

'Walk Their Talk' Social Media Challenge



Lisa K. Stephenson

Welcome to our challenge. Let's find happiness within ourselves again...

If you have ever felt the way Lisa did then please understand you are not alone. Women from all walks of life have endured the same trauma, heartbreak and sadness. It takes strength, knowledge and a keen sense of independence to overcome such situations. We must understand that by standing together and supporting one another we can make a change! Stop giving away your power and start here by learning how to take back control, restore your confidence and be a happier, healthier version of yourself.

"The last time a man broke my heart, he broke me too. I was lost, my self-esteem was low, and I began to loathe myself for my willingness to continue to be with a man who no longer loved nor respected me. I gave him my power..." - Lisa K.

Some Adjective Choices

#excited #ambitious #splendid #traveler

#thankful #pretty #sweet #thoughtful

#elated#cheerful #hot #animated #wavier

#blondes have more fun #fearless #fine

#single

#energetic #brave #eager #mysterious

#pregnant

DYNAMICS

'Walk their Talk' Social Media Challenge looks to help all woman find their confidence again. Whether you are a single woman looking for a new relationship or a woman fresh out of a relationship learning to love herself again, this challenge is for you! Lisa invites you to take seven adjectives that you would use to describe yourself and then post photos, tagging Lisa and **#walktheirtalk** on both Instagram and Twitter of you living out those adjectives. For example: Lisa says she is amicable, she will then post a photo of herself being friendly towards others following the post she will state the adjective (**#amicable**), and the challenge (**#walktheirtalk**). This challenge is to ensure that women are being active in their communities, practicing self-love on a daily and overall finding happiness with who you are.

BECOME A PROFESSIONAL AT HEARTBREAK, SO YOU CAN PHENOMENALLY BOUNCE BACK!

www.lisakstephenson.com

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Now remember, you must post a photo or video of you (acting out) the adjective listed.

Once you have agreed to participate in this challenge please remember to support one another. Using the hashtag #walktheirtalk find others who have joined and let's uplift one another. Remember to like, comment, share. ♥