



Stiletto
Ninjas

30-DAY
WORKBOOK

MOVE OUT OF YOUR OWN WAY
MOVE PAST OLD MINDSETS
MOVE INTO YOUR DIVINE PURPOSE

WORKBOOK



YOUR 30-DAY
WORKBOOK
AND
JOURNAL

BY : Candice Simmons

stilettoninjas.com



A NOTE FROM CANDICE

WELCOME, MY FRIEND

Hey Girlfriend,

Yes, I know it's only Day 1 and I am already calling you a friend but that's how I view you! In creating this community, I googled the definition of friend and here's one that I love:

Friend (frend) - noun- a favored companion. a person attached to another by feelings of affection or personal regard. A person who gives assistance. Someone who knows me and loves me just the same.

So, because I believe that we have some things in common and we want the best for each other, I would like to think that it's ok to consider you a friend.

I am a mom, a wife, a daughter, a friend, a mentor and a Christian life coach; but most importantly I am a woman of faith who finally discovered her passion! Like countless women, you and I understand what it's like to lose yourself in our crazy world of responsibilities. We know what it's like to be ruled by our insecurities and negative thoughts. We also know what it's like to desire more, but have no idea how to obtain it. I have had the privilege of meeting many women who desire a "life change." and along my journey, I have met, challenged and encouraged women and I am happy you are now apart of our tribe. Thank you for trusting me to share what I have learned in my own personal journey, to listen to you, to care, and to challenge you to live the life you were called to live.

For the next thirty days, I encourage you to take this challenge and do the work with me; this journey will set the stage for you to silence your biggest critic, yourself.; as you discover who you are, what you really want and need out of life and how to achieve it. You will become your biggest fan! Can't wait for us to chat.

Candice

Candice Simmons
Founder of stilettoninjas.com



WHERE ARE YOU NOW

INSTRUCTIONS: Using the first triangle, share where you are now in your life. What words represent you today?

BEFORE



AFTER

WEEK
workbook
ONE

WEEK 1

NEXT STEPS

- COMPLETE YOUR DAILY DEVOTION AND PRAY
- DO THE WORK- COMPLETE YOUR JOURNAL
- JOIN OUR LIVE DISCUSSIONS
- CONNECT WITH OUR COMMUNITY
- ENCOURAGE SOMEONE ELSE
- BE BLESSED
- APPRECIATE EVERY DAY
- WAIT AN ENTIRE WEEK UNTIL STARTING WEEK 2



WEEK 1 DAILY DEVOTION

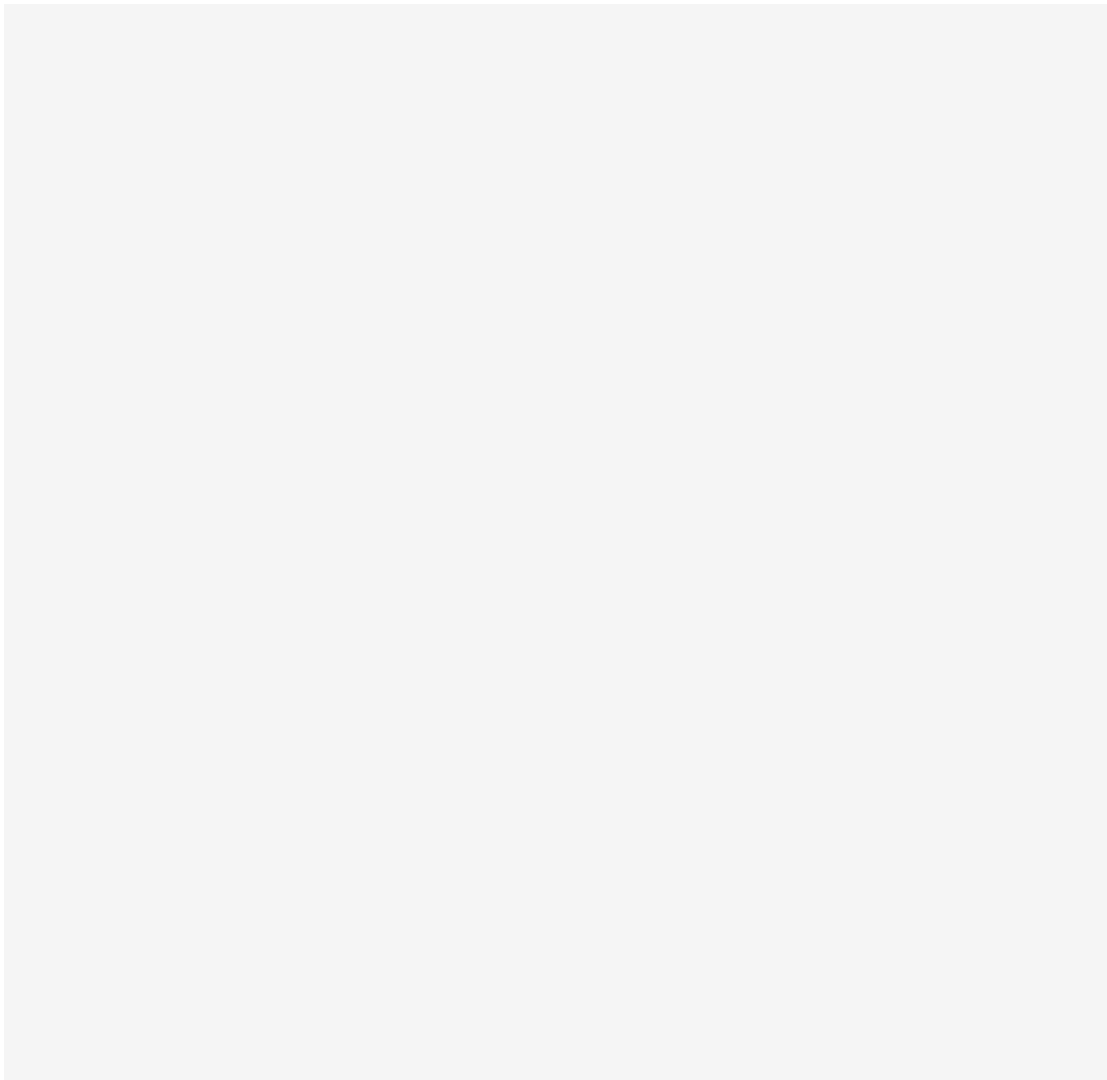
READ: Phillipians 3:13-14

Thoughts about the passage:

What will you pray for?



WEEK 1 NOTETAKER





3 THINGS TO PURGE

Your Past disappointments: Who has disappointed you?

Your Limited Beliefs: What have you told yourself in the past?

Your Fatal flaws: How do they show up in your life?



SPEAK OVERSELF

INSTRUCTIONS: LEARN TO SPEAK LIFE UPON YOUR LIFE AND OTHERS.

NEGATIVE THOUGHT:



POSITIVE AFFIRMATION:

NEGATIVE THOUGHT:



POSITIVE AFFIRMATION:

NEGATIVE THOUGHT:



POSITIVE AFFIRMATION:

NEGATIVE THOUGHT:



POSITIVE AFFIRMATION:



3 THINGS TO KEEP

Your Faith: How strong is your faith?

Your Story: What is your story?

Your Purpose: What are you passionate about now?



TURN THE PAGE

INSTRUCTIONS: LET'S START A DIFFERENT STORY TODAY!

OLD STORY

A large, empty, light gray rectangular box intended for writing the 'OLD STORY'.

NEW STORY

A large, empty, light gray rectangular box intended for writing the 'NEW STORY'.

WEEK *workbook* TWO

WEEK 2

NEXT STEPS

- COMPLETE YOUR DAILY DEVOTION AND PRAY
- DO THE WORK- COMPLETE YOUR JOURNAL
- JOIN OUR LIVE DISCUSSIONS
- CONNECT WITH OUR COMMUNITY
- ENCOURAGE SOMEONE ELSE
- KEEP SMILING
- APPRECIATE EVERY DAY
- TAKE CARE OF YOURSELF
- COMPLETE YOUR PRIORITIES FOR THIS WEEK
- WAIT AN ENTIRE WEEK UNTIL STARTING WEEK 3



WEEK 2 DAILY DEVOTION

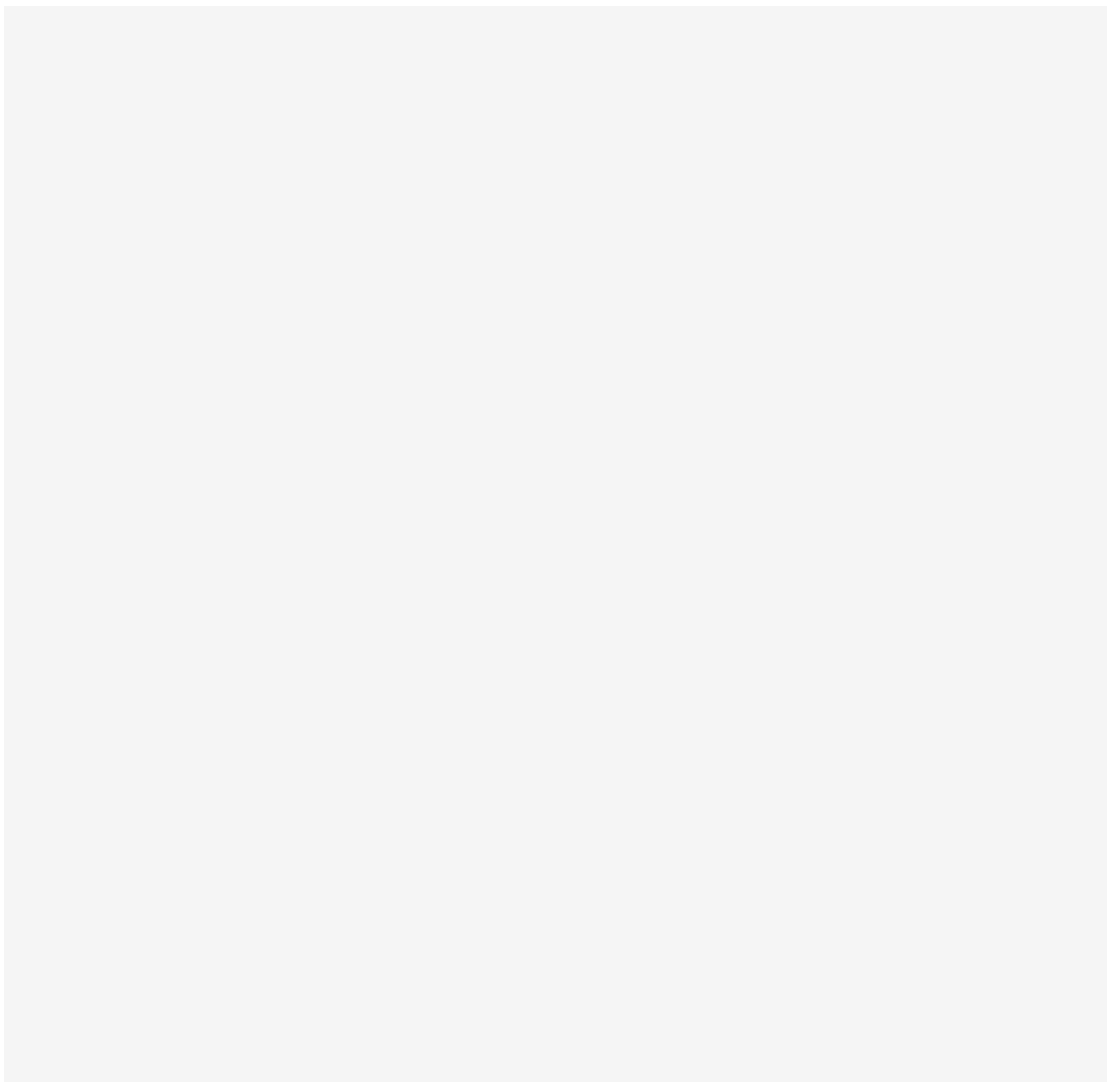
READ: Provers 6:10

Thoughts about the passage:

What will you pray for?



WEEK 2 NOTETAKER





5 WAY TO COMBAT COMPLACENCY

MINDFULNESS: HOW WILL YOU SILENCE YOUR THOUGHTS?

PRIORITIZATION: HOW'S YOUR REPRIORTIZING GOING SO FAR?

ORGANIZATION: WHAT NEEDS TO GET ORGANZIED?

SELF CARE: HOW WILL YOU START TO TAKE CARE OF YOURSELF?

APPRECIATION: WHAT HAVE YOU TAKEN FOR GRANTED?

WEEK *workbook* THREE

WEEK 3

NEXT STEPS

- COMPLETE YOUR PRAYER AND DAILY DEVOTION
- DO THE WORK- COMPLETE YOUR JOURNAL
- JOIN OUR LIVE DISCUSSIONS
- CONNECT WITH OUR COMMUNITY
- ENCOURAGE SOMEONE ELSE
- SHARE YOUR GOAL(S) WITH AN ACCOUNTABILITY PARTNER(S)
- APPRECIATE EVERYDAY
- TAKE CARE OF YOURSELF
- COMPLETE YOUR PRIORITIES FOR THIS WEEK
- WAIT AN ENTIRE WEEK BEFORE STARTING WEEK 4



WEEK 3 DAILY DEVOTION

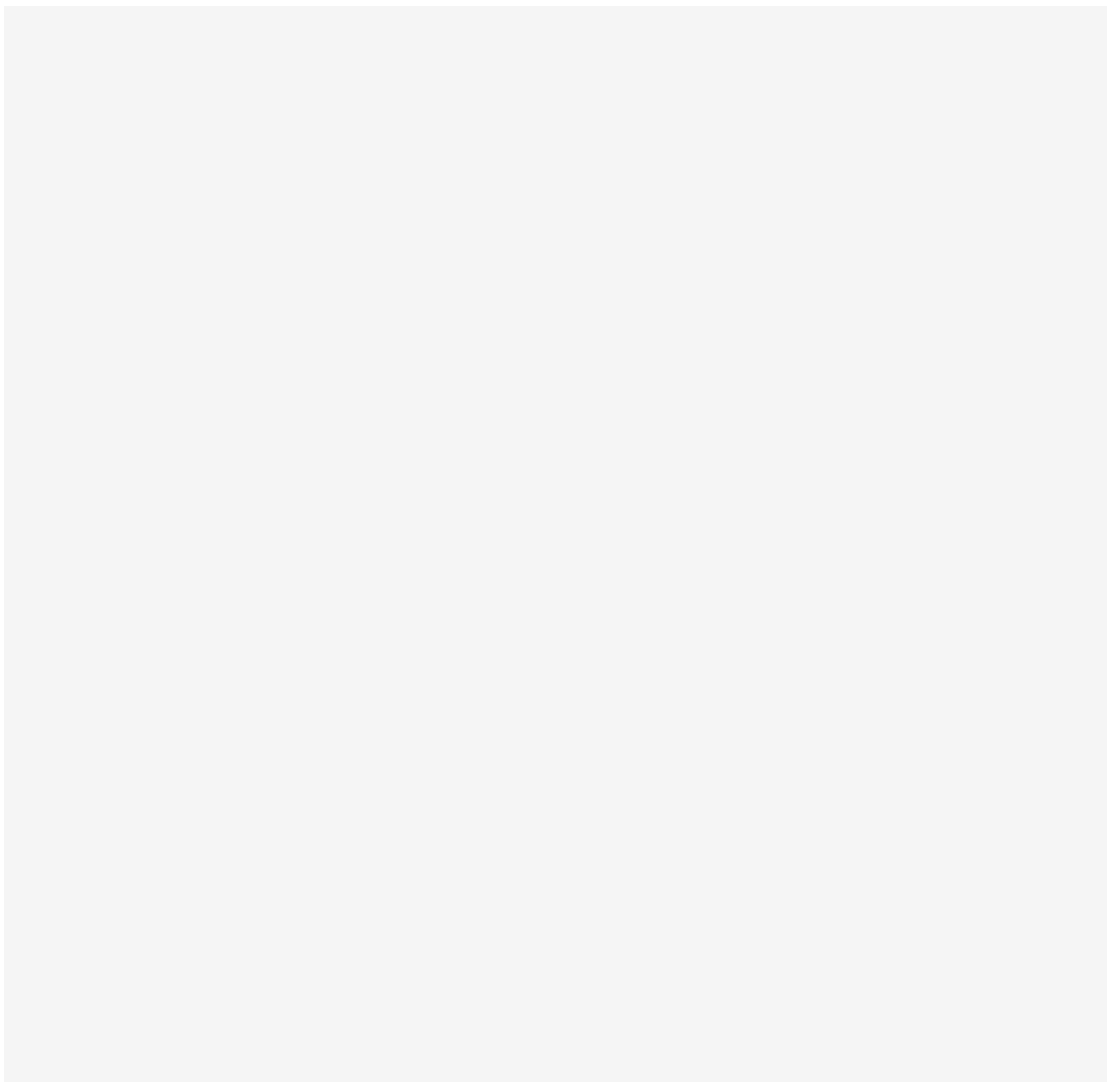
READ: James 2:14-26

Thoughts about the passage:

How will you apply this to your life?



WEEK 3 NOTETAKER





YOUR BUCKET

Select which bucket you will be building your goals in:

List below which bucket you are selecting and why?

What would you like this to look like in your life?



Assess Your Goals

FAITH: HOW'S YOUR RELATIONSHIP WITH GOD?

FAMILY: HOW PRESENT ARE YOU IN YOUR FAMILY RELATIONSHIPS?

FITNESS AND WELLNESS: HOW'S YOUR HEALTH?

FINANCES: HOW FINANCIAL RESPONSIBLE ARE YOU?

FUTURE: HOW ARE YOU INVESTING INTO YOUR DREAMS?



GOAL DIGGER

WHAT AM I AIMING FOR? WHATS THE GOAL?

WHY IS IT IMPORTANT TO ME? DOES
IT ALIGN TO THE THINGS I VALUE?

WHAT AM I LETTING GET IN THE WAY
OF ACHIEVING THIS GOAL?

WHAT CAN I DO TODAY TO STEP CLOSER TO THIS GOAL?
*Think: Who do I need to call, what do I need to cancel, what can I delegate, what
needs to be rearranged, what's the conversation that I need to have?*



MY GOALS

GOAL:

ACTION STEPS:

	1.
	2.
	3.
	4.
	5.

GOAL:

ACTION STEPS:

	1.
	2.
	3.
	4.
	5.

GOAL:

ACTION STEPS:

	1.
	2.
	3.
	4.
	5.



CREATE YOUR VILLAGE

INSTRUCTIONS: COMPLETE YOUR SUPPORT CIRCLE. WHO YOU HAVE AND WHO YOU WILL NEED.



SUPPORT CIRCLE

WEEK *workbook* FOUR

WEEK 4

NEXT STEPS

- COMPLETE YOUR PRAYER AND DAILY DEVOTION
- DO THE WORK- COMPLETE YOUR JOURNAL
- JOIN OUR LIVE DISCUSSIONS
- CONNECT WITH OUR COMMUNITY
- ENCOURAGE SOMEONE ELSE
- WRITE YOUR DEAR DIARY LETTER TO YOURSELF
- APPRECIATE EVERYDAY
- CONTINUE TO TAKE CARE OF YOURSELF DAILY
- CONTINUE TO MAKE TIME FOR GOD DAILY



WEEK 4 DAILY DEVOTION

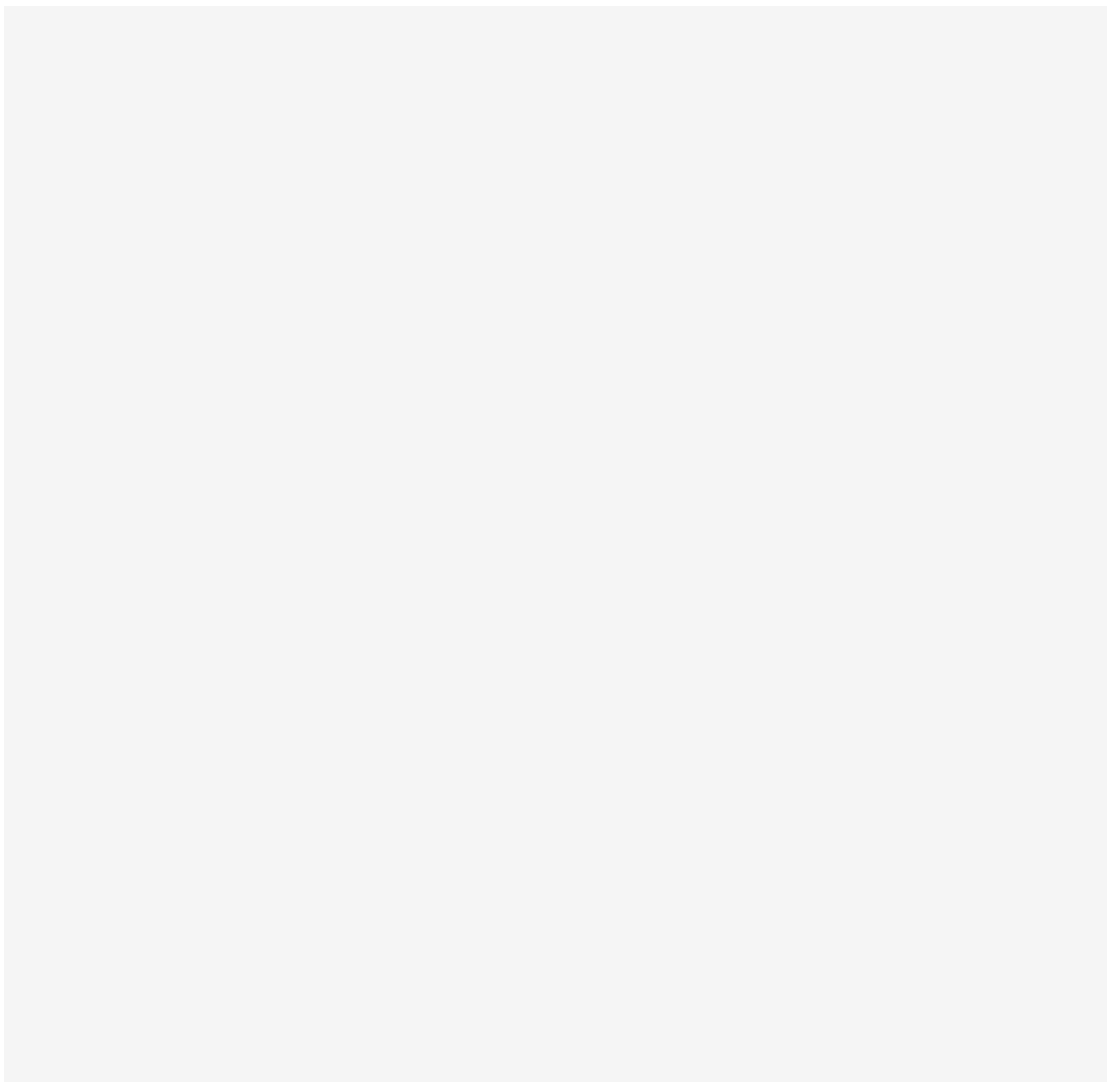
READ: PHILIPPIANS 4:13

Thoughts about the passage:

How will you apply this to your life?



WEEK 4 NOTETAKER





BUILD CONSISTENCY

YOUR MORNING ROUTINE: How will you start your mornings?

Check Point: How will you check your progress on your goals?

RESET: How will you know when to hit the RESET?



WHERE ARE YOU GOING NOW

INSTRUCTIONS: Now using the left triangle, share where you are NOW in your life. What words represent you today? What's in store for your future?

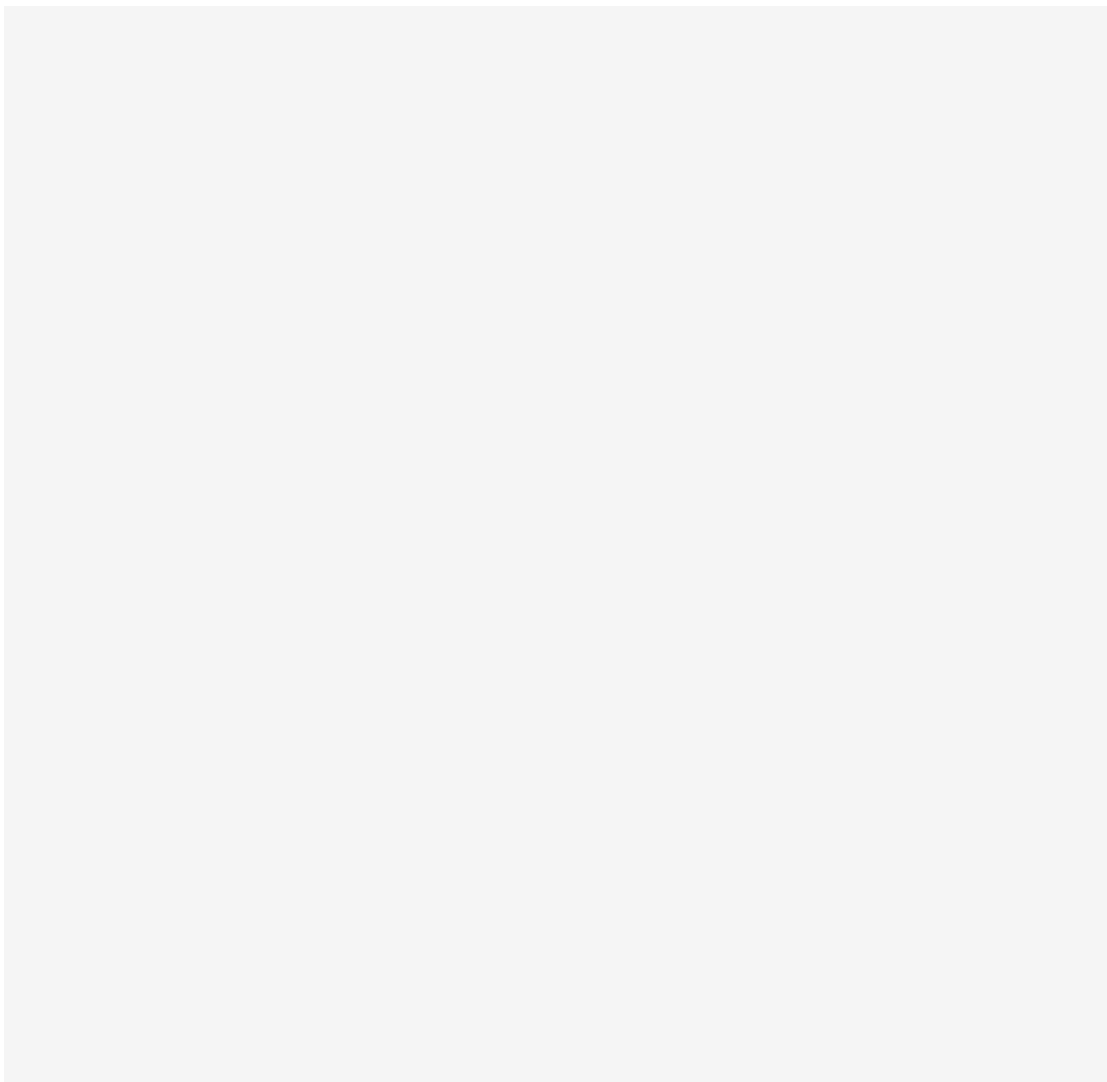
BEFORE

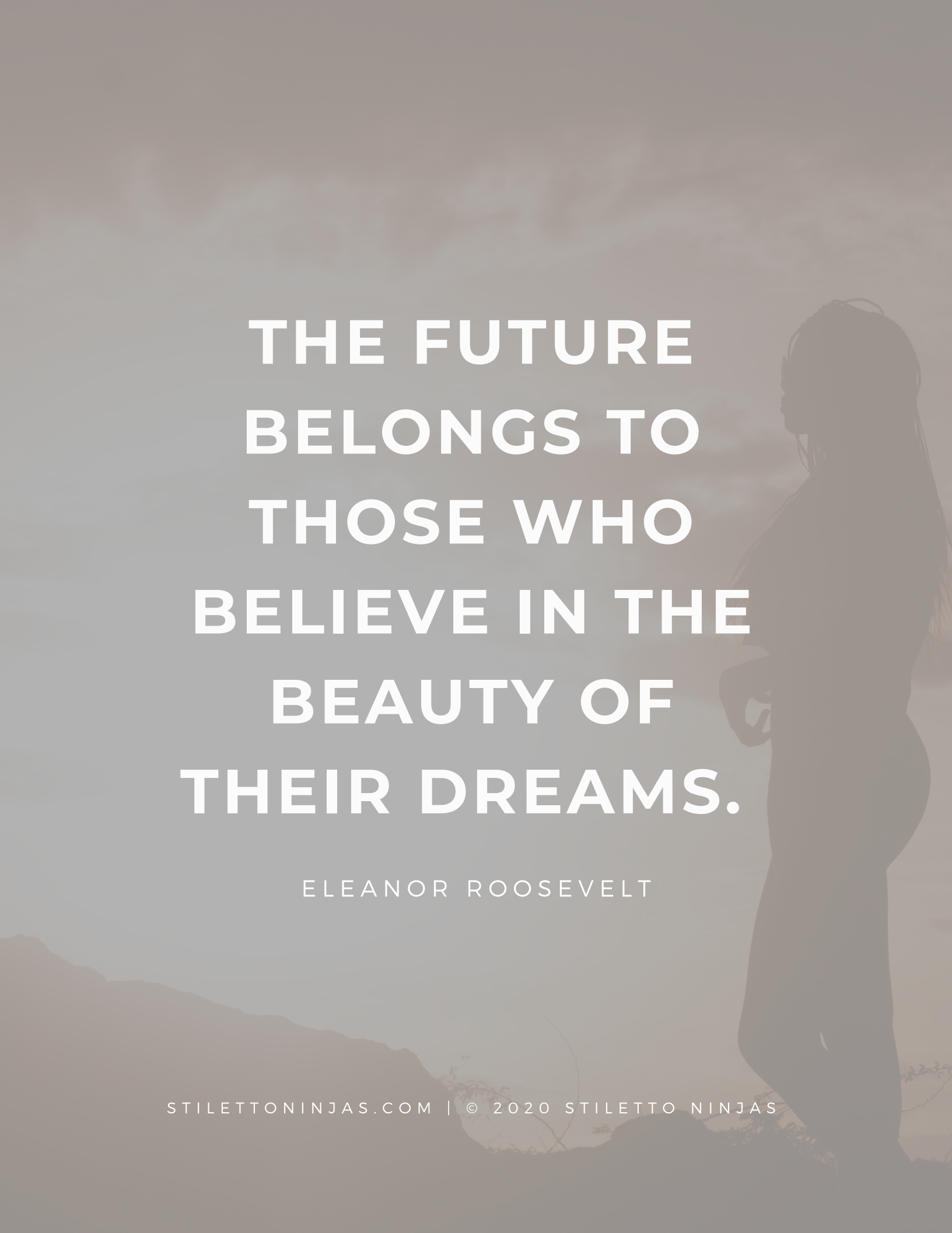


AFTER



DEAR DIARY





**THE FUTURE
BELONGS TO
THOSE WHO
BELIEVE IN THE
BEAUTY OF
THEIR DREAMS.**

ELEANOR ROOSEVELT



MEET THE FOUNDER

CANDICE SIMMONS

For more than twenty years, I have worked at several Fortune 500 companies, serving as a facilitator, coach, mentor and sponsor to countless women looking to succeed in both their professional and personal lives. As a woman of faith who wears many hats, I personally understand the overwhelming demands we encounter on a daily basis; that's why it has become my personal mission to help inspire women to not only live better lives, but to also leave their footprints. As a relate-able authentic Christian coach, I have helped countless women move out of their own way, move past their limited mindsets and move into the career and personal goals they desire. So with a strong belief in my God-given talents and an undying desire to impact the masses, I created "Stiletto Ninjas."

"If there's a book that you want to read, but it hasn't been written yet, then you must write it."

HAVE QUESTIONS?

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