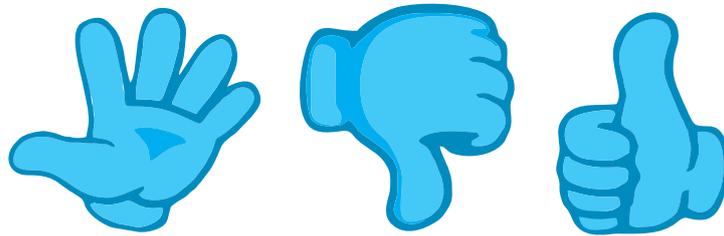


#WTF!!!



TAKE 5! THINK IT. LINK IT. INK IT. DO IT. REVIEW IT.

What if you could redesign your life? What if you decided, designed and got to **being, doing** and **feeling** more of what **you** want in your life? How would you set things up? What would your life look like? What rules would you put in place for yourself?

It is time to: Stop, Observe and Start again. Reflect, Review and press Reset! We charge and update our phones, our laptops, our computers. It's time to do the same with our lives. If the old programmes aren't serving, worthy of the reset!

HOW TO DO IT:

Write your top 3 'moving towards' values, and then create great new rules for experiencing these feelings. The guidelines for setting the new rules are as follows:

- They are easy to attain.
- The new rule is expressed as "Anytime I..."
- Recognize that it is your responsibility to feel inspired by these new rules.
- Remember that small doable successful habits and feelings, will lead to positive results in your life.

Want to feel successful, happy, loved, passionate, courageous?

You may like to use these examples as a guide:

- Successful – anytime I live by my own rules, tick my to do list, learn something new, stick to my savings plan, drink 2 l of water, make a great dinner, go to the gym, do a random act of kindness ... I am successful!
- Happy - anytime I notice the scenery, appreciate a sunset/ sunrise. laugh, smile, listen to music, read a good book, walk in the garden, write in my journal ...I am happy!
- Loved - anytime I am loving, send a gratitude WhatsApp/ email I am loved!
- Passionate - anytime I am enthusiastic, excited... I am passionate!
- Courageous - anytime I give something 100% effort, persevere, use my voice and share my point of view.... I am courageous!

