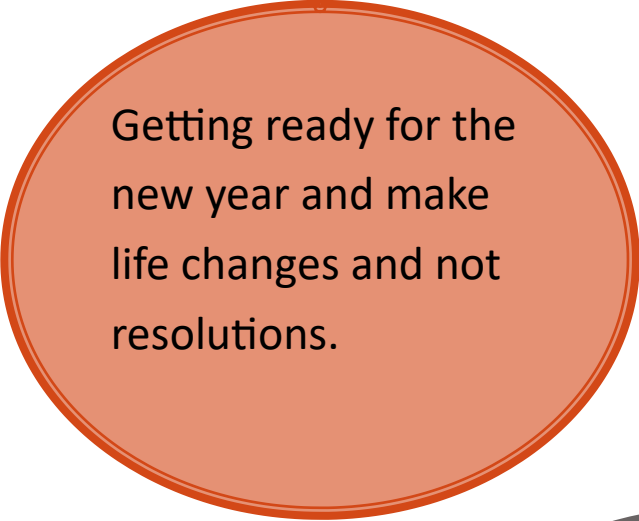



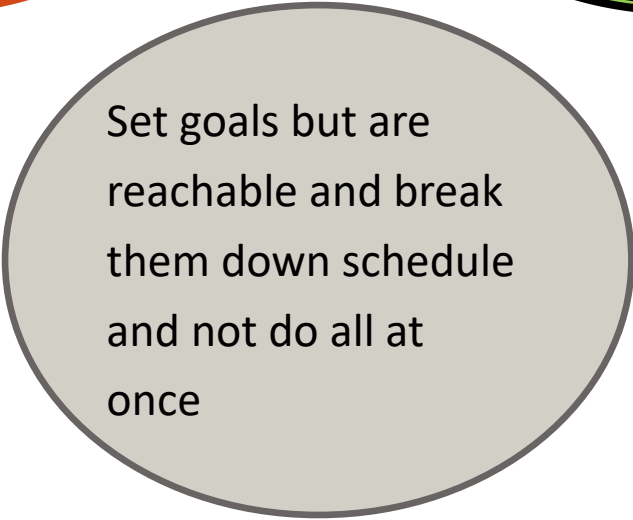
Weekly Cheat Sheet




Getting ready for the new year and make life changes and not resolutions.




Set up new habits and still do the things you enjoy but that are healthier



Set goals but are reachable and break them down schedule and not do all at once



Set a playlist of your life or create a photo book of each season or a create a keep-sake box



Develop a vision board and set a time line for each picture and I do believe in manifesting