

# PLAN YOUR NEW ERA

**Ready to step into a brand new you?  
Let's create a special roadmap to your dream self.**

1. What does she look like? (Physical appearance, style)
2. How does she dress on a typical day?
3. What does she like ?
4. What doesn't she like?
5. What is her behavior like in different situations?
6. (Social interactions, demeanor)
7. How does she prefer to be treated by others? (Expectations from relationships)
8. How does she treat people around her? (Interpersonal relationships, kindness)
9. What does her daily routine entail? (Activities, schedule)
10. At what time does she usually go to bed? (Sleeping habits)
11. When does she wake up in the morning? (Morning routine)
12. What are her hobbies and interests? (Leisure activities)
13. What is her profession or occupation? (Career, job responsibilities)
14. What are her long-term goals and aspirations? (Career ambitions, personal achievements)
15. How does she handle stress or challenges? (Coping mechanisms, problem-solving approach)
16. What type of books does she enjoy? (Cultural preferences)
17. How does she maintain her physical and mental well-being? (Health and self-care routines)
18. Does she have any specific dietary preferences or restrictions? (Food choices)
19. Who are her closest friends, and what are her relationships like with them? (Friendship dynamics)
20. How does she navigate conflicts or disagreements? (Communication style, conflict resolution)
21. What values and principles guide her decision-making? (Personal ethics)
22. How does she spend her leisure time on weekends? (Weekend activities, relaxation methods)