

KENYA CARR - LIFE CHAPTERS COACHING

A portrait of Kenya Carr, a woman with short, curly brown hair, wearing black-rimmed glasses and a vibrant, multi-colored patterned top. She is looking slightly to the left with a gentle smile. The background is dark and out of focus, with some bokeh light effects.

My Top 5 Secrets

TO ELEVATING LIFE'S NEXT CHAPTER

Hello there

If you are reading or watching this (yes there are modules as well), then you've decided that you want (more) help with leveling up your life's next chapter.



First, I'd like to thank you for taking the first step to (continue) investing in YOU. Once you are done reviewing this toolkit, then putting into action some of what I'm going to share with, your future self will thank you.

In this e-book, I will share 5 of my top secrets that have been successful on my personal journey and those of the client's I've helped. These secrets of mine (well, I don't know if you'll think they're all secrets but they are priceless, nonetheless, if you put them into action) will serve you for the rest of your life in any area that you are trying to level up in, be it your health, career, finances, relationships, social experiences and beyond!

Kenya Carr

LIFE COACH

EDUCATOR

BUSINESS OWNER



five secrets

01

**DEVELOP KICK-A\$\$
RESULTS WITH A HEALTHY
MINDSET & HABITS**

02

**BRAND YOUR
PROFESSIONAL IMAGE,
STARTING WITH YOUR
VOICE**

03

**INCREASE YOUR ABILITY
TO ASK GREAT
QUESTIONS**

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**TREAT THOSE UNWANTED
BUT NECESSARY
RELATIONSHIPS LIKE A
BUSINESS**

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**JUMP OUT OF YOUR
COMFORT ZONE**



secret one

DEVELOP KICK-A\$\$ RESULTS WITH A HEALTHY MINDSET AND HABITS

- Change the word “exercise” to “movement” to create more enjoyable possibilities such as dancing, walking, hiking, skating, swimming, and biking.

**“EAT LIKE A
QUEEN AT
BREAKFAST, A
KING AT LUNCH,
A PAUPER AT
DINNER.”**

- Set your mental and physical state to one of relaxation, especially before eating by doing a breathing technique for 2 minutes.
- Breathe 5-5-7 Technique: Breathe in for 5 slow counts, hold for 5 counts, and release (breathe out) for 7 counts (repeat x 10).

- Foster practices to sleep well in order to live well. Practice the regular rhythms of sleep -- go to bed and wake up at the same time each day. Treat eating as an experience instead of just something that you need or like to do.
- Eat within an hour of waking to get your metabolism rockin' and add snacks between meals that include protein, fat and fiber.
- Try to have your largest meal at lunch and try for a smaller dinner.
- Put at least 20 mins for each mealtime in your calendar every day for at least 7 days and commit to it.



secret one - bonus checklist

**EAT LIKE A QUEEN AT BREAKFAST, A KING AT LUNCH,
A PAUPER AT DINNER.**

Create a shopping list of items that are healthy and easy to prepare quickly (30 mins max) and with consistency. Cut up all vegetables and fruits at one time for meal prepping and snacking. Tip: Cut up right after you bring them into your kitchen. Don't forget your prepped, portioned and packaged grab and go snacks!

Notice your hunger. If you put it on a scale of 1 to 10 with 10 as cray cray hangry, when you start to notice you are getting hungry (slight stomach growls, lightheaded, shaky- you know what your body feels like when it's starting to get hungry), plan to eat.

Check in with your Hunger Scale at each meal- practice eating until only 80% satisfied and not full.

Notice when you naturally get hungry again after an 80% meal - is it 2 hours? 3? 4?

Measure, when you get hungry again, where on the Hunger Scale are you? (in other words, are you hungry enough for another meal, a snack or are you just thirsty?).

This process will help you discover how many meals and snacks are right for you. Meal times will likely be about 4-5 hours apart for most people. The more active you are, the more frequently you may need to eat.





secret two

BRAND YOUR PROFESSIONAL IMAGE, STARTING WITH YOUR VOICE

Branding yourself internally to your company, as well as externally, is so critical to your success and how far your career takes you. When people hear your name or see you, what do you want them to think, believe, say, and know about you?



Climb the corporate ladder and achieve success in the workplace with help. Don't try to pursue it alone. All the successful professionals you meet will tell you they had a mentor. A mentor is someone who is already where you desire to be. A mentor can help you navigate, how to best network and who to network with.



Think about your "executive presence." Speak your truth with confidence in your voice. Say what needs to be said and say it like you mean it, not like you aren't sure of yourself. If you make an observation that can be helpful to others, then say what you are seeing.

Practice your ABC's (Always Be Curious). Influence by always being curious. Ask questions that others aren't and provoke deeper conversations and learning.



secret two - bonus content

QUESTIONS TO ASK A MENTOR

- 1. What is the best decision you ever made?**
- 2. What's the worst decision you have ever made?**
- 3. If there was one thing you wish you'd known before you started, what would it be?**
- 4. When you face a setback or obstacle, what do you do?**
- 5. What is the wisest step you think I can take in my career right now?**
- 6. Was there a specific moment when you realized that you had found your voice?**



secret three

INCREASE YOUR ABILITY TO ASK GREAT QUESTIONS



”

“It is better to look uninformed than to be uninformed.”

- Richard Thalheimer

If you want to be successful and reach your full potential, you need to be able to ask questions. The questions you ask are the real key, and the answers you need all depend on how you frame the question.

Have you ever failed to ask a question because you thought it was dumb? I always say if you don't ask, the answer is always "No." Too many times, we allow our desire not to look foolish keep us from acquiring more knowledge essential in reaching our full potential.

To grow, you must ask questions, even at the risk of looking foolish.

More importantly, asking great questions also means being a good listener. Great questions and great listening come as a combo deal. This is the mindset I encourage you to foster for your professional career and relationships, of any kind, that help you with your social skills and overall growth.



cheat sheet questionnaire

Ask Questions to Build Better Ideas and Relationships, Engage Others in Conversation, Cultivate Humility, Gain Different Perspectives, and Challenge Mindsets

Become a Good Listener - Listening Leads to Learning

Three questions you should ask yourself to help you become a better listener.

- 1. Do I have an open-ear policy?*
- 2. Do I interrupt?*
- 3. Do I want to hear what I need to hear?*

These are questions that can help you in different situations whether it's a meeting, networking engagement, mentor partnership, or any relationship where you are interested in listening to learn.

- 1. What is the greatest lesson you have learned? You are seeking their wisdom.*
- 2. What are you learning now? You want to benefit from their passion.*
- 3. What do you think? Designed to gather information, confirm your intuition, assess someone's judgment or leadership, teach people how you think, or process a decision.*
- 4. How has failure shaped your life? You gain insight into their attitude.*
- 5. Who do you know that I should know? Engage with their networks.*
- 6. What have you read that I should read? You are focused on your personal growth.*
- 7. What have you done that I should do? You can seek new experiences.*
- 8. How can I serve/help you? OR What can I do to help you move forward? You get what you want by first helping people get what they want.*
- 9. What did you love? AND What did you learn? You learn their important takeaways in order to develop your own.*
- 10. Did I add value? OR How can I add value to you? You get immediate feedback and you show your gratitude and desire to add value to them.*
- 11. What do I need to know? You learn to apply.*
- 12. What am I missing? AND What else? You ensure you have what you need for deeper knowledge and better action.*



secret four

TREAT THOSE UNWANTED BUT NECESSARY RELATIONSHIPS LIKE A BUSINESS

Embrace your dislike while demonstrating your respect for them (Yes, I know, you really don't like them and that's okay).

Tell yourself that you want a win/win solution with the person/people you are engaging with. Then ask yourself, "How do I make this happen?" not "How do they make this happen for me?".

Say what you want and why you want it to communicate that you have no hidden agenda.

Make the request one that invites dialogue rather than dictation. No one wants to be dictated to/told what to do.

Be impeccable with your words. Try out "Let me think about that for a minute." This helps you slow down and get your thoughts together so you don't regret what you say. This will be viewed positively because you're demonstrating that you care about what you say and how it may impact the other person/people.



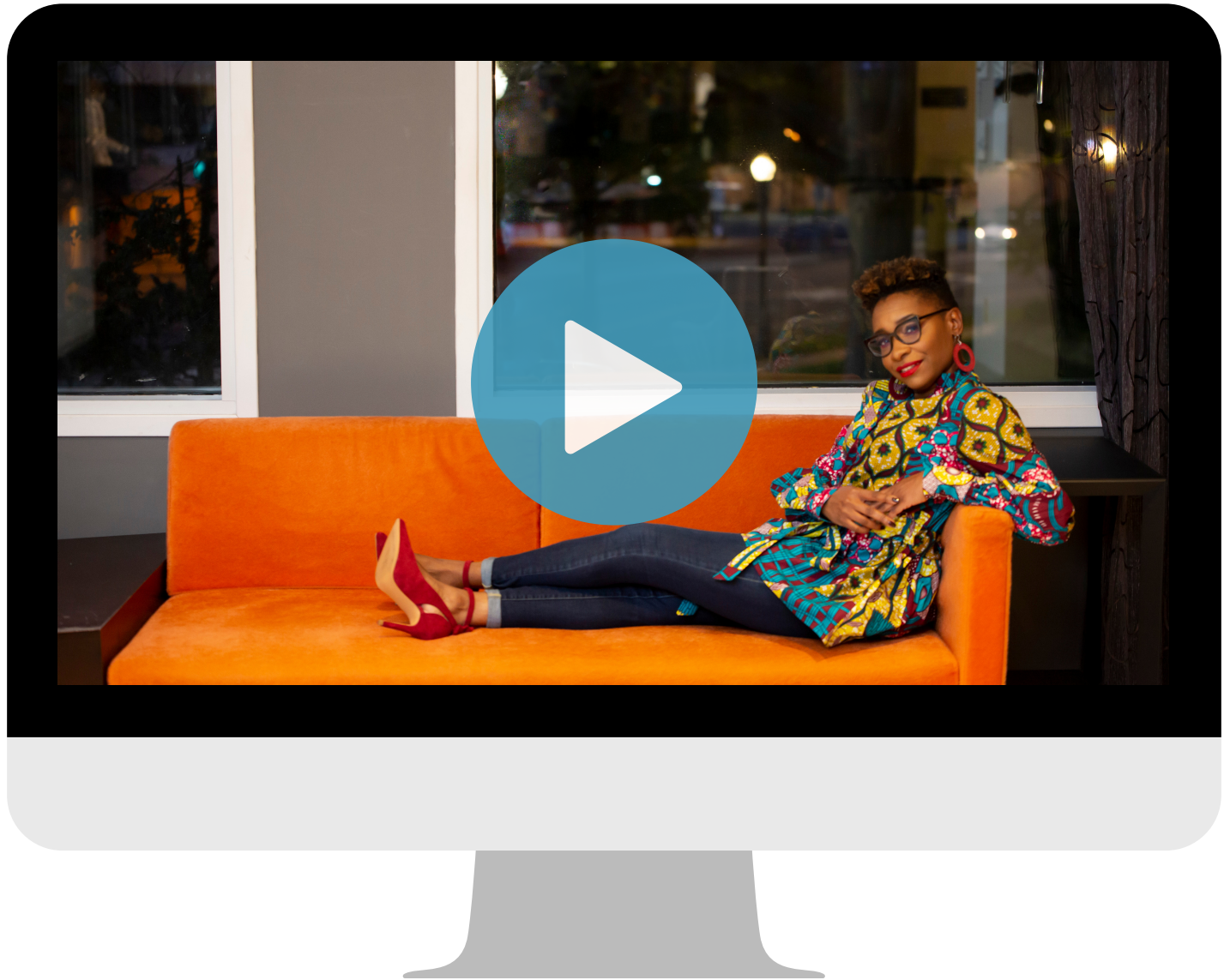
Set and communicate your boundaries. Get crystal clear about what you will and will not do. Communicate what is acceptable to you and when your tolerance threshold has been breached. You are responsible for ensuring that your "space" is not disrupted. If it is, understand and communicate what you will do to ensure that you respect your own boundaries.

Be inclusive! Break down the one-sided mindset "barrier" and open yourself up to gaining their perspective, which helps you get closer to a win/win solution. That is sheer brilliance!

Ground your emotions by smiling to yourself to make you feel more at ease and in control. When you are in control and not in your feelings, you make better choices because you respond instead of react.



video guide



"Don't allow others to define the enrichment of your lifestyle."

Click the video above to get more tips to Secret Four!



secret five

JUMP OUT OF YOUR COMFORT ZONE



You read it right the first time. I said JUMP out. No, I did NOT say step out. Step out of your comfort zone is so 2000.

Know that this doesn't just apply towards one thing in your life. This mindset and unwavering desire to take massive action, applies to all aspects of your life. Being able to push past your fear into the unknown with less doubt about yourself and more hope and faith that if you fall, you won't die but rather grow, is a bada\$\$ mindset to make anyone unstoppable.

Start with saying yes to the what even if you don't know the how yet, and then go from there.

Decide what you want and why you want it. Focus on not overthinking before saying yes (I know, that is scary). However, trust that if you do overthink, you'll come up with negative outcomes or excuses to talk yourself out of doing it.

Tip: Try to notice the next time you are overthinking and just say to yourself "overthinking". Then, let it go. Treat it like a passing cloud; notice, acknowledge, and then let it float away.

Determine what information/resources/people you are going to need to help you follow through on your commitment (what you said yes to for yourself and why).



secret five - bonus content

Experience New Adventures to Inspire You and Others

Brain dump everything you have not done but want to do and turn into your BOSS list!

Here is a checklist to start generating new adventure ideas.

- **View the earth beneath you from up in an air balloon**
- **Learn to partner dance (Ballroom dance)**
- **Drive or ride along in a Nascar or Indy Style car**
- **Ride or drive a jeep while on a safari in Africa**
- **Learn to horseback ride**
- **Book a food and wine tasting walking tour in Italy or any country you've always wanted to visit (add all the countries you want to visit)**
- **Become a food/restaurant connoisseur (again research and book your trip or keep it local if you're on a tight budget). See a theme- I like food :)**
- **Hike with a guide in the mountains (why not the Rocky Mountains?), better yet, in the Amazon RainForest or some other exotic place (now that's thinking big!) or, explore locally (visit viator.com)**
- **Zipline in the best places such as Arenal Volcano (Costa Rica), Waiheke Island (New Zealand), Orocovis (Puerto Rico), Labadee (Haiti), Stowe (Vermont), Jaguar Cave (Belize), Eiffel Tower (France), or even Icy Strait Point (Alaska)**



Elevate Your Success!

THE NEXT STEP IS TO DECIDE, OUT OF EVERYTHING SHARED IN THIS TOOLKIT, WHAT YOU WANT TO SAY YES TO.

FREE
consultation



It's Now Up to You!

I am here to help you. Together we can set you up with the right system, support and accountability, to help you maximize life's next chapter!

[Click Here to Book Your](#)
[FREE Consultation](#)





Thank you

Wow, we've covered a lot in this e-book!
Thank you for trusting me and most importantly, believing in yourself.
I cannot wait to see what great things the next chapter of your life holds for you!

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