

2019 YOUR BEST YEAR YET (Part 3)

MAKE IT HAPPEN

This exercise is about delving into your identity, what qualities do you need to upgrade and integrate into your day-to-day behaviour, decisions, actions and habits.

Name someone you admire:

List 5 of the qualities of their identity you admire in them:

List the qualities you need to embody this year to help you move towards creating your best year yet?

Write down specifically where, when or how you will embody these qualities in your day-to-day life:

By embodying these qualities you are living out who you want to become (your future self).

