

8

STEPS TO

LIFTOFF!

1

**RECOGNIZE
THE POWER
of my thoughts**

to co-create my life and invest effort in directing them intentionally.

2

**FORGIVE
MYSELF
for past mistakes**

and look for present moment opportunities to do things differently.

4

**Identify my top
PRIORITY
GOALS**

at work and in life, and free myself from obligations that aren't in alignment with them.

3

**LET GO OF
EXCUSES,**

face my fears, and take action to step outside my comfort zone.

5

STICK TO HABITS

that give my body what it needs so that it can function at its most vibrant energy level.

6

Move activities that are

INSPIRING

& FUN

to the top of my to-do list.

8

**EXPAND
MY VISION,**

believe in myself, and shape my future from a space of possibility.

7

**Take regular
RENEWAL DAYS**



to rest, rejuvenate and revitalize my spirit.

Signed:

Date: