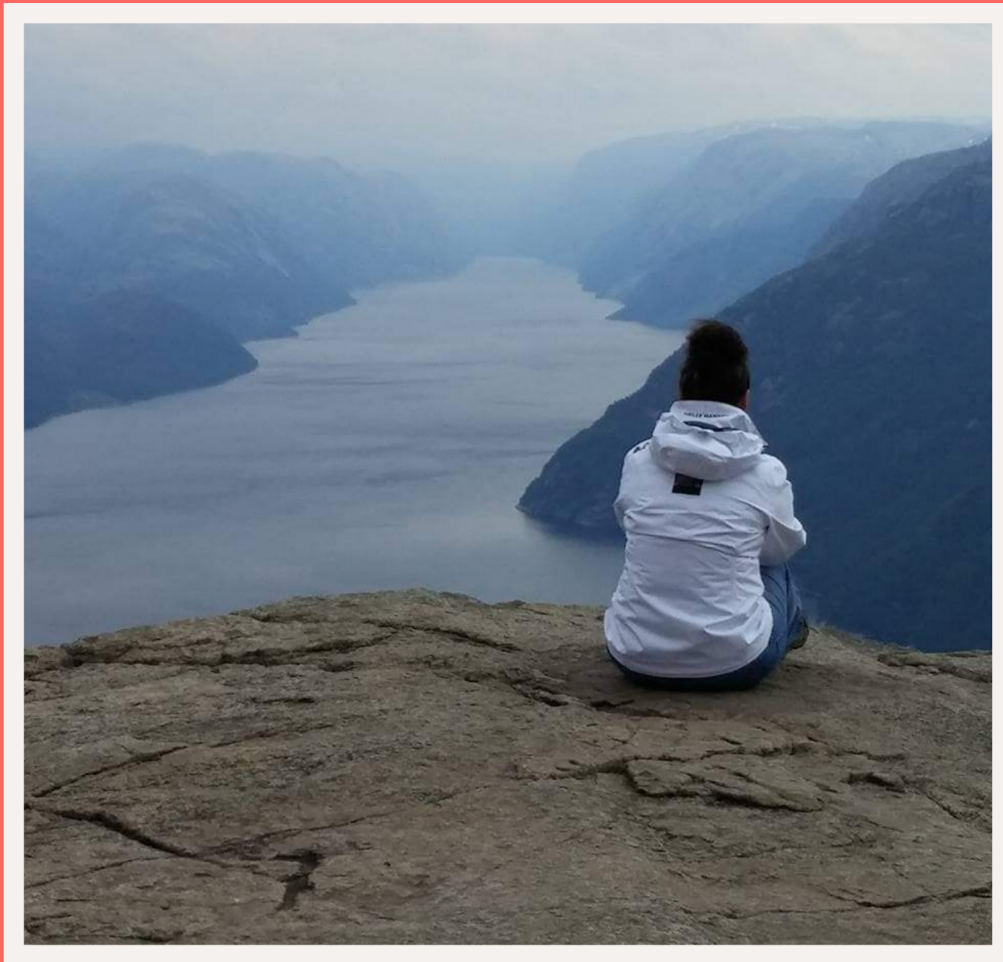


# THE RESOLUTE CHALLENGE



## WORKBOOK

Resources and action steps to support your  
challenge and move you from  
"I want to" to "I did!"

AMY LEVESQUE

# WELCOME TO THE RESOLUTE CHALLENGE!

*Hi There!*

It's my pleasure to be here alongside you as you work through your personal resolute challenge. The concept is simple, but the execution is guaranteed to be full of ups and downs. This workbook is designed to help you take concrete action steps to keep you on track. It will also be a great reminder of your progress when tough days occur.

If you haven't done so, you can join The Resolute Challenge's private Facebook group. It's a positive and supportive space to share your progress and celebrate your wins with like-minded people. I'll be there to welcome you and cheer you on!

Use this link to join: [www.facebook.com/groups/theresolutechallenge](http://www.facebook.com/groups/theresolutechallenge)

Enough talking about it. Let's get started!

*Amy Levesque*



## ABOUT ME

I'm just a regular person who got tired of feeling stuck. Once I figured out the concept of being resolute, everything changed!

I am an author, speaker, freelance writer, wife, mother, and "Gammie."

As busy as I am, I keep it balanced with time at the beach, reading, traveling, and baking.





# IDENTIFY YOUR OBSTACLES

*"The greater the obstacle, the more glory in overcoming it." - Molière*

1: Look at your last resolution or goal list. What item(s) have been on it the longest?

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2: What do you think is the reason it has remained on the list or been carried over the longest?

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3: Why do you keep putting it on the list?

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4: What feelings do you have about it?

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5: What will happen if you don't achieve it?

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6: What does your life look like if you do achieve it?

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# YOU!

*"Be willing to work on your weaknesses. With hard work, they will turn into strengths." - Anonymous*

1: What words have been spoken over you or about you that have hurt you most?

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2: Take those words and transform them into a new sentence or phrase that pushes positivity into your mind.

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3: Speak your new sentence or phrase over yourself every day.

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4: Take some time to think about how you see yourself and write it down here.

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5: Ask your spouse or someone close to you how they see you. What words do they use? Write them here and reflect on the positivity others see in you.

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6: Make a decision to be resolute for yourself. Declare it in the Facebook group.

# GOALS

*"A goal is a dream with a deadline." - Napoleon Hill*

Use the goal list you referenced in the "Identify Your Obstacles" section and use it for these exercises.

1: Which item on the list will you regret the most if you don't do it? Why?

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2: Which one are you most afraid of not accomplishing? Why?

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3: Which one are you not willing to compromise on? Why?

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4: What would happen if you didn't achieve it? How would you feel?

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5: Which one would enhance your life the most? How?

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6: Select 1 or 2 from your list that you feel most connected to. Write down why you want to achieve it. Place it somewhere you can see it every day.

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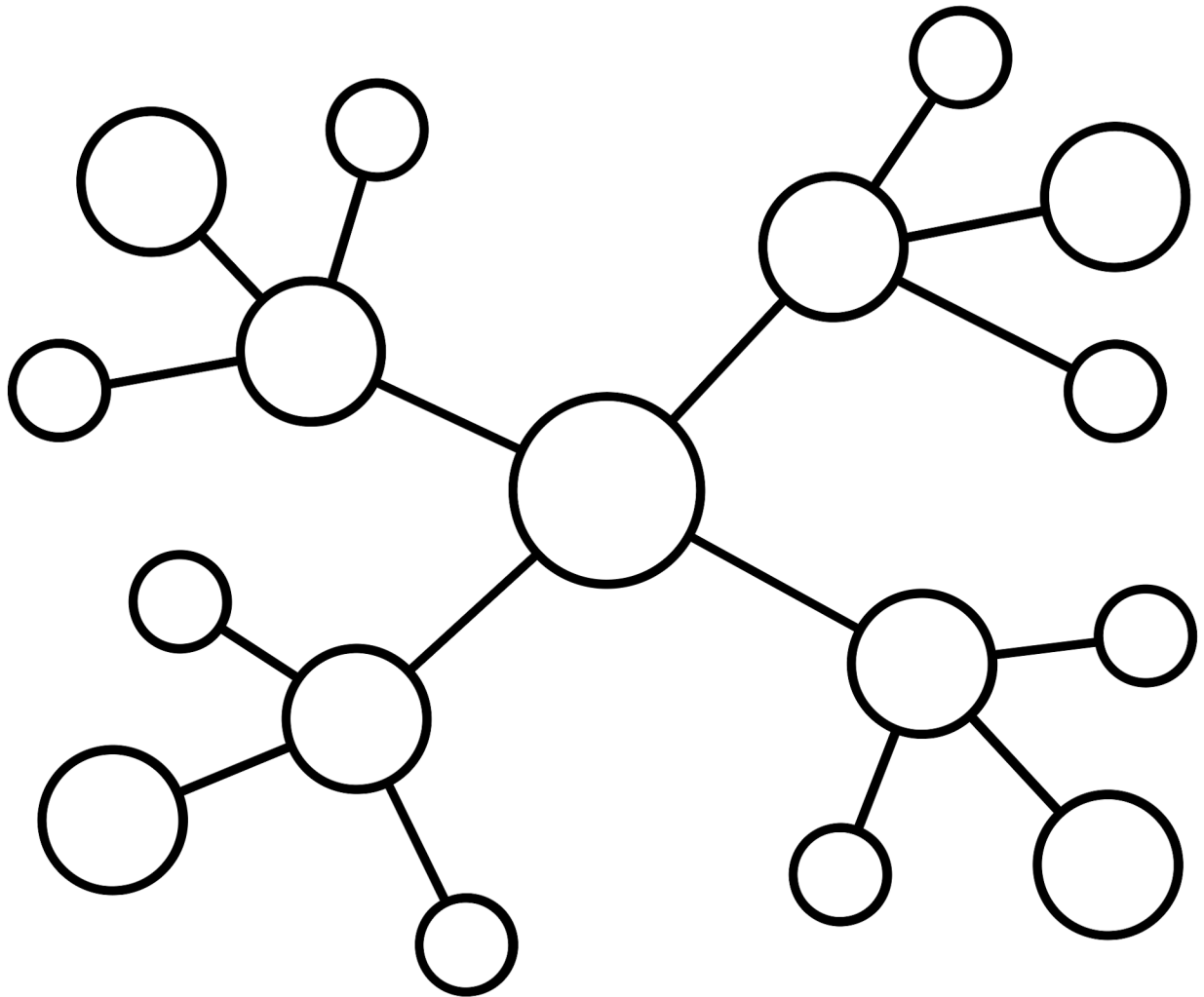
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# GOALS: MINDMAP

Take the goals from #6 on the previous page and use the mindmap to help you identify all the possible ways of achieving them.  
You may need an extra sheet of paper.

## Goal #1

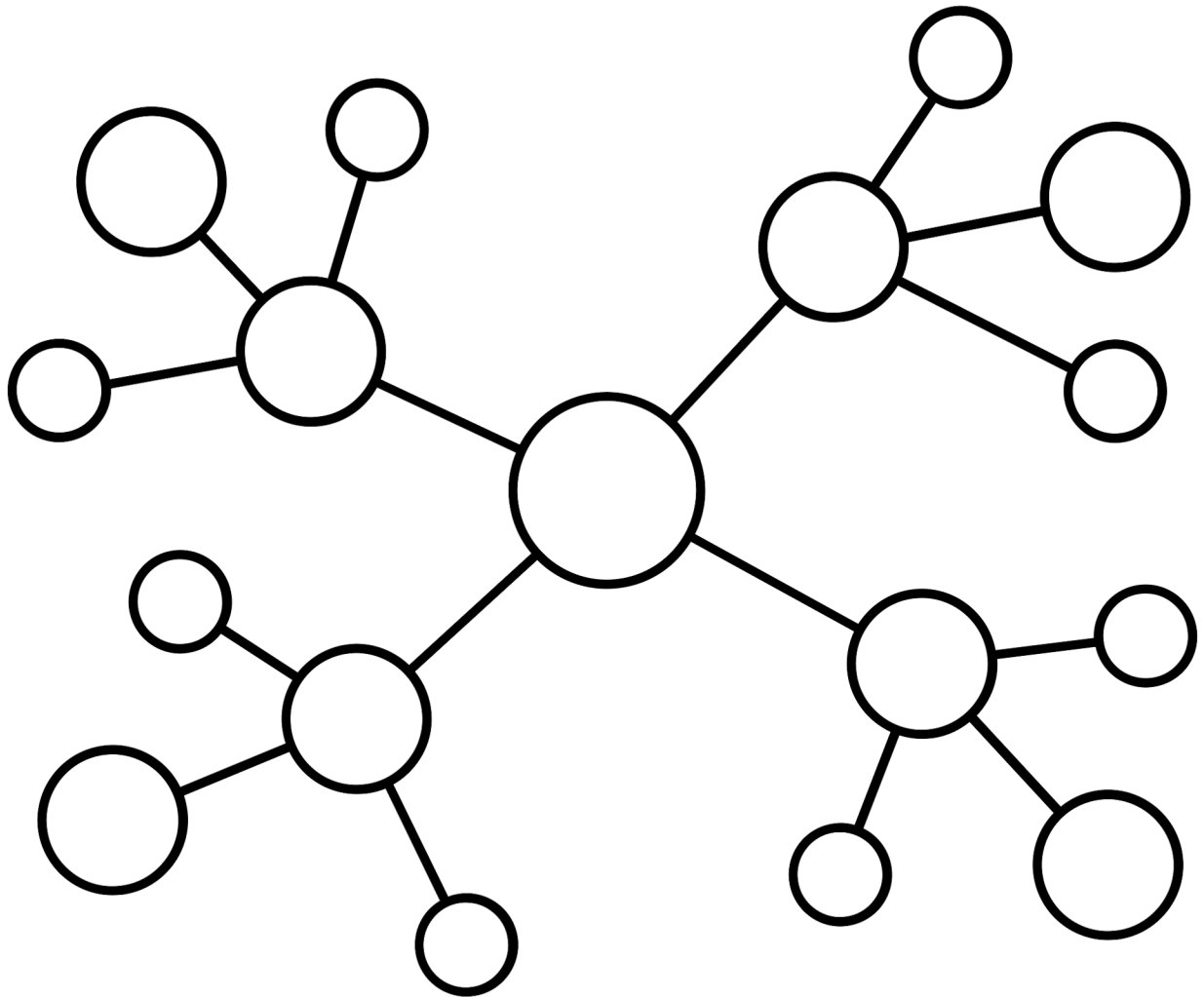




# GOALS: MINDMAP

Take the goals from #6 on the previous page and use the mindmap to help you identify all the possible ways of achieving them.  
You may need an extra sheet of paper.

## Goal #2



# HEALTH (EXERCISE)

*"Discipline is doing what you know needs to be done, even though you don't want to." - Anonymous*

1: Write down some activities you enjoy. Which ones could you do a minimum of 3 times a week.

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2: Choose someone to hold you accountable. The Resolute Challenge Facebook group is a great place to find an accountability partner if you need one.

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3: Use the tracker on the following page to show your progress.

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4: How will you reward yourself after one month of no missed days on your plan?

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5: Share your success, small or large, in the Facebook group. You may be able to inspire another!

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# HEALTH (EATING HABITS)

*"You don't have to eat less, you just have to eat right." - Anonymous*

1: Download the My Fitness Pal app or use the following workbook page to track your daily food and calorie intake.

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2: Find healthier recipes that still allow you to eat foods you enjoy, just modified. Use only recipes with nutritional information.

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3: Use the scale to get your starting weight, then put it out of sight. Don't use it for at least 30 days. Focus on how you feel rather than a number.

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4: Eat like the French! Make lunch your biggest meal of the day.

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5: Use the measurement tracker to take your measurements once a month. Note your progress. Be patient, it doesn't happen overnight!

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6: Share your progress in the Facebook group. It's not necessary to share specifics unless you want to. What's important is that both you, and others, know it's possible.

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# CALORIE INTAKE TRACKER

Download the My Fitness Pal app or use this page to track your daily food and calorie intake. Track it for 30 days minimum to see where your calories are going.

Day	Breakfast	Lunch	Dinner	Snack
SUN				
MON				
TUE				
WED				
THU				
FRI				
SAT				

# MEASUREMENT TRACKER

Date:     /     /

Chest

Arm

Hips

Waist

Calf

Thigh

Weight:  /Lbs

# TIME

*"The secret of your future is hidden in your daily routine." - Anonymous*

1: Use the next page to track your time for a minimum of one week. List everything that you spend time on. Refer to it to answer the questions.

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2: Where do you find that most of your time is being spent? (More than likely work will be number one.)

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3: Where do you find time spent unrelated to work or your goals? What category(ies) does this fall in?

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4: What category surprised you when you realized how much time you spent on it? (TV for me)

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5: What category did you think you focused on but were surprised to see how little time is actually spent on it?

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6: How can you reallocate a portion of your time toward your resolute goals?

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# FAITH

*"Faith - it does not make things easy. It makes them possible." - Luke 1:37*

1: Think about what faith means to you. Where do you need help?

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2: What one thing have you been struggling with that you are willing to turn over and trust in Him?

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3: Download the YouVersion app for Bible reading and devotional plans. Put together a group to go virtually read with and share your comments with them about the daily reading or devotional.

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4: Make a block of resolute time each day to reflect, read, pray, and be fully present with Him.

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5: Look for a church or non-denominational faith organization in your area. Go to church with a friend or watch a service online. Find the right fit to help you grow in your faith.

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# FAMILY AND RELATIONSHIPS

*"Treat people as if they were what they ought to be, and you can help them become what they are capable of being." - Anonymous*

1: Do you have anyone in your family that you are out of touch with?

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2: Choose a time to reach out to that person and reconnect.

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3: If it is due to a falling out, talk about it. Own your part and start there. It's not to blame.

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4: Make a standing day/time to call those most important to you and keep it.

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5: Who is an energy drain on you? Why?

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6: Look at the answers to #5 and decide whether to try and work on it or whether they need to be limited. Don't cut them unless you feel it is necessary.

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# MONEY

*"A budget is telling your money where to go instead of wondering where it went." - John C. Maxwell*

1: Track your spending for 30 days using the expense tracker.

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2: Review the tracker to identify unnecessary spending. Choose 1 or 2 and cut them.

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3: Take the money you are saving in step 2 and put that into savings or toward paying off debt.

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4: Find one way to give (I suggest tithing 10%) that helps another.

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5: Use the budget template (or create your own) to build a budget and stick to it for 90 days so that you can see how it works.

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6: Set up a savings account and schedule 10% (or 5% minimum) of your pay to go into automatically.

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# MONTHLY BUDGET

MONTH OF

INCOME			
DATE	SOURCE	CATEGORY	AMOUNT

BILLS & FIXED EXPENSES		
DATE	SOURCE	AMOUNT

VARIABLE EXPENSES		
DATE	SOURCE	AMOUNT

SUMMARY	
SOURCE	AMOUNT
INCOME	
BILLS & FIXED EXPENSES	
VARIABLE EXPENSES	
BALANCE	

# THE RESOLUTE CHALLENGE

See your goal

Understand the obstacles

Create a positive mental picture

Clear your mind of self-doubt

Embrace the challenge

Stay on track

Show the world you can do it

AMY LEVESQUE