

Happy 2022!

Whether you think you can or whether you think
you can't, you're right!

Henry Ford

Beatriz Garcia, 1/9/22, Tranquilo Baja

2021 Reflection

- What behaviors, thoughts, beliefs didn't serve you?
- Releasing ritual
- What were some lessons learned?
- What empowering behaviors, thoughts, beliefs will you commit to having in 2022?
- Assess your progress daily.

Changing Behavior

- Can be challenging.
- Change is uncomfortable.
- Journal your self-talk, behaviors or actions that keep you from moving forward.
- Takes 21 days to change a behavior.

NEW YEAR, NEW YOU!

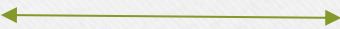
ACTIVITY

EVALUATING YOUR LIFE

Honestly rate your life from 1-10,
10 being best, in the following areas:

- Physical
- Emotional
- Financial/Money
- Spiritual

What areas need strengthening?

- Starting point  Goal
- Why
- What would happen if you keep the same patterns?
- What is your worst consequence?

Areas to Focus in 2022

- Jot down realistic goals and the steps you need to get there.
- Write down your behaviors/thoughts/patterns that can sabotage your goals.
- Accountability Partner
- Visualize
- Share your goals.

Celebrate Successes

- Easy to focus on what we didn't accomplish.
- Acknowledge your accomplishments and steps taken
- Celebrate your successes.

All of our dreams can come true,
if we have the courage to pursue
them.

Walt Disney