

The Royal Treatment

For the woman who wants
to feel like a Queen...

EVERY SINGLE DAY



WORKBOOK

YOUR ROYAL

mini-manifesto

I, _____, hereby decree that I am worthy of The Royal Treatment, every single day. Feeling like a Queen begins with me and I am ready to stop settling for anything less.

When unsure or in doubt, I will turn to my Royal Treatment Plan on page 20 of this workbook, and choose to practice one thing from my plan today (no matter how small).

YOUR SIGNATURE

DATE

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TONYA LEIGH

MASTER LIFE COACH

From one Queen to another: welcome! I am so glad you said yes to being here with me — and I don't take it lightly. Choosing to see and treat yourself as a Queen is, in many ways, a radical act. In a world that tells women to put everyone else's needs ahead of their own, deciding that your needs matter — that *you* matter — can feel selfish, even scary. But that is exactly why we must!

I love sharing these concepts with women because they have the power to change *everything*: from how you look on the outside, to how you feel on the inside, and frankly, just about everything in between.

I want you to declare that *feeling good* is no longer up for negotiation. That eating well, moving well and playing well are going to be an essential part of your days — not because you are broken, but because you deserve to feel your best, regardless of how much you achieve (or don't) in a given day.

Your personal *Royal Treatment Plan* will take shape right here, in this workbook. Not only will you clarify your personal rules for feeling good... you will begin practicing new thoughts, beliefs and habits for feeling like a Queen, every single day.

So go ahead and grab your crown — your Royal Treatment awaits!

Regally yours,

THE ROYAL ADDRESS



HOW TO USE THIS WORKBOOK

- **Begin your day with the *Morning Moment*, delivered straight to your inbox, Monday to Friday.** Jot down your reflections in this workbook and spend a few minutes completing the daily reflections.
- **Bring your insights and questions to the daily live *Treatment Session* on Zoom.** I'll be there with you and your fellow Queens-in-the-making to help you flesh out your plans for treating yourself like royalty.
- **As you complete each day of the workbook, turn to page 20 to fill in your one-page Royal Treatment Plan.** Think of it as a one-page summary of the most essential thoughts, standards and actions you will practice each day to feel your best. (Once you've completed your plan, consider keeping multiple copies of this page in places where you will see it frequently!)
- **End each day with the *Evening Reboot* email** for one great idea to help you wake up feeling like a Queen.

Feeling good is just a few days away. *Are you ready?*



01

DAY 1:

Think Like a Queen

“Your thoughts are
the architects of your
destiny.”

- DAVID O. MCKAY

*Heavy is the head that (doesn't)
wear the crown*

What's really getting in the way of feeling your best every day?
(Popular hits include: Not enough time... worrying what others will
think... and that nagging voice in your head that says: why bother
trying if you'll just fail again?)

We'll begin our time together by looking more closely at the barriers
to taking great care of yourself consistently, and how to navigate them
more elegantly (and effectively). After all, a Queen rules her own
mind, rather than letting her mind rule her.

DAY 1: Think Like a Queen

What's my #1 excuse that prevents me from taking care of myself?

What is the result of not making self-care a top priority?

Why do I want to prioritize my self-care?

How will my life be different when I do?

Complete this question after attending the daily Treatment Session...

If I saw myself as a Queen, what would I think about self-care instead?

(Copy this into section 1 of your Royal Treatment Plan on page 20.)



01



01

DAY 1:
THINK LIKE A QUEEN

YOUR ROYAL TREATMENT CONTINUES...

Share your reflections inside the *Pop-Up Society* and bring your questions to the live *Treatment Session* with Tonya.

(You'll receive a link to the replay each evening if you can't attend live.)

Day 1: Notes & Insights



02

DAY 2: Speak Like a Queen

*“The standards you
set determine the life
you get.”*

- MICHAEL BLISS

A low-maintenance Queen? There's no such thing.

A queen knows she doesn't get what she wants; she gets what she tolerates. And what she refuses to tolerate is treating herself poorly.

It's time to raise your standards and stop treating yourself as anything less than extraordinary. If you often engage in negative self-talk, beat yourself up for not being perfect or break promises to yourself regularly, get ready to practice holding yourself in a higher regard.



DAY 2: Speak Like a Queen

What is the general tone of my self-talk?
(*ex. loving, harsh, supportive, demanding*)

What is one statement that I say to myself *about* myself that's holding me back?

If I saw myself as a Queen, how would I speak to myself?

Complete this question after attending the daily Treatment Session...

The *Royal Statement* I am going to practice first is:

(Copy this into section 2 of your Royal Treatment Plan on page 20.)



02



02

DAY 2:
SPEAK LIKE A QUEEN

YOUR ROYAL TREATMENT CONTINUES...

Share your reflections inside the *Pop-Up Society* and bring your questions to the live *Treatment Session* with Tonya.

(You'll receive a link to the replay each evening if you can't attend live.)

Day 2: Notes & Insights



03

DAY 3:

Eat Like a Queen

*“One cannot think
well, love well,
sleep well, if one has
not dined well.”*

- VIRGINIA WOOLF

A feast fit for a Queen...

Experimentation. Enjoyment. Elegance.. These are my 3 “E’s” for feeling like a Queen, every time you sit down to eat. I promise you that the answers aren’t waiting for you in another diet plan. You don’t have to restrict yourself or spend all day long thinking about food.

With a few powerful shifts, eating well can be something you simply do. If you often find yourself eating mindlessly or reaching for foods that fill a void in the moment — let me show you a more regal way...

DAY 3:

Eat Like a Queen

If I saw myself as a Queen, how would I eat differently?

Complete these questions after attending the daily Treatment Session...

Experimenting with food like a Queen looks like...

Enjoying food like a Queen looks like...

Practicing Elegant Eating like a Queen looks like...

(Copy your top takeaways from today into section 3 of your Royal Treatment Plan on page 20.)



03



DAY 3:
EAT LIKE A QUEEN

YOUR ROYAL TREATMENT CONTINUES...

Share your reflections inside the *Pop-Up Society* and bring your questions to the live *Treatment Session* with Tonya.

(You'll receive a link to the replay each evening if you can't attend live.)

Day 3: Notes & Insights



04

DAY 4:

Move Like a Queen

“Movement should be approached like life: with enthusiasm, joy and gratitude.”

- RON FLETCHER

A Queen's best friend — other than her crown? Momentum.

Running. Walking. Pilates. Weight-lifting. Salsa Dancing. You have almost unlimited options for how you can move your body, but the question is: which one is right for you? What will you look forward to? And how can you make movement something you do consistently?

A Queen is never stagnant and always in motion — so let's find your personal definition of movement that feels good for you.



DAY 4: Move Like a Queen

What do I think and feel about exercising?

The feeling I want most from moving my body is _____
(Strength? Flexibility? Joy? Something else?)

If I saw myself as a Queen, what would my exercise routine look and feel like?

Complete these questions after attending the daily Treatment Session...

My new daily movement baseline is:

(Copy your top takeaways from today into section 4 of your Royal Treatment Plan on page 20.)

04





DAY 4:
MOVE LIKE A QUEEN

YOUR ROYAL TREATMENT CONTINUES...

Share your reflections inside the *Pop-Up Society* and bring your questions to the live *Treatment Session* with Tonya.

(You'll receive a link to the replay each evening if you can't attend live.)

Day 4: Notes & Insights



05

DAY 5:

Delight Like a Queen

“Take your pleasure
seriously.”

- CHARLES EAMES

*A queen's day is never complete without
a touch of delight*

Because if you're not having fun, what's the point? I believe this is the missing piece in so many of the plans we make. Looking after yourself shouldn't be dull or boring. So let's bring some pleasure to your days!

As we finish our time together, we'll explore how to weave more play, pleasure and fun into your daily life. After all, self-care isn't just about food, movement, or how you think — ultimately, it's about how you live.

DAY 5:

Delight Like a Queen

My personal definition of pleasure is...

What gets in the way of me feeling more pleasure and delight?

If I saw myself as a Queen, how would I delight in myself and my life?

Complete this question after attending the daily Treatment Session...

My Pleasure Portfolio includes...

(Copy this into section I of your Royal Treatment Plan on page 20.)



05



05

DAY 5:
DELIGHT LIKE A QUEEN

YOUR ROYAL TREATMENT CONTINUES...

Share your reflections inside the *Pop-Up Society* and bring your questions to the live *Treatment Session* with Tonya.

(You'll receive a link to the replay each evening if you can't attend live.)

Day 5: Notes & Insights



MY ROYAL TREATMENT PLAN

Royal Thoughts

Royal Statements

Royal Eating

Royal Movement

Royal Delight

ROYAL

closing REMARKS

All good things must come to an end... but your Royal Treatment has only just begun! From now on, your work is in practicing the belief that you are worthy of feeling good and staying true to what *you* need in order to make it happen.

Choosing to see and treat yourself like a Queen consistently is challenging when the rest of the world would much rather see you bend to its will. But a Queen knows that there will always be friction on the path to feeling good — she just refuses to let it stop her. Instead, she picks herself up, straightens her crown, keeps calm, and carries on.

If you are craving support, structure, and proven strategies for prioritizing yourself — your energy, your needs, your dreams, your desires and more — I have an invitation for you...

It's called the *School of Self-Image*, and enrollment is open now for a limited time. How might your life expand — and how much better could you feel — if you could learn to treat yourself like royalty not just for 5 days, but every day?

The answers are waiting for you inside the *School of Self-Image*. To learn more and join us, click the button below:

LEARN MORE ABOUT THE
SCHOOL OF SELF-IMAGE

We would love to have you. But, whether you choose to join us inside The School of Self-Image or not, know this:

You were royal all along. It's simply a practice...

And feeling good is always on the menu.

Tonya





Whether you choose to continue the work of creating your extraordinary life with us or not, I am so excited for what the future holds for you. Stay in touch with the extraordinary version of you that you met this week: the one who knows what she wants and creates it every day, unapologetically.

Most important of all: *remember that you are already her.*
It's simply a practice.

Here's to your extraordinary life in the making.

Tonya