

# GLITTER, GUTS, & GLAM

YOUR 30-DAY ACTION PLAN  
FOR CREATING A LIFE THAT  
SPARKLES

WITH

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# HELLO GORGEOUS!

WELCOME TO

# GLITTER, GUTS, & GLAM YOUR 30-DAY ACTION PLAN FOR CREATING A LIFE THAT SPARKLES

I am so excited that you've given yourself the gift of this powerful experience.

Over the next 30 days, you are going to feel a major shift in the way you've been thinking and living. If you commit to truly embracing this program and dedicate yourself to doing the work involved, I can promise you that you'll garner fabulous results.

The following pages are chock-full of inspirational worksheets and action items for you to move through. I want you to treat this experience as your "Me Time," so plan to schedule some quiet time alone, light a candle, and pour a glass of wine or a cup of tea and spend some time really digging in. You deserve nothing less.

THIS WORKBOOK IS DIVIDED INTO 4 WEEKS (30 DAYS):

## WEEK 1 - GLITTER:

The first step to creating a life that sparkles is getting into a positive, glittering mindset. You'll create a "diamond diary" and "glitter agenda" that will help you add sparkle to your every day so you can shine bright like the diamond you are.

## WEEK 2 - GUTS:

It's all about being fearless! I'll challenge you to start developing some serious guts and kick those fears to the curb (in your most fabulous stilettos, of course).

## WEEK 3 - GLAM:

Sparkle starts from the inside out, and you can't get there if you don't feel gorgeous! We'll create some rituals to help raise your **GLAM VIBRATION™**, channel your "Inner Icon" for inspiration, and make sure that self-care is always at the top of your list.

## WEEK 4 – CELEBRATE!

It's time to put it all together, babe. You've spent the past 3 weeks adding more glitter, guts, and glam to your life. How does it feel? What's next for you? Here you'll celebrate your success and reflect on how you've added more sparkle to your life during this process.

Feel free to print this workbook out, put it in a pretty pink binder, or use the digital version. It's completely up to you how you utilize this tool. You can do each exercise at your own pace; just try to get each section done within a week's time. This will ensure you keep the momentum strong.

So congratulations, beautiful! Committing yourself to this program shows that you're dedicated to truly creating your "Champagne Life" and I am honored to be on this journey with you.

WITH LOVE AND BUBBLES,  
*Cara*

WEEK 1  
GLITTER

# WEEK 1

## “LIFE WON’T SPARKLE UNLESS YOU DO.”

This week it’s all about getting into a glittering mindset. Let’s face it: we can’t create a crystal clear, sparkling vision for our life if our attitude is dull and lackluster. I encourage you to spend the next few days really paying attention to the way you think and how you feel. Are you energized and excited? Or are you exhausted and drained? What’s working in your life, and what’s not?

### **EXERCISE 1: CREATE YOUR DIAMOND DIARY:**

In the spaces provided, do some journaling each morning and each evening. Take note of how you feel. Include notes about what your day looked like. Ask yourself some of the following questions:

WERE YOU AT WORK?

HOME?

DOING WHAT YOU LOVE?

OR WHAT YOU THINK YOU “SHOULD” BE DOING?

WHAT WERE YOU EATING?

WERE YOU EXERCISING?

WHAT WERE YOU WEARING?

WHO WERE YOU WITH?

WERE YOU SPENDING TOO MUCH TIME ON SOCIAL MEDIA?

WERE YOU ALLOWING YOURSELF TIME TO BE CREATIVE?

*Spaces provided on next page >>*

DAY 1 MORNING:

DAY 1 EVENING:

DAY 2 MORNING:

DAY 2 EVENING:

DAY 3 MORNING:

DAY 3 EVENING:



DAY 4 MORNING:

DAY 4 EVENING:

DAY 5 MORNING:

DAY 5 EVENING:

DAY 6 MORNING:

DAY 6 EVENING:

DAY 7 MORNING:

DAY 7 EVENING:

After the week is over, pour yourself a glass of champagne and reflect on how things went. This is where the magic happens. It's time to uncover your diamonds! Review your diary and look for the moments where you felt absolutely fabulous.

## WRITE THEM DOWN HERE:

What can you change about your week so that you experience more of those moments? What needs to be eliminated so you can shine? Remember, what you focus on expands, so think about expanding on the healthy, happy, positive experiences. How can you incorporate more of those into your day?

## WRITE THEM DOWN HERE:

## EXERCISE 2: CREATE YOUR GLITTER AGENDA:

Now that you've created your Diamond Diary, I want you to think about ways to add glitter and sparkle to your every day. This can mean anything from cooking healthy, homemade meals, to wearing your favorite stilettos even if it's just to the supermarket, to cutting back your time on social media, to taking yourself out for a glass of champagne "just because." It's all about what makes you feel fabulous.

### GLITTER AGENDA:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## EXTRA NOTES:

**WEEK 2**  
**GUTS**



## WEEK 2

**“THINK LIKE A QUEEN. A QUEEN IS NOT AFRAID TO FAIL.  
FAILURE IS ANOTHER STEPPINGSTONE TO GREATNESS.”**

**-OPRAH WINFREY**

This week is all about getting GUTS. You'll spend some time going through a few different exercises that will help you cultivate a sense of fearlessness so you can start taking action on all those big, delicious dreams of yours.

Did you know that fear is the one of the most common reasons people lead lives that do not feel authentic? When I first meet with my clients and ask them why they feel blocked, 99% of them tell me it's due to fear. They're too scared to do what needs to be done in order to release themselves from situations that no longer serve them, or dive into situations that will make their lives better. For example: leaving a relationship, quitting a job, getting on a plane, starting a business, writing a book, making a phone call, sending an important email...you get the point.

**REPEAT AFTER ME, LADIES: FEAR IS NOT SEXY.  
LET'S OWN OUR COURAGE, SHALL WE?**

*Continues on next page >>*

# EXERCISE 1: HOW DOES FEAR HOLD YOU BACK?

Think about how your fear has held you back. What opportunities have you missed? What have you lost? Write down whatever comes to mind.

## **EXERCISE 2:**

# **WHAT WILL YOU GAIN BY LETTING GO OF FEAR?**

Write down everything you have to gain by letting go of your fear. How will your life change for the better? Describe your ideal outcome as soon as you let go of your fear.

## EXERCISE 3: CREATE A GUTSY GIRL MANIFESTO

Create a “gusty girl” manifesto for yourself. This will be something you can come back to whenever fear creeps up and you need a delicate kick in the derrière.

*For example:*

“Fear is not sexy. I am the creator of my Champagne Life and fear just doesn’t fit in!”

**CREATE YOURS BELOW:**

## EXTRA NOTES:

WEEK 3  
GLAM

## WEEK 3

**"I ADVOCATE GLAMOUR EVERY DAY. EVERY SECOND."**

**-DITA VON TEESE**

Sparkle starts from the inside out, but we can't get there if we don't feel glamorous! Whether it's taking yourself out of a glass of champagne at your favorite hotel bar, buying yourself a piece of gorgeous lingerie, booking a blow dry at the new salon you've been dying to try, or going window shopping at Chanel (and powerfully accepting that glass of bubbly as you browse!), this week is all about the glam factor.

**SO GET READY TO HAVE SOME FUN!**

*Continues on next page >>*

# EXERCISE 1: RAISE YOUR GLAM VIBRATION™

**GLAM VIBRATION™ Definition:** A “GLAM VIBRATION™” occurs when you’re operating at your most glamorous frequency. In other words, when you look great, you feel great. And when you feel great, you can do amazing things.

When is the last time you felt absolutely gorgeous? Maybe it was when you had your makeup done on your wedding day. Or maybe it was when you wore a pair of pearls with your lingerie. Perhaps it was when you got dolled up and sat at the bar of a swanky hotel and had a glass of champagne by yourself while on vacation. You know exactly what it takes for you to feel glamorous. But sadly, you probably let life get in the way far too often to truly channel your most glamorous self as much as you should. Well that’s about to change, sister!

## MAKE A LIST OF ALL THE THINGS YOU CAN DO TO RAISE YOUR “GLAM VIBRATION™.”

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_



## EXERCISE 2: CHANNEL YOUR INNER ICON

Do you have a favorite Hollywood star that you admire? Maybe you absolutely adore Marilyn Monroe. Or maybe it's Dita Von Teese that reminds you of just how much fun it is to be a glamorous goddess? Perhaps it's Brigitte Bardot or Beyonce? Chances are, you love this woman because she represents who you are deep down.

Pour a glass of wine and create a Pinterest board with images of your "Inner Icon" and words or quotes that are inspired by her. Take note of how she carries herself, what she wears, and what it is about her that you are drawn to.

### IMPORTANT NOTE!

This is not about becoming someone else. You are absolutely perfect exactly as you are. This is about getting inspired so that you can channel the confident, glamorous parts of you that already exist. Your "Inner Icon" just helps bring that to the surface.

**NOTE THOSE GLAMOROUS CHARACTERISTICS OF YOUR  
"INNER ICON" BELOW:**

**NOW, WRITE DOWN HOW YOU INCORPORATE THOSE  
GLAMOROUS WAYS INTO YOUR EVERY DAY LIFE**

WEEK 4  
CELEBRATE!

## WEEK 4

**“KEEP SMILING, BECAUSE LIFE IS A BEAUTIFUL THING,  
AND THERE’S SO MUCH TO SMILE ABOUT.”**

**- MARILYN MONROE**

Congratulations! You’ve spent the past 3 weeks adding more glitter, guts, and glam to your life, and now it’s time to celebrate. I am so, so proud of all the hard work you’ve done.

**I SUGGEST POURING YOURSELF A GLASS OF CHAMPAGNE  
FOR THIS PART. IT’S TIME TO TOAST TO YOU!  
ARE YOU READY?**

## EXERCISE 1: POP THE CHAMPAGNE!

It's time to celebrate your success! Put on an outfit that makes you feel glamorous, pour a glass of champagne, or light a candle (or all of the above!) and take a few moments to reflect on the past three weeks. How have you changed? What new perspectives have you gained? How has your mindset shifted? Write down whatever comes to mind below:

## EXERCISE 2: KEEP SPARKLING

Don't lose your MOET-ivation! You've spent the past three weeks adding more glitter, guts, and glam to your life. How are you going to keep it going? Write down some ideas below:

## EXTRA NOTES:

# CHEERS!

## STAY IN TOUCH!

Don't forget to visit me regularly at  
[www.TheChampagneDiet.com](http://www.TheChampagneDiet.com)

Want to drop me a note and tell me what you thought about this program?  
Email me at [Info@TheChampagneDiet.com](mailto:Info@TheChampagneDiet.com).  
I love hearing from you!

Stay connected with me on social media. Post a photo of yourself doing this workbook to  
Facebook, Instagram, or Twitter.

I love seeing photos of you ladies hard at work creating YOUR Champagne Lives!

Use the hashtag **#TheChampagneDiet** so I can see your pictures!

WITH LOVE AND BUBBLES,  
*Cara*