

I start fresh

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Each day is an opportunity to start anew. I make a fresh beginning.

I experiment more. Just doing one thing differently creates a chain reaction. I find myself branching out and enjoying exciting adventures. My confidence increases and my life seems fuller.

I stop and think before I act. **I make conscious choices instead of operating on autopilot.** I watch out for self-limiting beliefs and habits that make me less effective. I develop new routines that leverage my strengths and prepare me for success.

I forgive myself and others. **I let go of resentments and disappointments.**

I replenish my energy levels. I give my body adequate rest and sleep. I eat nourishing whole foods and exercise daily. I find relaxation methods that work for me.

I evaluate my goals. I drop low-priority projects so that I can devote more time to the activities that give me the greatest

sense of meaning and accomplishment.

I follow through. I give my ideas a chance to come to fruition. I do my research, gather the necessary resources, and write out specific action plans. I give myself deadlines and assess my progress.

I embrace change. **I reframe losses as opportunities.** I find a balance between stagnation and chaos. I give myself credit for being resilient and adaptable. I become more proactive.

Today, I reboot my life. I leave the past behind and take a giant step forward. I focus on being happy and productive.

Self-Reflection Questions:

1. What is one thing that holds me back from starting over, and how can I overcome it?
2. How can I tell when I am getting stuck in a rut?
3. How does changing my attitude change my experiences?