

REFRESH YOUR ENERGY

5 WAYS TO GET A JUMP-START ON YOUR PHENOMENAL!

BE THANKFUL

NO MATTER WHAT IS GOING ON IN YOUR LIFE, THERE IS ALWAYS SOMETHING TO BE GRATEFUL FOR. IF YOU CAN'T APPRECIATE WHAT YOU ALREADY HAVE, YOU'LL ALWAYS BE UNSATISFIED.

WHAT CAN YOU DO?

CREATE GRATITUDE LISTS
LEARN TO SAY THANK YOU MORE
PERFORM RANDOM ACTS OF KINDNESS

BE FEARLESS

BE FEARLESS IN THE PURSUIT OF WHAT SETS YOUR SOUL ON FIRE. IF YOU WANT IT, GO FOR IT. DREAMS ARE MEANT TO BE PURSUED. TURN THEM INTO A REALITY IN THE BOLDEST WAY POSSIBLE.

WHAT CAN YOU DO?

CREATE A BUCKET LIST
VISION BOARD YOUR
STRETCH GOALS
USE POSITIVE AFFIRMATIONS

YES

WHAT CAN YOU DO?

SCHEDULE ME TIME
PUT YOUR NEEDS FIRST
CELEBRATE YOURSELF ALWAYS

YOU ARE WORTHY OF ALL THINGS AMAZING, LET'S NOT EVER FORGET THIS. REMEMBER TO PUT YOU FIRST UNAPOLOGETICALLY. TAKE CARE OF YOU. NO ONE WILL DO IT BETTER THAN YOU.

WHAT CAN YOU DO?

STOP COMPARING YOURSELF TO OTHERS
FOCUS ON YOUR OWN PATH
FALL MADLY IN LOVE WITH YOURSELF

THERE IS NOTHING MORE FREEING THAN SIMPLY BEING YOURSELF WITH NO EXPECTATIONS TO BE ANYTHING ELSE. YOU ARE ONE OF A KIND, AND THAT ON ITS OWN IS PERFECTION.

BE SELFISH

BE DIFFERENT

OH, AND BE PHENOMENAL!

(AS IF YOU COULD BE ANYTHING ELSE)