

4 January 2021

The weekly challenge and actions have been designed to push you out of your comfort zone and make you look at different perspectives. What we focus on becomes a representation of our experiences so if we do things differently, improvements in all aspects of our life will start to happen. Please ask if you have any questions but more importantly, enjoy!

It's Time to Getting Rid...

Regardless of what happened in our personal lives, 2020 has been a bit of a year for most people... The uncertainty and anxieties have affected even the strongest of people, mainly because we had very little control on what was going on. At the end of each year, it's important to look back and realise what went wrong as well as what actually went right. With this in mind, I would invite you to answer just one question daily so that you can give it your full attention & really think about it.



Monday - Make a list of what or who no longer serves you and that you would be better off without (think of things, habits, behaviours, etc...)

Tuesday - Focus on what these things, people, habits, etc... have brought to you in your life (when you needed it and why you needed it then)

Wednesday - Focus on why it is time to let go of these things or people - remember that by letting go of something, you are making room for something new to come along...

Thursday - What would you like to replace these things, people, habits, etc... with?

Friday - How will these new things/ people/ habits, etc... serve you? Are you sure these are right for you?

Saturday - What are the steps required to get these?

Sunday - What can you realistically implement to make this happen and by when? Commit to dates when you will take the first step for each.