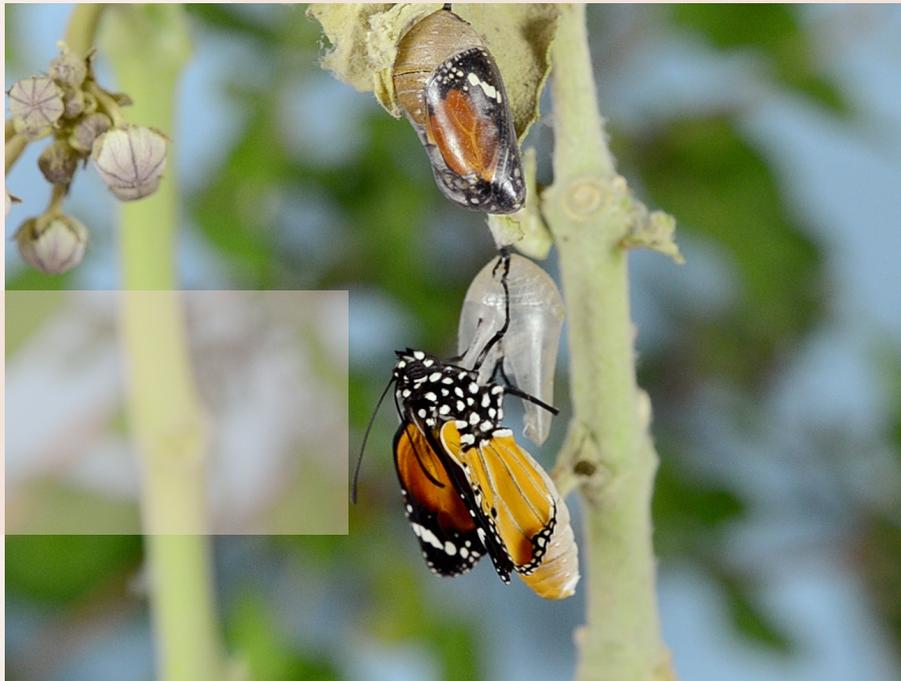


11 POWERFUL TOOLS TO

Transform Your life

In 30 Days



*Are you feeling confused, searching for direction,
or trying to make a change?*

**You have the power to transform
your life in 30 days!**

30-DAY CHALLENGE

LETYMARTINEZ.NET

Hello,

I'm so glad to see you here!



If we haven't met yet, I'm happy to meet you! I'm Lety Martínez, creator of Spiritual Entrepreneur and Soul Technologies.

Over the course of my entrepreneurial journey, working with both business owners and helping people in their personal growth, I have found that there are always ups and downs in business and life.

One minute we're feeling amazing and making great progress, the next we're feeling lost, confused, and out of alignment with our goals and dreams.

But just because we fall doesn't mean we can't get back up!

For years I've been practicing the following 11 tools which have helped transform my life in incredible ways!

Every time I feel out of alignment, going through a rough time, I go back to my intention with these basic tools and it always, always works!!

Of course, transformation requires your determination to make a change and your commitment to take the necessary actions.

You are the only one that can make it happen, so getting yourself focused and inspired is the #1 priority, and that is the aim of this challenge.

If this resonates with you, then I have 3 important suggestions before you start the challenge...



1

Determination

These tools are so powerful that even if you don't do them every single day, or every single one, you will experience a change.

But I also know that **the more activities you do every day, the greater transformation you will get.**

You must be determined to make it happen. Your determination level must be HIGH!

This is your opportunity to make a big shift in your life! It's up to you.

2

Commitment

I'm sure this challenge hasn't made its way into your life by accident, it's an intervention to help get you back on track and in the flow.

Make the decision to stick to the plan and do the daily activities for the next 30 days.

This is for YOU, to help you feel good, get to where you want, and experience a real transformation, so commit.



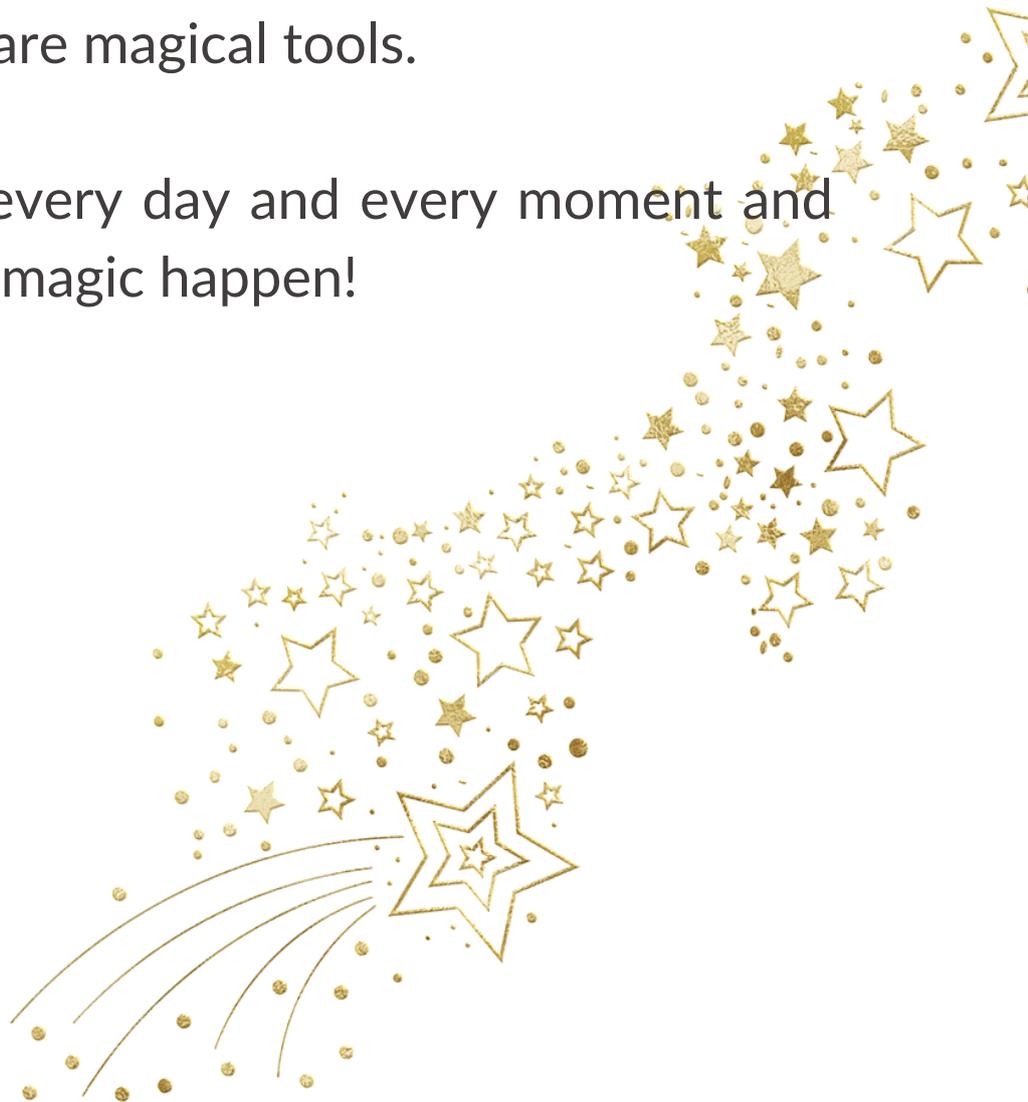
3

Enjoy & Make Magic!

You must enjoy and get excited every day doing every activity because each of them will make magic!

These are magical tools.

Enjoy every day and every moment and let the magic happen!



11 Powerful Tools

Intention, Visualization & Breathing

1 Everything starts in the Quantum Field, in your thoughts, and more importantly in your intentions to manifest in your physical reality. Making the habit of setting a daily intention, combined with visualization and breathing is a powerful way to begin your day. Take 5-10 minutes every morning right after you wake up.

- Sit in a quiet place, close your eyes and take 3 deep slow breaths.
- Start visualizing what you want. It can be something that you want for the day or you can envision something in the future. Visualize all the details by using your imagination.
- Then ask, “What are the things that I need to do today to manifest or accomplish what I want?”
- Open your eyes and write down your intention for the day. It might be one or more things.



Direct Your Energy

2

Focus on the main things you want, these are the things that are calling your attention, and that normally feel hard to do because they require more time, more concentration, or can be uncomfortable to achieve, these are things that are holding you back or blocking your energy!

They must come first on your list. Make the call, have the talk, take the time to do the things that will help you move the needle, and avoid getting distracted by all the easy-to-do stuff.

Write it down on your daily to-do list on step #1, and take action!

Order in Your Space

3

A messy space is a reflection of a messy mind. Look at your space and see if there's something that is out of order.

You don't have to organize all your space at once if there is a lot to do (unless you want to). But make a commitment to order one area of your space every day.

You will feel much better, you will get more clarity and inspiration and that will bring order to your mind.



Become Self-Aware

4 Be present at every moment and become self-aware of every choice you are making.

If you are just doing, doing, doing on auto-pilot, you are missing out on life. When you are feeling stuck, frustrated, or confused, it's probably a sign that you need to stop and take a step back to become more present and self-aware.

This will help you see a wider perspective- the bigger picture- and you will be able to see what's missing, as well as become aware of the choices you can make to create positive consequences.

Exercise

Move your body every day.

5

Take an online class, go to a physical location, or do it on your own.

Yoga, strength training, stretching, walking, dancing, swimming, whatever you prefer is good as long as you do it!

Moving your body is important for maintaining your health, and it also helps you move your energy.



Observe Your Response

Observe yourself and see how you are responding to everything.

6

Do you take time to think or achieve clarity before responding? Do you use your intuition or gut feeling? Are you conscious and present, or are you reacting, resisting, anxious, alarmed, experiencing negative emotions, thinking for your benefit only, being compulsive, or trying to get attention?

To catch yourself responding negatively is the first step in a shift to a wiser response. When this happens, ask yourself these questions: Why am I being triggered by this? And, what is this trying to show or teach me?

This is your chance to expand into a higher level of consciousness!

Positive Behind Negative

7

There is always something positive behind what is perceived as negative, even in the worst situations, moments or events.

If something negative, sad or unfortunate happens, avoid getting caught in the frustration, problem or tragedy, and try to see the positive behind the negative.

Ask yourself, what is this trying to tell me, what do I need to learn from this, and what is the message behind this situation?

There is always a reason why things happen.



Help Someone in Need

We are all ONE! It's not only about ourselves.



Getting out of yourself and helping others in need is a powerful tool to see through your own restrictions. It is also a powerful tool to help value what you have and expand your consciousness.

This doesn't require going all out and trying to save everyone. Maybe there is a friend that needs to be heard, an old person on the street that needs a hand, a family member who needs a hug, or a non-profit organization you can volunteer with.

Find opportunities to make a difference in the lives of people around you that might need your help!

Journaling

9 In the morning or at night, have your journal close by to write your daily thoughts and inspirations.

Writing is an incredible tool to release energy that is no longer serving you - it works as a powerful therapy!

Writing also helps to start a manifestation process and is an incredible way to clear your mind and organize your ideas.



Gratitude, Joy & laughter

10

Many times we are in such an automatic mode that it's easy to forget to enjoy, laugh, and be grateful. These are super powerful tools that raise your vibration along with that of the people around you, your pets and even the space you are in!

Be grateful for everything, from the most basic things to the most complex ones in your life. Enjoy your morning coffee, a good book, being with your friends, a good meal, music... there are so many things to find enjoyment in!

Laugh hard! Laugh about silly things, remember the fun moments and laugh at yourself! Laughter activates your DNA, your cells, your muscles and all your energy!!

Clarity, Surrender & Trust



To achieve something you want, you must **have clarity** first and then **take action**. Even a very small step will set in motion the manifestation process.

Then you must **surrender completely** what you want to the Universe and **trust** in its ways. The universe is always working for you and it has a much wider perspective, full of many, many possibilities available to make things happen that are in alignment with your highest good.

It's not your job to know or figure out the how or when, that is the Universe's job! You need to surrender and trust and the Universe will lead you to the best way to bring fulfillment in perfect Universal time!





11 POWERFUL TOOLS TO *Transform Your life*

30-Day Challenge

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M O N

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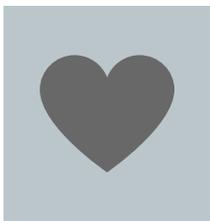
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2	DIRECT YOUR ENERGY	<input type="checkbox"/>						
3	ORDER IN YOUR SPACE	<input type="checkbox"/>						
4	SELF AWARENESS	<input type="checkbox"/>						
5	EXERCISE	<input type="checkbox"/>						
6	OBSERVE YOUR RESPONSE	<input type="checkbox"/>						
7	POSITIVE BEHIND NEGATIVE	<input type="checkbox"/>						
8	HELP SOMEONE IN NEED	<input type="checkbox"/>						
9	JOURNALING	<input type="checkbox"/>						
10	GRATITUDE, JOY, LAUGHTER	<input type="checkbox"/>						
11	CLARITY, SURRENDER, TRUST	<input type="checkbox"/>						
	OTHERS	<input type="checkbox"/>						
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E V A L U A T E Y O U R S E L F



H O W D I D Y O U D O T H I S W E E K ?



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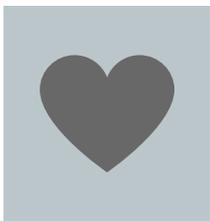
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H O W D I D Y O U D O T H I S W E E K ?



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WEEK OF:

A C T I V I T I E S

MON

TUE

WED

THU

FRI

SAT

SUN

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EVALUATE YOURSELF



HOW DID YOU DO THIS WEEK?



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M O N

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E V A L U A T E Y O U R S E L F



H O W D I D Y O U D O T H I S W E E K ?

NOTES

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