

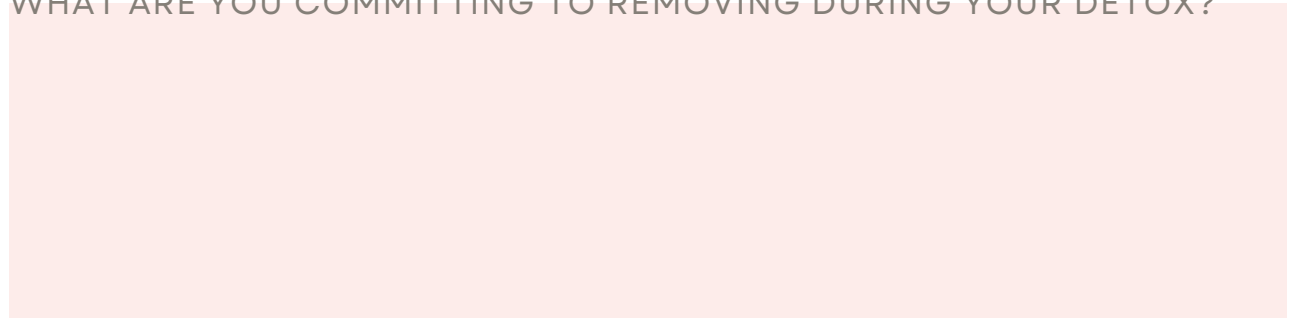


2022 WRAPPED *workbook*

D O P A M I N E D E T O X

TO GET PRESENT AND CALM YOUR NERVOUS SYSTEM WE NEED TO DETOX DISTRACTIONS THAT CAUSE A DOPAMINE SPIKE.

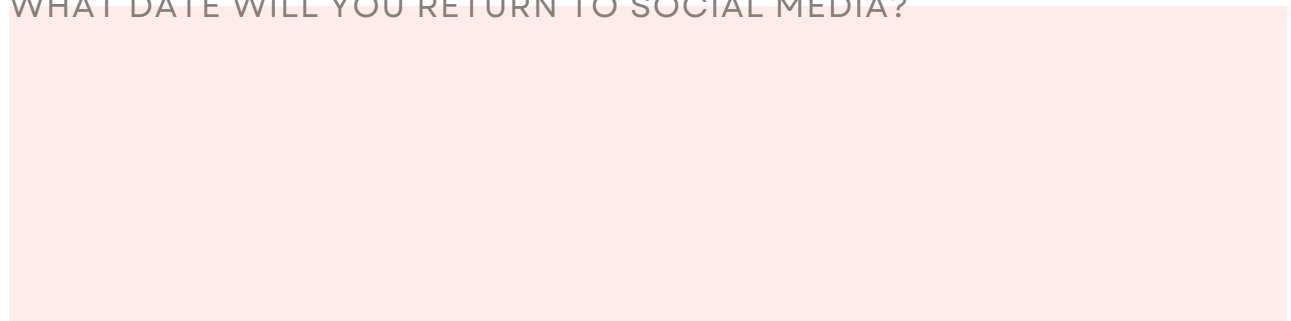
WHAT ARE YOU COMMITTING TO REMOVING DURING YOUR DETOX?



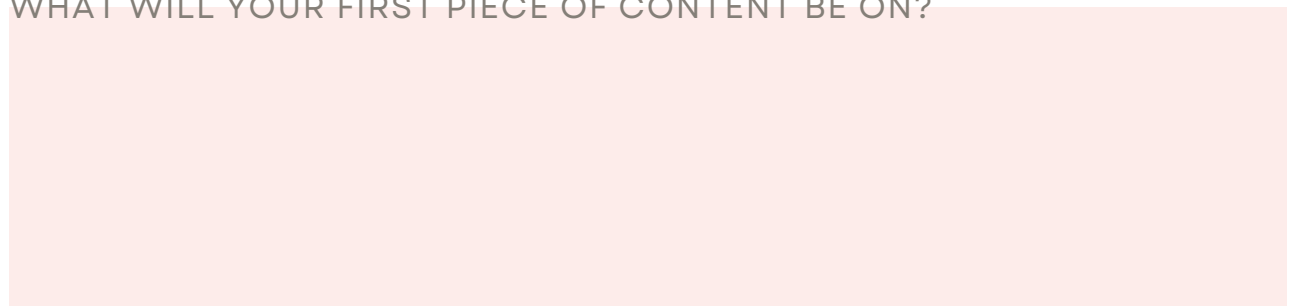
IF YOU DO A SOCIAL MEDIA DETOX THEN WHAT DATES ARE YOU PLANNING TO GET OFF OF YOUR SOCIAL CHANNELS?



WHAT DATE WILL YOU RETURN TO SOCIAL MEDIA?



WHAT WILL YOUR FIRST PIECE OF CONTENT BE ON?



CEO TIME

PLANNING CEO TIME FOR YOUR BUSINESS IS THE SMARTEST THING YOU CAN DO TO MAKE SURE YOU ARE IN ALIGNMENT MOVING FORWARD.

WHAT WENT WELL THIS YEAR?

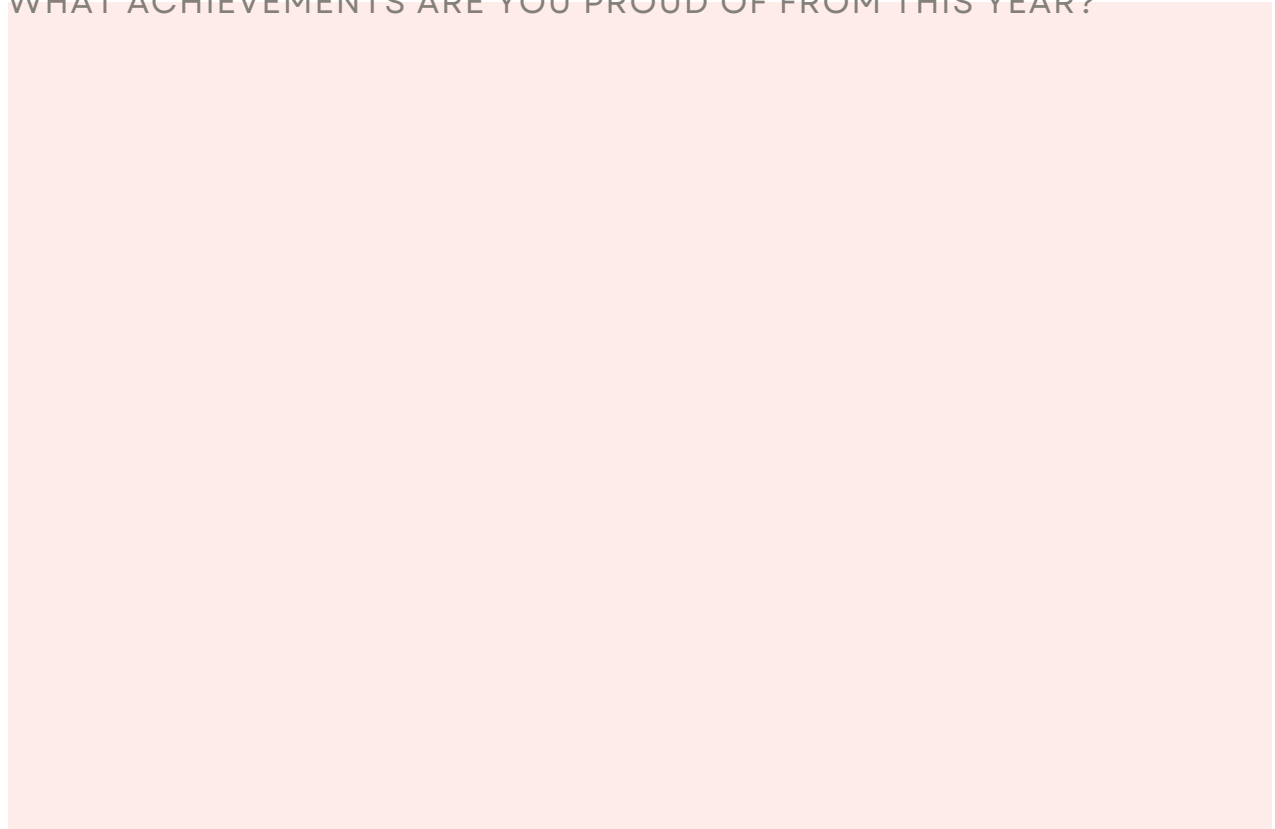
WHAT DIDN'T GO WELL OR FELT RESISTANT?

WHAT LESSONS DID YOU LEARN?

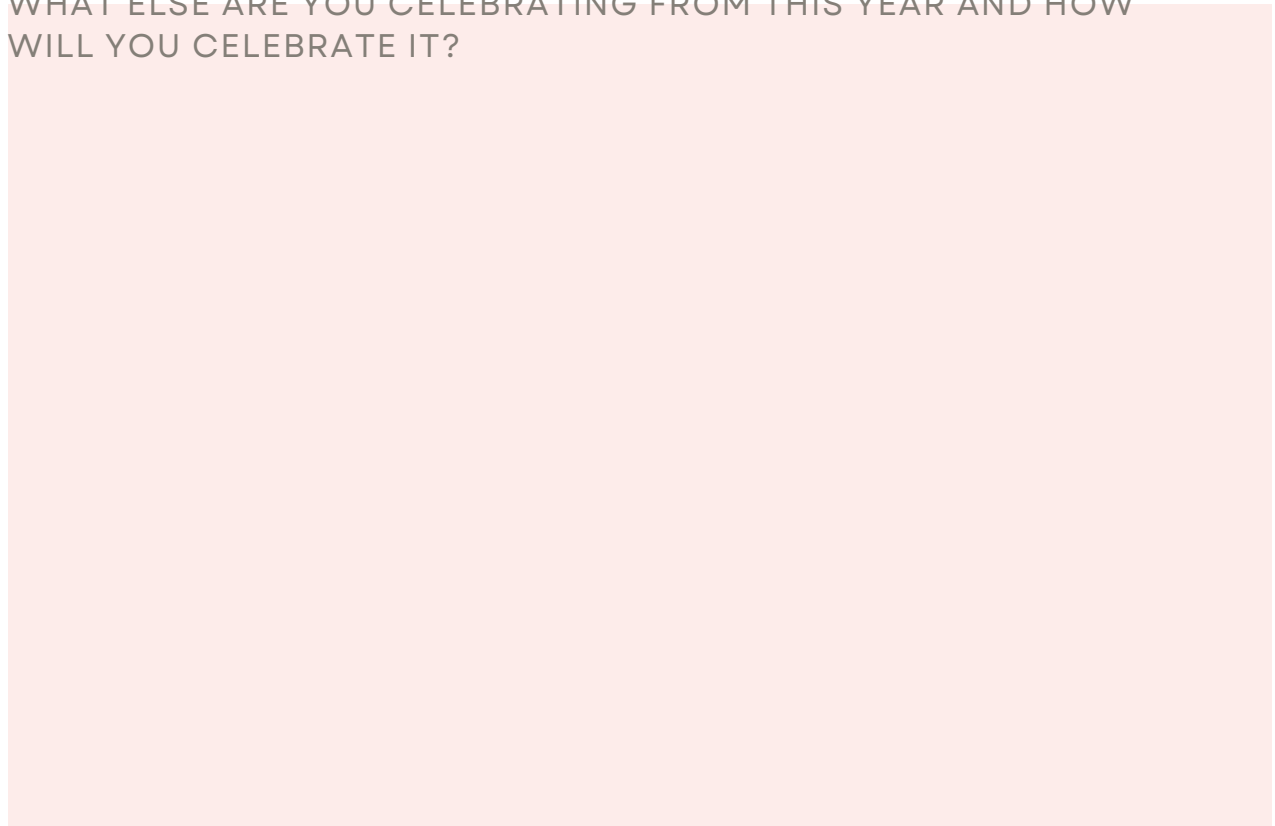
WHAT BELIEFS SHOWED UP THAT HINDERED OR ARE HINDERING YOUR GROWTH?

C E L E B R A T I O N

WHAT ACHIEVEMENTS ARE YOU PROUD OF FROM THIS YEAR?



WHAT ELSE ARE YOU CELEBRATING FROM THIS YEAR AND HOW WILL YOU CELEBRATE IT?



DECLUTTER YOUR BODY, BUSINESS, BANK ACCOUNT

WHAT ARE YOU SAYING NO TO IN 2023?



WHAT PARTS OF YOUR ORGANIZATION NEED TO BE TIDIED UP?



WHAT UNRESOLVED DILEMMAS (OR OPPORTUNITIES) ARE STILL LINGERING THAT YOU CAN CLEAN UP BEFORE THE END OF THE YEAR?



SETTING THE NEW STANDARD

IF YOU KNEW YOU COULDN'T FAIL WHAT WOULD YOU CREATE AND LAUNCH IN 2023?

WHO DO YOU NEED TO BECOME TO REACH THE OUTCOME?

FORGET THE TO-DO LIST, HOW DO YOU WANT TO FEEL?