

How did you do?

TAKE A FEW MINUTES TO REFLECT ON 2019 & MAKE SURE YOU'RE ON TRACK TO CRUSH 2020

What have you achieved since the beginning of the year that you're proud of?

Was 2019 harder than you expected? How did you deal with that? Looking back- how could you have handled things differently?

What did you outgrow this year?

What have you been holding onto that's been keeping you stuck? What is one thing you can do to let go of it?

What is an important boundary you MUST set or uphold in 2020?

What do you want from this year? In what ways will you feel a sense of purpose?

What will you focus on that will add quality to your relationships?

What is one way you can become a better version of yourself in 2020?

If 2019 didn't go as you planned the harsh reality is: you can not re-do it.

The good news is, this is literally the beginning of year and decade! With that comes new opportunities and possibilities. With the right support (like your own coach)... plus hard work, focus and dedication you can start living more on your terms and living a life filled with passion & joy.

If you are ready to take 2020 by storm, let me be your coach and let's start this year with momentum!