

5 Days of Focus

An in-depth overview of the program designed to help you live a life full of confidence, intention, and happiness.

Introduction

5 Days of Focus is a 5-day program designed for young business professionals who have realized that they are capable of doing so much more, but need a solid plan to elevate their career and life. Many times, when we hit a wall in our career we think that we need to go back to school or obtain a certification to prove ourselves and stand out. Times have changed. What if I told you that the experiences and education that you already have exactly what you need to take that next step forward?

Individuals going through 5 Days of Focus can expect to review a new area of focus to improve upon each day that will result in a shift in their mindset, increased clarity, and greater confidence. Participants will learn to leverage their existing knowledge, skills and abilities to put action plans in place that will push them to reaching goals in their career, relationships and in life.



Day 1: Your why.



In this lesson, we are going to become clear about why you've chosen to start this program. You will learn how this program works, a lot about your personality, why you do the things you do, and how you show up in the world. As you become more clear on how you can make the shifts you're hoping to, you'll be able to craft a more defined why to drive the action plans we put together in a later lesson. Self assessment is a huge part of personal growth. Take a free personality assessment at [16Personalities.com](https://www.16personalities.com) to learn more about who you are at the core, what your strengths are, and how you show up in the world.

Day 2: Living with intention.

What is your purpose in life? How are you providing value to others around you? How do you want to provide value to others? Did you realize that the answers to these questions can impact your career development? You can only truly live intentionally if you are clear about what mission it is that you want to serve and are setting an intentional example daily that aligns to that mission. In this lesson, you will discover more about how you can begin to live life intentionally and have increased happiness in your career, life, and relationships leveraging your personality test results and your second assignment.

Day 3: Your daily routine.

In this lesson, we will take a deep assessment of your daily routine. Now that you know more about your current self, we can face reality and commit to improving our routine. Many of us go through life feeling so overwhelmed because we live in a world full of distractions, and because of this, we rarely get everything done. Forming better habits is key to becoming your most successful self.



We all have our vices. For years, wine was my best friend before bed. Little did I know that having a glass of wine before bed was actually keeping me up at night. I still enjoy wine in moderation with my [amazing wine club](#), but I started a new habit of listening to podcasts before bed and it's really helped me to mindlessly wind down from the day while putting me in a positive headspace before bed. It's so important to make sure that you are getting adequate sleep at night. Your body needs to restore, and we are not machines. It's also important to balance your time with work and play. Take a moment to write down how you spend your time when you aren't at work. What are your daily habits? Are there any that you feel are wasting your time? Are you spending too much money and stressing about debt? There are a lot of resources that use to manage my budget, and one of my favorites is [mint.com](#). Take a look and see if it can help you in this area. Make that change today!

Day 4: Self-Confidence.



You are enough. Eliminating self-doubt and building confidence isn't easy. In a world of selfies and perfect Instagram models, women's confidence is at an all-time low. In this lesson, we will go through many of the small things that can be done each day to naturally boost your confidence and feel proud of the woman looking back at you in the mirror. Each day, it is important to take a moment to reflect at where you are in your life and be grateful. Show gratitude for how far you've come and the journey that lies ahead. Surround yourself with people who lift you up, and stop comparing yourself to others. You never know their full story, and I promise that life isn't as glamorous as it appears to be on social media.

Have you ever heard that you are the average of the five people you spend the most time with. Take a look at your network of friends. It's probably time to expand it. It's great to keep in touch with people you have a history with, but when you are trying to make changes like switching jobs, eating healthier, working out more, etc. usually requires that you expand your circle of influence. You can't change and grow if you aren't continuing to surround yourself with others who want to change and grow, too. [Join my tribe](#) of amazing women who have started making changes, and make some new friends!

Day 5: Your mindset.

This is going to be life changing and quite possibly THE most important lesson of this program. This is what we have been building towards. You know why you started this. You know that you need to be intentional. You know that you have to erase your limits & break bad habits. You know you have to create confidence. Finally, you can only do all of these things INDEFINITELY by shifting your mindset. It is time to BOLDLY BE YOU. In this lesson, you will eliminate the negative talk that is keeping you from elevating your life. What are the things you say to yourself when you begin to feel uncomfortable? What if you started thinking more positively and declared success in those instead?



About Brittanni

Your personal coach and accountability partner.



Brittanni is an inspirational and motivational personal coach, MBA graduate, former fitness trainer, and self-love junkie who gives you new-found confidence through personalized plans to assist with your career goals and overall wellness to live your happiest life. Brittanni thrives by truly being there to personally support her clients through the goals set together. She will keep you accountable, provide you with first hand insight to some of the most invaluable information from many of her personal trainings from mentors and inspiring leaders such as John C. Maxwell, Simon Sinek, and Chalene Johnson. **Schedule your FREE call today.**

Brittanni lives in Houston, TX, is a member of the Ellevate Women's Network, and continues to grow and develop her health and improved life practices and under the tutelage of her beloved canine and feline companions!

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