

# LIFE

WITHOUT

# LIMITS

HAPPINESS · HEALTH · GROWTH · PURPOSE

## The Breakthrough Clarity Challenge

### Day 2: Health

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## Welcome to the Breakthrough Clarity Challenge!

Hey, hey, super achiever! I'm Josh Ellis, your guide during this 4-day breakthrough challenge. I'm also the Editor-in-Chief of SUCCESS magazine. Myself, and the entire SUCCESS team, are honored that you have chosen us to be part of your journey.

This challenge was designed to give you the mindset transformation you need to eliminate the negative setbacks from your life. This includes:

- ❌ Self-doubt
- ❌ Fear
- ❌ Procrastination
- ❌ Comparison

You see, until you breakaway from self-limiting beliefs, you won't see progress on your goals. During this challenge, you are going to experience 4 breakthrough moments, presented by our SUCCESS advisors, to help you breakdown the self-limiting beliefs and build a true roadmap for achieving all you want to do for the year ahead.

Our team is going through this challenge right alongside you and is here to help! Follow us on [Instagram](#) and use #ClarityChallenge wherever you post. Don't forget to join the private Facebook group, [SUCCESS Breakthrough Challenge](#). Our advisors, team, and me, are going LIVE in there each day.

Join the community, spark the conversation, and start making your breakthrough happen!

To your SUCCESS, *Josh*

## Health

*Health is the most tangible pillar in success. Imagine what you could accomplish in a day if you had more energy and vitality.*

As it relates to health, people experience burnout when they are convinced they have to go 100% in to the health regimen. The exercise gets too grueling, the diet gets too restricting. It ends up leading to an unhealthy state. You may experience exhaustion, injury, or illness.

It is so hard to stick to healthy habits when you don't give yourself any room for mistakes. It is time to breakdown the self-limiting belief: **Your physical and mental well-being is not ALL or NOTHING.**

## BREAKTHROUGH MOMENT

***Put consistency over perfection.  
Make it easy on yourself with the 80/20 rule.***



### Meet Your Health Advisor: Jillian Michaels

Fitness and health expert, life coach, TV personality, and New York Times best-selling author

Jillian Michaels is the world's foremost fitness expert and a renowned life coach. Jillian is an eight-time best-selling author, entrepreneur, and a TV personality well-known for her time as a trainer on *The Biggest Loser*.

## Health Evaluation

After watching the Day 2 training with Josh Ellis and Jillian Michaels, complete the self-evaluation below. This is designed to rate your current state of overall health and well-being.

**On the clarity scale, how would you rate your physical and mental well-being?  
Circle or mark on the scale below where you are today.**



*I feel exhausted all the time. There are things I want to do, but I can't find the energy to get started.*



*I start each day with purpose, but by the afternoon I'm tired and ready to go home to watch Netflix.*



*I'm proud of my level of activity and diet, but I still feel disappointed at the end of the day that I didn't do enough.*



*I feel energized throughout the day, but I know there is a spark that is missing which would help me do even more.*



*I feel energized when I wake up in the morning and am ready to achieve great things!*

**Use the space provided to answer each question below.**

**What is your current exercise routine? How do you feel after you exercise?**

**What do you plan to have for lunch or dinner, and does that differ from what you actually had?**

**When was the last time you had a 'self-care' practice, and what did you do?**

## Health Clarity Challenge

After watching the Day 2 training with Josh Ellis and Jillian Michaels, complete the exercise prompts below. These activities are designed to help you find clarity on where you are today in your health journey and achieve your breakthrough of: **Consistency over perfection.**

**In the space below, describe the vision of overall health you have for yourself.**

Referring to your Health Evaluation on the previous page, **list three words that you would use to define how you feel today.**

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Referring to the vision exercise above, **list three words that define how this version of yourself feels.**

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