

FINDING THE NEW YOU

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VIDEO 4

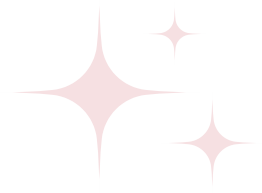
THE PLANNER (WORKSHEET)



THE NEW YOU

(ANSWER QUESTIONS THAT FOLLOW)





IDENTIFY THE TOP ACTIONS WHEN WORKING TOWARD THE NEW YOU:

1

2

3

4



5

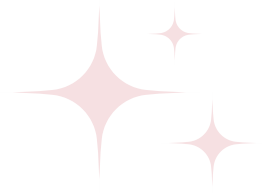
WHAT ARE THE NEW THINGS YOU WANT TO LEARN?

WHAT ARE THE NEW ACTIVITIES YOU WOULD LIKE TO DO ?



HOW DOES THE NEW YOU BEHAVE?

WHAT DREAMS WILL YOU CHASE?



WHAT PASSIONS DO YOU WANT TO EXPLORE?

Five empty rectangular boxes for writing answers to the question above.

WHAT KIND OF NEW ROUTINE WOULD YOU LIKE TO CREATE FOR YOURSELF THAT FOCUSES ON INCORPORATING SOME OF THE WAYS YOU WANT TO GROW?

One empty rectangular box for writing an answer to the question above.



Four empty rectangular boxes stacked vertically, intended for handwritten notes.

WHAT ARE SOME WAYS YOU CAN MAKE SURE THAT YOU ARE SUPPORTING TRANSFORMING INTO THIS NEW VERSION OF YOU?

Five empty rectangular boxes stacked vertically, intended for handwritten notes.



PLEASE NOTE:

WE OFFER A FULL JOURNAL THAT INSURES YOU CAN INTEGRATE BECOMING THE NEW VERSION OF YOU IN YOUR DAILY LIFE.

TO GET "THE NEW YOU" PLANNER PLEASE [CLICK HERE](#).

KEEP ON ROCKIN!