



W O R K S H O P

LIVE LIKE AN
EDITOR
Workshop

Create your most extraordinary life

ONE INTENTIONAL EDIT AT A TIME

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The
MAGAZINE
OF YOU

MONTH YEAR

CREATIVE CREDITS

Editor in Chief

YOUR NAME

Assistant Editor

Tonya Leigh

CONTENTS

LIVE LIKE AN EDITOR - THE WORKBOOK

3
Letter from The
Assistant Editor

4
How to Use
This Workbook

5
Day 1: Claim
Your Title

9
Day 2: Your Life
in Headlines

13
Day 3: Choose
Your Setting

17
Day 4: Style
Your Cover

21
Day 5: Your Internal
Style Guide

25
Closing Remarks



LETTER FROM THE ASSISTANT EDITOR

TONYA LEIGH

MASTER LIFE COACH

Welcome to an auspicious edition of The Magazine of YOU (and perhaps our most ambitious release to date). Something you may not realize is this magazine has been in publication since the day you were born. Month by month, your story has unfolded before your eyes — and you have been there at the helm, living every single page.

The question is: are you ready to take control of your narrative? Do you want to look inside and love what you see on every page? And do you have the audacity to rewrite your story: bigger, bolder and more extraordinary than ever before?

The fact that you are here says *YES*. As your Assistant Editor, I'll be here to support you every step of the way.

Think of this workbook as your personal playground. Over the next 5 days, you'll use it to welcome new ideas, name your desires, and clarify the editorial vision you have for your life. (It's your magazine, after all.)

Best of all? You'll also practice living out your vision, one small and intentional edit at a time.

So congratulations on your appointment as *Editor in Chief*. It may be the most important (and exciting) role of your life.

Assistant Editor, The Magazine of YOU



HOW TO USE THIS WORKBOOK

- **Begin your day with the *Morning Lesson Audio* sent straight to your inbox, Monday to Friday.** Jot down your reflections in this workbook and complete the daily exercises while you listen.
- **Bring your insights and questions to the daily live *Fitting Sessions* on Zoom.** I'll be there with you and your fellow Editors in Chief to remove the roadblocks between you and your extraordinary vision.
- **At the bottom of each day's prompts, you'll commit to a personal *Editorial Experiment*** (with the exception of Day 1, where you'll lay the foundation instead). Set aside 15-30 minutes to complete each experiment and share your results with us each day inside the private pop-up society.
- **End your day with the *Evening Love Note*** sent to your inbox for a nightly dose of inspiration and luxury. Day by day, we'll craft and curate our way towards the extraordinary — and it's time for your editorial vision to take center stage.

Ready to turn the page? *Let's begin.*



01

DAY 1:

CLAIM YOUR TITLE

*“I didn’t know what I
wanted to do, but I
knew who I wanted
to be.”*

– DIANE VON
FURSTENBERG

YOUR TITLE, YOUR RULES

If your life feels out of whack, overwhelming and unfulfilling, chances are it’s because you’re not building a life around what matters to you. Your title is symbolic of what you want your life to embody, and it lays the foundation for all of your decisions and goals. It’s kind of a big deal.

So don’t let others choose your title for you. Don’t choose one based on the past. Dig deep and choose a title that expresses the deepest parts of your soul, that grows and expands you, that expresses who you truly are (before the world told you who you should be).

DAY 1: CLAIM YOUR TITLE

Listen to this morning's Audio Lesson and reflect below...

What feelings do you want *more* of in your life?

What words do you want people to use to describe you?

Name a BIG goal you want to achieve:

What emotion will you feel once you've achieved it?



01



Think of someone you admire deeply. How would you describe them?

Fast forward to the end of your life.

Using one-word answers, what kind of life do you want to have lived?



You should have a list of words from the above answers. Choose ONE word that best expresses the energy you're ready to embody. This is your title!

MY TITLE IS...

01



01

DAY 1:
CLAIM YOUR TITLE

ENSURE A PERFECT FIT...

Share your reflections inside the ***Pop-Up Society*** and bring your questions to the live ***Fitting Session*** with Tonya at 2pm Eastern Time.

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

Day 1: *Fitting Session* Notes & Insights

Day 1: Evening *Love Note* Reflection



02 DAY 2: YOUR LIFE IN HEADLINES

*“We must rewrite our
story from one of
fear to one of
celebration.”*

- KAMERON HURLEY

TELL YOUR STORY ON PURPOSE

The stories you tell about yourself either support the future you want to create or undermine it. If you're feeling stuck or stagnant, it's a sure sign you're telling your story from the past and mixing facts with fiction (a risky cocktail indeed).

As *Editor in Chief*, your greatest asset is your ability to re-interpret old stories through a new lens, mine for the gold and cast a powerful vision of the future. By taking control of the narrative, you take back control of your future. All great stories begin with an irresistible headline, and today it's time to write your own.

DAY 2: YOUR LIFE IN HEADLINES

Listen to this morning's Audio Lesson and reflect below...

RE-TELL YOUR STORY FROM A PLACE OF POWER:

Prompts:

- {Your Name}: 3 Lessons Learned from {Difficult Time}
- The Comeback of {Your Name}: {Insert 3 Qualities That Helped You Get Through a Difficult Time}
- {Your Name} on {3 Topics You're Passionate About}

Now, make them your own...

ENVISION YOUR FUTURE AS IF IT'S HAPPENING NOW:

Prompts:

- {Your Name}: Life as a {Your Goal Here}
- New Beginnings: {Your Name} Celebrates {Your Goal Here} at {Future Age}
- At Home With {Your Name}: {List 3 Desired Feelings} in {Dream Location}

Now, make them your own...

ready for your *first*

EDITORIAL EXPERIMENT?

*Think of a story from your past that comes up often for you.
Note down the facts and “fiction” surrounding it, then rewrite a new
headline and a 1-2 sentence summary that casts it in a new light:*

OLD STORY: _____

FACTS

FICTION

MY NEW HEADLINE AND 1-2 SENTENCE BLURB:



02

DAY 2:
YOUR LIFE IN HEADLINES

ENSURE A PERFECT FIT...

Share your reflections inside the *Pop-Up Society* and bring your questions to the live *Fitting Session* with Tonya at 2pm Eastern Time.

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

Day 2: *Fitting Session* Notes & Insights

Day 2: Evening *Love Note* Reflection



03

DAY 3:

CHOOSE YOUR SETTING

*“What surrounds us
is what is within us.”*

- T.F. HODGE

YOUR ENVIRONMENT IS A MIRROR:

Do You Like The Reflection?

Your surroundings are a 3D picture of your mind. If your thinking is frazzled and overwhelmed, your environment will mirror it with chaos. If you struggle to be decisive in your life, your home will reflect it right back to you with clutter.

Here's the good news: your surroundings are a two-way mirror. By elevating even small details of your environment, you can shift your mind and the way you see yourself. It's time to shoot your dream “cover story” and bring the details into your surroundings *now*.

DAY 3: CHOOSE YOUR SETTING

Listen to this morning's Audio Lesson and reflect below...

**Close your eyes and imagine the most luxurious setting.
What do you see?**

Where do you feel most alive, energized and aligned?

Which city do you love? Why?

Based on your answers, where is your cover shot?



03



What is the feel of this setting?

What items do you notice around you?

Books? Music? Fabrics? Flowers? What kind?

Describe them in detail:



Ready for your next editorial experiment?

Look at your list of items from your dream surroundings above. Bring ONE of these elements into your environment today.

Today, I will elevate my surroundings with:



03

DAY 3:
CHOOSE YOUR SETTING

ENSURE A PERFECT FIT...

Share your reflections inside the ***Pop-Up Society*** and bring your questions to the live ***Fitting Session*** with Tonya at 2pm Eastern Time.

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Day 3: *Fitting Session* Notes & Insights

Day 3: Evening *Love Note* Reflection



04

DAY 4: STYLE YOUR COVER

“*Style is a way to say who you are without having to speak.*”

- RACHEL ZOE

SHOW UP OR HIDE?

It's a Matter of Style

Style is *so much more* than the way you dress. It's the way you carry yourself, the way you speak, and how you move about the world. Your current style is an affirmation of how you see yourself — and the way you see yourself determines the actions you do (or don't) take toward your desires.

So what have you been dressing for? Your fears (of being seen, standing out, what others think) or your *vision* (what brings you joy, your truth, and who you want to become)? Imagine you're being interviewed for your feature in The Magazine of YOU. It's time to dress for your dreams.

DAY 4: STYLE THE COVER

Listen to this morning's Audio Lesson and reflect below...

You're being interviewed for your feature story. How does the interviewer describe your mannerisms, personality and overall energy?

What colors best express your essence?

Whose style do you admire? How would you describe it?

What statement do you want your style to make about you?



04



What, in your current wardrobe, does not express this statement?

Which current items or outfits in your wardrobe do?



Ready for your next editorial experiment?

Piece together an outfit that captures the essence of your future self — using items from your current wardrobe or Pinterest.

*List out and describe each piece of your outfit here
(or make your own collage!)*

04



DAY 4:
STYLE YOUR COVER

ENSURE A PERFECT FIT...

Share your reflections inside the ***Pop-Up Society*** and bring your questions to the live ***Fitting Session*** with Tonya at 2pm Eastern Time.

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

Day 4: *Fitting Session* Notes & Insights

Day 4: Evening *Love Note* Reflection



05

DAY 5: YOUR INTERNAL STYLE GUIDE

*“Every thought you think
is designing your life.
Design your life on
purpose by thinking on
purpose.”*

- TONYA LEIGH

THE COVER STORY IS AN INSIDE JOB

The *Editor in Chief* realizes that while the cover story is what gets attention, the real substance of her story is within the pages. She knows that off-brand language dilutes her story and undermines her self-expression — and so she carefully edits her words to ensure clarity on every page.

The words and the thoughts you use each day are shaping your life. Are you choosing them with intention, or on autopilot? Today, we'll craft your internal style guide and shift your thinking toward the extraordinary.

DAY 5:

YOUR INTERNAL STYLE GUIDE

Listen to this morning's Audio Lesson and reflect below...

What is the tone of your desired thinking?

What phrases or words does your future self use often?

What words or phrases does she never use?

Which beliefs has she had to let go of?



05



Which beliefs has she embraced?

Complete the swap: “*instead of {limiting thought}, we say {extraordinary thought}.*”



Ready for your next editorial experiment?

**Think back to the big goal you wrote down on day 1.
Write it below:**

MY BIG GOAL:

***What is the emotion I experience when
I think about my goal?***

Bring your big goal and all your thoughts and feelings around it to our final Fitting Session today. I'll show you how to shift your thinking about your goals from ordinary to extraordinary.



05

DAY 5:
YOUR INTERNAL STYLE
GUIDE

ENSURE A PERFECT FIT...

Share your reflections inside the ***Pop-Up Society*** and bring your questions to the live ***Fitting Session*** with Tonya at 2pm Eastern Time.

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

Day 5: *Fitting Session* Notes & Insights

Day 5: Evening *Love Note* Reflection

closing REMARKS

In the blink of an eye, our *Live Like an Editor* experiment has come to a close. You've envisioned the future, cleared the (mental) clutter, and taken small but powerful steps towards living your best life *now*.

In just 5 short days, you've proven to yourself that an extraordinary life isn't reserved for the lucky few: it's also available to *you*. Keep focusing on building belief in your ability to *create* it (and that you are worthy of *having* it). This is your self-image, and by cultivating an extraordinary one, you will create an extraordinary life.



Embodying the extraordinary is both a practice and a choice — so if you haven't yet, make the time to catch up on the audio lessons for each morning and evening, in addition to the daily live Fitting Sessions. They will help you integrate your insights and begin developing the habit of showing up as the most extraordinary version of you.

The work of creating your extraordinary life can be challenging, especially if the people around you are content with merely getting by. If you are craving support, structure, and expert-level tools to support you in staying true to your vision, I have an invitation for you:

It's called the *School of Self-Image*, and enrollment is open now for a limited time. What would your life be like if you truly saw yourself as extraordinary — not just for 5 days, but every day? The answers and action 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

“How the rest of the story unfolds
is up to you ... and you don't
have to write it alone.”



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

