



THE GET YOUR SH*T TOGETHER BOOTCAMP
COURSE WORKBOOK



DEAR FRIENDS,

For over 15 years I have been working with people in helping them become more organized and productive...helping people identify what they really want for themselves, get super clear on the path to get there, and then providing them with accountability and support where they've needed it most...

It's been great, rewarding work for me.

And there's one reason I think it's my passion:.

I was there.

In 2012, I was struggling as a single mom with an infant and an addicted ex-husband who had drained my savings and my soul.

I was living paycheck to paycheck, working a corporate job that I absolutely hated and feeling lost, overweight, and irritable.

This was Every. Single. Day.

Even while I was helping others change their lives, I, myself was lost in the circle of overwhelm and disarray.

Then, something happened to me one dark evening on my 1.5-hour commute to pick up my infant son that changed the direction of my life forever.

Right then and there, I decided.

The Get Your Sh*t Together Bootcamp and accompanying workbook is to provide your jump-off point to a life that you truly deserve. A life of abundance, of peace, and *of feeling in control of your day-to-day.*

So now, it's up to you to decide.

Are you ready to rid yourself of the CONSTANT chaos and whirlwind?

Are you ready to take control of your mindset, your money, your home and your peace?

Are you ready to lay your head down at night knowing you have a plan for yourself and for your family?

Join me and a community of like-minded women who are ready to make this change, too.

You won't regret it.

Love,



ABOUT ANA MCKENNA

I'm a Mom, partner, coach, entrepreneur and Army veteran.

At the time of my son's birth in 2012, I was really struggling. Still serving in the Army, I was married to someone in the absolute throes of opiate addiction. I commuted three hours a day to work a job that didn't pay me nearly what I was worth, and my bank account was drained as soon as my paycheck hit it. I knew something had to change, and fast.

This was not the life I wanted to live.

I felt like I was spinning in circles, never moving forward- it was always one step forward and two steps back. I'd try to improve my finances, and work would suffer. Or, I'd try to get on a good routine at the gym and eat healthfully, but my heart and mind wasn't in it. I was constantly stressed, wavering between anxiety and depression and I desperately wanted to improve my life, but things were moving SO slowly in the right direction, I thought I'd never get to where I wanted to be- for my son and for me.

I just didn't know where to start.

I didn't know how to get that ball rolling.

I wasn't even clear on what I truly wanted for myself.

All I knew for sure is that I needed more money, some organization in my life, and some freedom to not constantly be stressed.



Fast-forward a year later, and I was well on my way to freedom and fulfillment. I no longer felt trapped, anxious and stuck. In my search to get my life really on track, I decided I needed to find or create the tools- the real, tangible steps- to square away what I knew my best life could be.

Some stuff I knew I needed to just DO. Like, really just set my mind to.

Some stuff I figured out by learning from others, and by getting around the right people with the right opportunities.

Most of it I figured out through trial and error.

Most importantly, I made the decision that I was going to change it all up. I was going to make the life I wanted for myself and for my son.

It was time to make that *Better Life!*

IT'S TIME TO GET YOUR SH*T TOGETHER

Where are you now?

Where do you want to BE?

Often, Life itself feels like a balancing act, taking all of life and throwing it all together in the hopes that things will go okay, and the train won't come entirely off the tracks.

But what if you could take control of the direction of your train? What if you could take the different areas of your life and organize them in such a way that when you did catch a curveball, you could keep going? What if you had some semblance of balance?

In order to do this, you need to start by getting clear on where you are at now-today.

This is your jump-off point.

Only from here can you develop the roadmap to a more balanced, manageable overall lifestyle, with less overwhelm, less reaction, and fewer feelings of chaos and stress.... And more organization, more freedom and more feelings of abundance... with money, with peace and with more wellness.

Here are the three steps you need to start your journey toward this lifestyle you want for yourself:



3 STEP GYST PROCESS

CLARITY ON WHAT YOUR “DESIRED” LIFESTYLE LOOKS LIKE.

Without being super clear on the vision you want for your life, you’ll never be able to hit the target. This involves some deep introspection, some acknowledgment of your path thus far, and the true desire to do what it takes to get there. If you can achieve this razor-sharp vision in your mind, and the associated feelings that go along with it, you will get there, you will achieve the life you want for yourself, and for your family.

STEP 1

UTILIZING THE RIGHT TOOLS YOU NEED TO ACHIEVE THAT LIFESTYLE

OK, so you have nailed what that lifestyle looks and feels like for you. But in order for you to get there, you need the practical tools in your hand that can fast-track you there. What is in your toolbox that gives you those quick wins and put you in momentum for continued success?

STEP 2

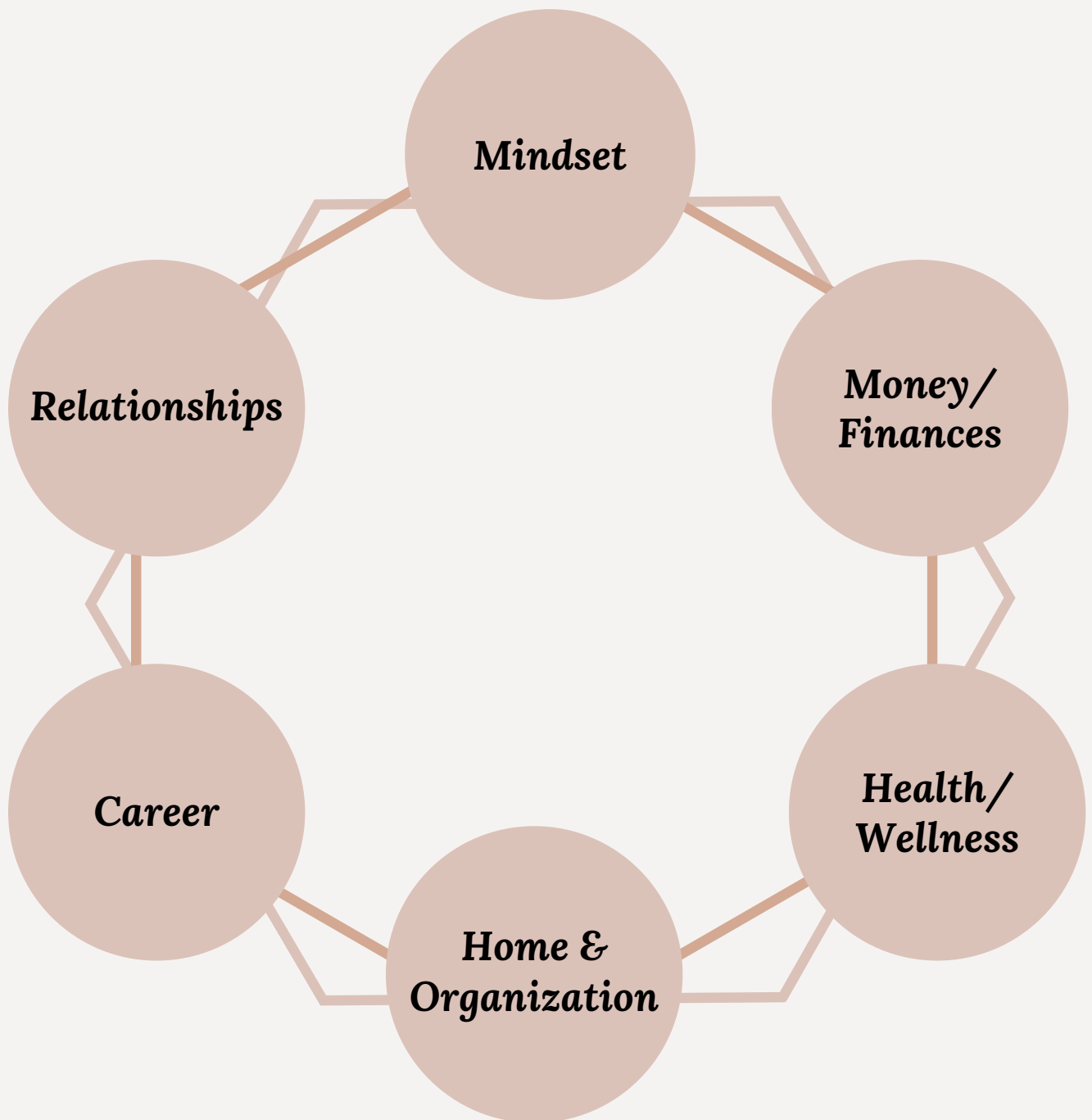
ROUTINES, COMMUNITY & SUPPORT

Once we have received the tools and have a clear path, why is it that some people can’t keep the ball rolling? This work can be tough to do alone. Coupled with kids, spouses, work and more, it can become challenging to carve the time out for yourself to stay in momentum, in alignment with what you really want, and it doesn’t take long for the vision to fade. Establishing routines, staying in community, and asking for support from the right people is absolutely crucial.

STEP 3

LET'S BEGIN.

Think about the following areas of your life:





Think about each category and write a few sentences that capture how each would look in your ideal world.

Here are a few examples:

Mindset: I wake up daily feeling rested and ready to tackle each day. I feel positive and prepared to face work, home, and kid responsibilities. I tackle everyday challenges without freaking out and think through solutions.

Money: I don't check my bank account 10+ times a day, and am confident there is money left in it at the end of the month. I pay my bills on time and never have to worry about bill collectors calling me. I have started a savings account and feel like I could handle financial emergencies if I needed to.

Home/Organization: My home is generally picked up and organized. My kids know where their things are for school each day and I have a good routine for laundry & other chores. Overall, my house is peaceful and everyone knows reliably what their job is in making the household run.

NOW IT'S YOUR TURN!

Write a few sentences that capture your ideal day in each area.

1. MINDSET

2. MONEY/FINANCES

3. HEALTH/ WELLNESS

NOW IT'S YOUR TURN!

Write a few sentences that capture your ideal day in each area.

4. HOME & ORGANIZATION

5. CAREER

6. RELATIONSHIPS

LET'S EVALUATE!



YOUR CURRENT SNAPSHOT- WHERE YOU ARE AT NOW

ASSESS YOURSELF IN THE FOLLOWING 6 AREAS BY GIVING YOURSELF A SCORE OF 1-10.

1 EQUALS THE WORST, 10 IS THE BEST. THIS NUMBER DESCRIBES HOW YOU FEEL (OVERALL) ABOUT YOUR LIFE IN THIS AREA.

GIVE YOURSELF THE TOTAL OUT OF 60 POINTS.



YOUR TOOLBOX

ASSESS YOURSELF IN THE FOLLOWING 6 AREAS BY GIVING YOURSELF A SCORE OF 1-10.

1 EQUALS THE WORST, 10 IS THE BEST. THIS NUMBER DESCRIBES HOW YOU FEEL ABOUT CURRENTLY HAVING THE RIGHT TOOLS OR RESOURCES AT YOUR DISPOSAL TO BETTER YOUR LIFE IN THIS AREA.

GIVE YOURSELF THE TOTAL OUT OF 60 POINTS.



YOUR CIRCLE

ASSESS YOURSELF IN THE FOLLOWING 6 AREAS BY GIVING YOURSELF A SCORE OF 1-10.

1 EQUALS THE WORST, 10 IS THE BEST. THIS NUMBER DESCRIBES HOW YOU FEEL ABOUT CURRENTLY HAVING THE RIGHT PEOPLE, COMMUNITY OR RESOURCES/SUPPORT IN PLACE TO KEEP YOU ON TRACK, MOTIVATED AND ACHIEVING YOUR VISION.

GIVE YOURSELF THE TOTAL OUT OF 60 POINTS.



LET'S EVALUATE!

SCORE YOURSELF 1 OUT OF 10 IN EACH CATEGORY AND THEN TOTAL.

MINDSET	MONEY	HEALTH & WELLNESS	HOME/ ORGANIZATION	CAREER	RELATIONSHIPS	TOTAL
STEP 1 - YOUR SNAPSHOT						
STEP 2 - YOUR TOOLS						
STEP 3 - YOUR CIRCLE						
Results: 155-180 Doing pretty well! 100-155 Could use some work in some areas Under 100 Help, now!					Total Score: <hr/> 180	

LET'S REFLECT!

Where are your weaker areas? Identify them here:

If there was nothing holding you back, what tools/resources/changes would you implement to close the gap from where you are now (current score_____) to where you would like to be (ideally, a score of 180?)

Put in order the areas you think need the most attention:

1. _____

2. _____

3. _____

4. _____

5. _____

THOUGHTS/FEELINGS/NOTES

Lined writing area with horizontal lines for notes.