

Happy New YOU!

It's a brand new year!



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Avoid wasting this glorious New Year. A new you could be a mere 12 months away.

Answer these questions to begin your journey of creating the life you desire with the new you!

1. Which parts of my life cause the greatest amount of fear, anxiety, embarrassment, or discomfort?

2. What are the ideal versions of those challenging situations?

3. Which changes would bring the greatest improvements to my life?

4. How have my current habits contributed to my current situation?

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5. What new habits can I develop to reach my goals?

6. What is my current tolerance for discomfort? How do I currently handle uncomfortable feelings?

7. What is the vision I have for myself 12 months from today? What does my life look like?

