

# HAPPY NEW YOU!

IT'S A BRAND NEW YEAR!



## WORKSHEET

Avoid wasting this glorious New Year. A new you could be a mere 12 months away.

**Answer these questions to begin your journey of creating the life you desire with the new you!**

- 1. Which parts of my life cause the greatest amount of fear, anxiety, embarrassment, or discomfort?**

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- 2. What are the ideal versions of those challenging situations?**

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- 3. Which changes would bring the greatest improvements to my life?**

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**4. How have my current habits contributed to my current situation?**

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**5. What new habits can I develop to reach my goals?**

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**6. What is my current tolerance for discomfort? How do I currently handle uncomfortable feelings?**

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**7. What is the vision I have for myself 12 months from today? What does my life look like?**

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