



# Shift to RICHES™

## *RICHsheet*

*“I commit to \_\_\_\_\_”*



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**From Bernadette Boas,**

Congratulations on getting started on the road to a RICH Life by joining our Shift to RICHES™ program.

The objective of the Shift to Riches™ program is to provide you the tips, techniques, best practices and lessons learned that will compel you to excel in taking your business and your life to the next level by driving change and delivering significant results.

Each of the sessions within any of our programs will give you specific actions and take-aways that you can use in your business and life TODAY!

That is a very important requirement of this program. We are not successful unless you are. We want the time you spend with us to be valuable and full of new ideas, concepts and strategies you can implement right away, so you can begin to reap the benefits, results and RICHES you desire.

But first, make a commitment today to yourself, your team, your business and your life to see whatever program you participate in to the very end. You deserve it and so do they.

The following RICHsheet is one of many tools, resources and support, you will receive throughout the Shift to Riches™ Series within the Shedding the Bitch® movement. Whether you are participating in our webinars, coaching programs or Bitch events, these programs are designed for you and by you.

If you are not already a RICHie Club community member, join now so you can access all of the tips, RICHsheets, videos, articles and more, which are exclusive to our Club members – and take the pledge to YOU to shift from bitch to RICH.....at <http://sheddingthebitch.com>

For more information on our company we invite you to visit our website at:  
<http://www.sheddingthebitch.com>.

It is my personal guarantee to help you **SUCCEED!**

Please let me know if you have feedback, ideas or concerns. I want to hear from you.



Want a ball of fire to speak at your next event/ business meeting? Contact Media Relations at 404-997-8074

## **RICHsheet – “I commit to \_\_\_\_\_”**

Before change can occur you have to decide to be fully committed to a number of things that can bring with it both PAIN and JOY!!

But if you WANT and DESIRE a change in your life, you will find that the PAIN leads to a JOY that forces you to want more!!!!

You just have to decide and commit to it. Step 1 of the Shift to RICHES Program is to make a commitment to YOU....and only YOU!

Take time for yourself and by yourself, and complete the following:

As it pertains to my desire and want to achieve my dreams, I, \_\_\_\_\_  
on this date, \_\_\_\_\_ commit to the following:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

➤ *Your commitment may be one or many, i.e. commit to change, commit to feel pain, commit to being truthful to me, commit to loving me, etc.....*

Now, take the initial steps to define your dreams, whether or not you know what they are – try!

My greatest dream(s) is

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A key factor in success and failure is recognizing the triggers or 'bitches' that create barriers and walls preventing you from pursuing them, as well as those things that propel you forward. Being completely AWARE of your emotions and what sets them off, will allow you to find ways to shed or accelerate them as needed. But you have to be aware.....

What emotions welled up inside you as you addressed making the Commitment to YOU?

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What emotions did you feel as you defined YOUR dream(s)?

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Prior to moving forward, discover your Bitches and Riches, review, think and absorb the above... your responses.

What emotions did you feel AFTER and SINCE you completed the above?

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- *RICH Tip – each morning or anytime during the day, write out in your journal What you are feeling, Why, by Whom, Where, When and How did it happen.....be AWARE and you will CHANGE!*

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