the pie that corresponds with each day's coursework, by category. Where do you need to spend more energy to feel fully nourished by these 100 days? **Stay inspired!**



# How's Your Life Pie?

*Write in whatever reminds you about that day's work (other categories you'd include, the song of the day, how it felt for you).*

---

- 1 ~ mindset .....
- 2 ~ next-tier you .....
- 3 ~ enoughness, mindset .....
- 4 ~ healthy boundaries .....
- 5 ~ your targets, relationships .....
- 6 ~ self-care, mindset .....
- 7 ~ brand umbrella, mindset .....
- 8 ~ brand umbrella .....
- 9 ~ money mindset .....
- 10 ~ self-care, mindset .....
- 11 ~ support system, relationships .....
- 12 ~ marketing assets, tools .....
- 13 ~ enoughness, relationships .....
- 14 ~ relationships .....
- 15 ~ mindset, next-tier you .....
- 16 ~ healthy boundaries, mindset, next-tier you .....
- 17 ~ consistency .....
- 18 ~ relationships, consistency .....
- 19 ~ brand umbrella, enoughness .....
- 20 ~ mindset .....
- 21 ~ brand umbrella .....
- 22 ~ self-care, mindset .....
- 23 ~ mindset .....
- 24 ~ your content, tools .....
- 25 ~ self-care .....
- 26 ~ self-care .....
- 27 ~ your content, tools .....
- 28 ~ money mindset .....
- 29 ~ your targets, relationships .....
- 30 ~ self-care .....
- 31 ~ consistency, mindset .....
- 32 ~ consistency, brand umbrella .....
- 33 ~ healthy boundaries .....

# How's Your Life Pie?

*Write in whatever reminds you about that day's work (other categories you'd include, the song of the day, how it felt for you).*

---

- 34 ~ your content, tools .....
- 35 ~ your targets, relationships .....
- 36 ~ self-care .....
- 37 ~ mindset .....
- 38 ~ self-care, mindset .....
- 39 ~ brand umbrella, tools .....
- 40 ~ mindset .....
- 41 ~ relationships, consistency .....
- 42 ~ marketing assets, tools .....
- 43 ~ your content, tools .....
- 44 ~ healthy boundaries, mindset .....
- 45 ~ your targets, relationships .....
- 46 ~ brand umbrella .....
- 47 ~ brand umbrella, tools .....
- 48 ~ consistency .....
- 49 ~ self-care .....
- 50 ~ next-tier you .....
- 51 ~ mindset .....
- 52 ~ tools .....
- 53 ~ consistency .....
- 54 ~ your targets, relationships .....
- 55 ~ mindset .....
- 56 ~ your targets, relationships .....
- 57 ~ relationships .....
- 58 ~ brand umbrella, tools .....
- 59 ~ consistency, tools .....
- 60 ~ mindset .....
- 61 ~ marketing assets, brand umbrella, tools .....
- 62 ~ next-tier you .....
- 63 ~ support system, relationships .....
- 64 ~ your content, tools .....
- 65 ~ healthy boundaries .....
- 66 ~ marketing assets, tools, your targets .....

# How's Your Life Pie?

*Write in whatever reminds you about that day's work (other categories you'd include, the song of the day, how it felt for you).*

---

- 67 ~ enoughness, mindset .....
- 68 ~ mindset .....
- 69 ~ mindset .....
- 70 ~ healthy boundaries, mindset .....
- 71 ~ self-care, healthy boundaries .....
- 72 ~ next-tier you .....
- 73 ~ online presence, tools .....
- 74 ~ consistency .....
- 75 ~ .....
- 76 ~ .....
- 77 ~ .....
- 78 ~ .....
- 79 ~ .....
- 80 ~ .....
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- 93 ~ .....
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- 95 ~ .....
- 96 ~ .....
- 97 ~ .....
- 98 ~ .....
- 99 ~ .....
- 100 ~ .....