

January 2020 Activation Checklist

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Taking action is key to achieving your goals.

These activities will help you to not only achieve your goals but help you truly tap into your mind, body, spirit, and entrepreneurship energy.

- Go on a 24-hour **social media detox**
- Do one thing that **scares** you
- **Start an idea** you've put to the side
- Write an accountability letter **to yourself**
- **Practice deep breathing**
- **Send 3 emails** to organizations or people you always wanted to work with
- Do something **physically active**
- Activate your **solar plexus chakra**
- Finish a project you **neglected** in 2019
- **Celebrate your small wins**
- Write out your **10-year vision**, plan, and goals
- Try something **new**
- **Finish monthly planner**