

JANUARY JOY & SPARKLE

To help you get in touch with you and what will bring you joy this January.

What would a joyful and sparkle filled January look like to you?

What activities always leave you feeling energised, joyful and full of sparkle?

- 1.
- 2.
- 3.
- 4.
- 5.

Now pick the one that gives you the most joy and sparkle

How can you incorporate doing that over the next month?

What do you need to put in place so that you can do this?

Now imagine its a month from now, how will you feel if you have managed to incorporate this into your life?