

NO F*CKS GIVEN

November

Hey girl and welcome to the challenge! This challenge is for you if you want to;

- Move more
- Express yourself freely
- Overcome people pleasing
- And give less f*cks!

I'm guessing (by the fact that you're here) that you want to do all of those things! Yay! I am so excited for this challenge and can't wait to see you all expressing your gorgeous selves and moving past your fear of being seen in the world! Because darling you are far too magical to play small.

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So what's the challenge?

During each day of November you will be given a song to dance like no one is watching to.

My dream would be to get you all showing up on your Instagram stories or on video to fully commit to giving zero f*cks. But I know that may be super daunting to a lot of you so the aim of this challenge is to become comfortable and confident over the next 30 days to showing up for yourself, by dancing. In our private Facebook group, at home in your kitchen, or living room, or wherever you like really! I want you to dance your heart out like your life depends on it! It doesn't have to be pretty and you don't need to have rhythm. Like Lady GaGa said, JUST DANCE!

GEORGIAHOLLIDAY_

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Why dancing?

The inspiration for this challenge came from my Instagram stories. A while back I started dancing on my stories because it felt good and once a dancer always a dancer (am I right?). But mainly to spread some high vibes and positivity...and so many of you loved it! It was so humbling to get messages saying that me dancing on my stories had brightened someones day.

On top of that, I also had women saying they wish they could be as confident as me and dance on their stories too but they were too nervous what people would think/say.

So that's where this challenge was born.

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Why did I create this challenge?

I wanted to create a challenge that was fun. I didn't want it to be all serious and feel like another chore (because let's be honest we all have enough on our plates!)

So I came up with the No F*cks Given November Challenge.

As a recovering people pleaser it makes my heart explode with happiness and pride when people describe me as 'not giving a f*ck what people think'. Honestly, it makes me so happy. Because I have been where you are right now. Crippled by the fear of other people's opinions. Scared to show up in the world as who you truly are. It's suffocating. And girl, it's stopping you from living your life on your terms.

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Getting started!

So if you want to take the first step in overcoming your people pleasing habits, letting go of the stories that are holding you back and releasing the weight of judgement from others and on yourself, then this challenge is for you.

All you need to do now is request to join the private Facebook group where we can all chill, chat and cheer each other on. [Click here to join!](#)

I can't wait for us to get started!

[Click here to go to the Spotify playlist we'll be using for the challenge!](#)

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Date	Songs
1st	Valerie by Amy Winehouse
2nd	Jump by Kriss Kross
3rd	Ritual by Rita Ora
4th	Diamond Heart by Lady GaGa
5th	The Man by Taylor Swift
6th	Love Myself by Hailee Steinfeld
7th	Power by Little Mix ft Stormzy
8th	Don't Call Me Angel by Ariana Grande
9th	I Like The Way You Move by X-Terra
10th	AM To PM by Christina Milian
11th	Bonkers by Dizzee Rascal
12th	Born This Way by Lady GaGa
13th	Crazy In Love by Beyonce
14th	Mothers Daughter by Miley Cyrus
15th	I Love It by Icona Pop ft Charli XCX

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Date	Songs
16th	Jump Around by House Of Pain
17th	Shake It Off by Taylor Swift
18th	Lose Control by Missy Elliot
19th	We Found Love by Rihanna
20th	Be Faithful by Fatman Scoop
21st	Ride It by Regard
22nd	Independent Woman by Destiny's Child
23rd	Party Up by DMX
24th	Truth Hurts by Lizzo
25th	You Need To Calm Down by Taylor Swift
26th	Bootylicious by Destiny's Child
27th	How Do You Sleep? by Sam Smith
28th	No Scrubs by TLC
29th	Doo Wop by Ms Lauryn Hill
30th	Good As Hell by Lizzo

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The Challenge:

Share a short video clip of yourself dancing to the assigned song for each day and share either to your Instagram story or feed (don't forget to tag me), our private facebook group or send it directly to me in a DM on Instagram! Wherever you share your video use the hashtag #NoFcksNovember so I can see you all!

Added extra (because we love being extra round here): Along with each snippet of you dancing to the daily bop, share 1 thing you like about yourself. It could be your hair, it could be your kindness, it could be your ability to recite all the words to every Britney Spears song. It doesn't matter what it is but I want you to share something that you honestly like about yourself. Authenticity can be hard, but it is vital for living a life of zero f*cks.

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Woohoo we made it to the end of the challenge! Well done for taking part babe, I am so proud of you for showing up for yourself and you should be too. Releasing the fear of judgement isn't easy and it doesn't happen overnight. But think about how long you have had these people pleasing habits and beliefs that have been holding you back. Think about how many years you have made yourself small just to make others comfortable.

But you're ready to move past that now. You are ready to release those stories and swap them for more empowering beliefs that serve you and your purpose: to show up in this world as your most authentic self.

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What's next?

If you have loved this challenge but are now ready to dig deeper into those pesky stories that keep playing through your mind and holding you back, then I have a special offer just for you.

I work with women that want to reclaim their power, step into their authenticity and be the happiest, healthiest version of themselves they can be.

If you want to work with me, and reconnect with yourself even further, I am offering a massive £150 OFF my 121, 8 week life coaching programme (Usually £400 but you can grab it for £250). Contact me to claim your discount!

For more details click [here](#)!

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Prizes!

First place: this will go to the sassiest babe that shows up the most on their Instagram stories and tags me in their dancing vids!

Second place: this will go to the gal that is most active in our private Facebook group (sharing and cheering others on!)

Third place: this prize will go to the dark horse of the challenge. The woman who I know is showing up for themselves everyday but nervous to share publicly (I need DM proof that you're showing up for the challenge with daily dance vids just to me!)

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Prizes!

First place: A free 1 hour life coaching call with me and a copy of my Self-Love & Self-Care eBook.

Second place: Free copy of my best selling eBook
Reignite: 8 Week Mind, Body, Soul
Transformation Guide.

Third place: Free copy of my Self-Love & Self-Care
Manual: A Guide To Loving Yourself.

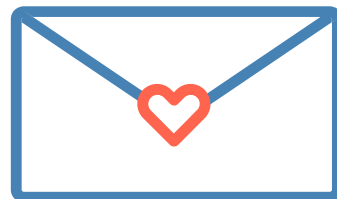
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Thank you so much for taking part in No F*cks Given November and if you don't already, then I invite you to come hang out with me on Instagram, where all the fun happens. You can find me at @georgiaholiday_

I hope you continue dancing well into December and the New Year! You're the best!

Love Georgia xx



If you have any questions about the challenge or working with me (personal training or life coaching) then please send me an email at georgia@gljfit.co.uk

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