



*The 30 Day
Greatness
Challenge*

Created By Dena Patton

START HERE.

Dear world changers,

I created the 30 Day Greatness Challenge to help people regain their focus and their greatness in 2017. I know that 2016 was a rough and crazy year for most people and sometimes we have to 'reset' ourselves, so consider this 30 day challenge *your* reset. Sometimes we need to 'come out of agreement' with our smallness and regain our leadership, goals and dreams. Sometimes we simply get tangled up in life's drama and lose our focus. We forget what matters and we forget what 'games' we are working on at the moment. I believe that "we are always winning the games we are playing", so we better know what games we are playing. I'm playing 8 big games in 2017 that I will either win or lose (I play to win!), which include:

1. The game of having an intimate, amazing marriage filled with fun and adventure (via our play list (see below))
2. The game of creating more connection with friends/people
3. The game of having a best selling book
4. The game of raising a grateful, powerful and wonderful daughter where we live, laugh, give and grow together.
5. The game of impacting 12,000 girls through my charity work this year.
6. The game of sharing my greatness training with at least 5,000+ people through my coaching, speaking, programs, masterminds and 30 day challenges.
7. The game of becoming present, and taking my greatness to a whole new level.
8. The game of becoming more connected to God and to stay in my purpose.

I work on these games everyday, but it takes focus, greatness and self-discipline, which I NEVER had. Those are muscles I had to develop over time and for the last 14 years I have coached others to master them also.



To help **you ignite your greatness** over these 30 days I'll be sharing bits, tips and challenges daily on Facebook LIVE each morning Jan 3- Feb 2 2017 at <https://www.facebook.com/DenaPatton/> - all the videos are at your finger tips 24/7 at that link!

You can join us anytime even if we are in the middle or even past the dates of the 'live' facebook videos. You can always go back and watch them anytime. It's kinda like starting a diet in the middle of a potato chip bag – yes you can! If you are ready for 2017 to be your best year yet I encourage you to start today even if we are towards the end. I promise you it will make a huge difference for you and your dreams.

I've been coaching for 14 years and I created the Greatness Leadership Training years ago, and currently I just coach one-on-one clients, however I am writing a book so I can help more people lead and live from their greatness, but in the meantime, I got inspired to share some of it's principles and lessons in this 30 day challenge. I didn't want to do a webinar or anything complicated I just wanted to share encouragement and tips each day on Facebook. My goal is that you regain your power, your voice, your dreams, your spark, your greatness and know your valuable place in the world, **so that you can do what you were born to do and become who you want to be.**

One of the things I'm going to encourage you to complete is **your 2017 Greatness Play List**™ (blank one below). No it's not a list of your favorite music it's a list of fun and adventure items that you and your family want to do this year. Some of them might be small (like taking a bike ride each weekend) or it might be big (like going to Paris). Together you will create your list and I promise it is game changing for your family!

I believe that **play is very important in our families and in business**, and this is why: 1. We only have 18 summers with our kids and it goes fast! It's important to play and create memories. 2. We get cranky when we work all the time and no one wants to be around you when you are cranky. 3. Play allows us to think and be creative – who knows - your next million-dollar idea might come to you while you are zip lining or snorkeling. 4. Life is too short to be serious all the time. 5. God can't access you when you are scheduled 100% of the time. We need margins in our lives to be playful and free.

During the 30 days I will be live on [Facebook](#) each morning and there will be 5 main elements I'll be talking about that can help you ignite your greatness:

1. Identify if and how your smallness is at play in your life. It robs you of your power, time, dreams and greatness. There are 5 ways

smallness can stop you. #crushsmallness

2. Learn how to master your mindset and shut down any smallness so you can regain your greatness and focus on your big dreams, goals and purpose. #gamechanger

3. Stop playing small. Encourage you to play the games that matter to you and learn the tips to stay in action to your goals. #dreambig

4. Create your 2017 Play List – below. #playmore

5. How to share your greatness in big ways. #greatnessonly

Join me on Facebook LIVE each morning Jan 3- Feb 2 2017 at
<https://www.facebook.com/DenaPatton/>

Tip: for the play list I encourage you to make a date with your family (or if you are single with someone you want to play/adventure with this year) and brainstorm 5-10 ways you want to play/adventure/have fun this year and write them below. Then you need to play to win – actually ask the family ‘who wants to plan what activity’ and each month have a family meeting about these items!)

I hope you enjoy the 30 Day Greatness Challenge and be sure to connect with me!

Cheers to your greatness!

Dena

Instagram: @DenaMariePatton

Facebook: <https://www.facebook.com/DenaPatton/>

blog, books, and coaching: www.DenaPatton.com

Free gifts: www.amazinggreatness.com

hashtag: #crushsmallness #greatnessonly





2017 Greatness Play List™

Our 2017 Play, Fun, Adventure List

The **Family**

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

TIP: Now schedule these in your calendar! *Everyone helps to plan! * Play to win!