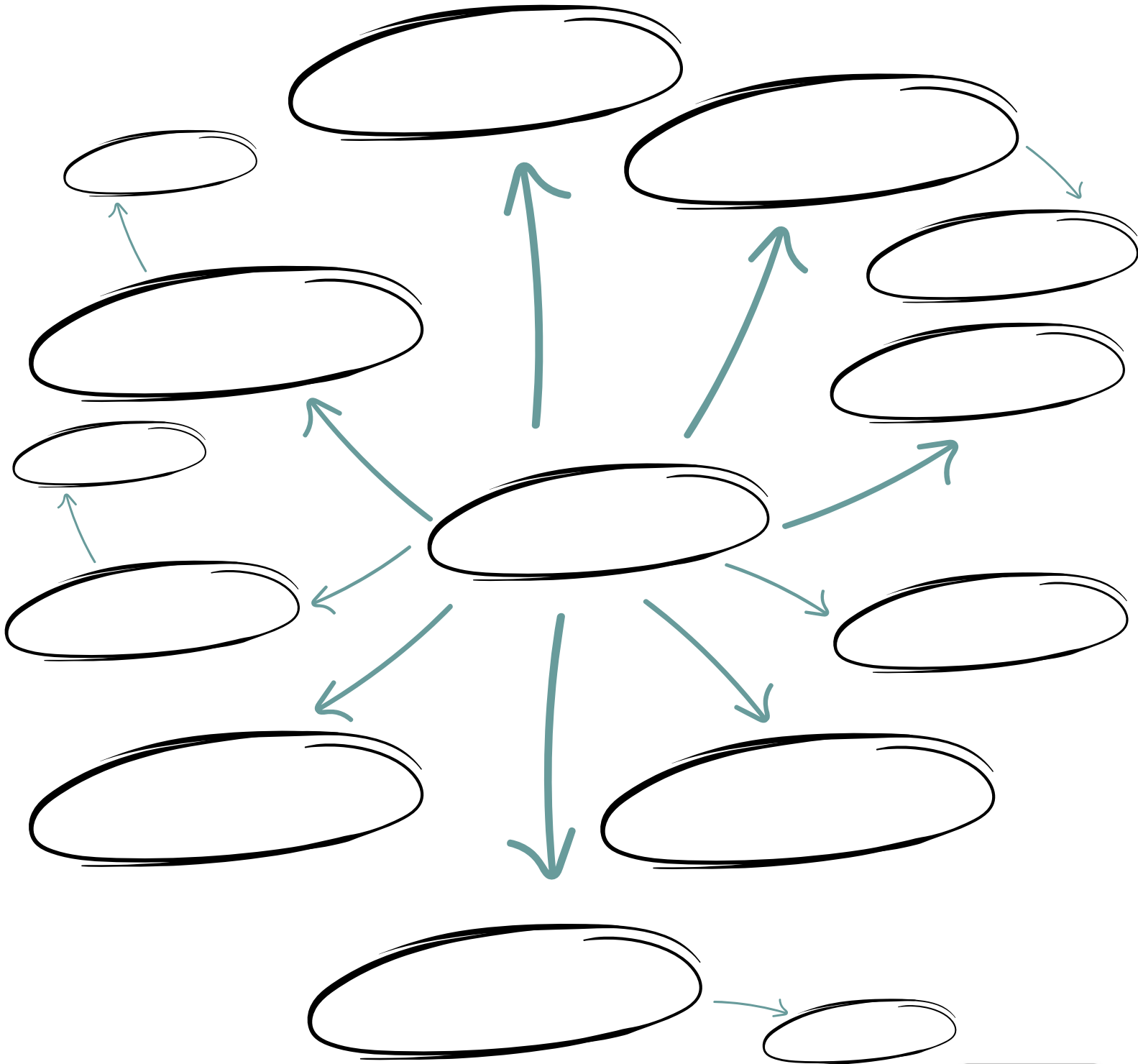


World of You

Write your name in the center of the page. From there, draw lines outward to represent everything you do and everything that matters most in your life. This exercise helps you clearly see what brings you happiness and fulfillment as you step into the new year. Keep what lights you up, and gently release what no longer brings you joy. Put an X through the things you need to let go of in the new year.



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The players are being mean to me, so I will release this.

I don't need further education to continue in my career, and it is costing too much money. I will release this.



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