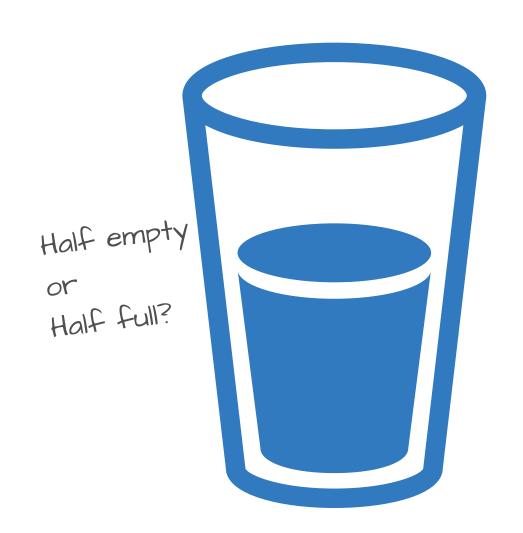
STUCK IN A RUT?

TOP 8 STRATEGIES FOR GETTING MORE OUT OF YOUR LIFE



Answering the following questions will help you along the path to implementing the 8 strategies into your life.

۱.	What am I passionate about? If I could have any career, what would
	it be? What gets me really excited?
2.	What things could I eliminate from my life? What things do I own and
	what activities do I take part in that are getting in the way of me
	being able to focus on the things that are most important?

What ar	e the ne	gative	things	that I	say to	myself	each o	day? W	/hat a
	things I					,		,	
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	o I tend to be pessimistic? How would my life improve if I had a nore positive outlook?
V	Vhat am I grateful for? What could I be grateful for?
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What are	some ways I could tak	e time for m	yself? How	coula i wor
it into my	schedule?			
What are	my primary goals? Wh	nat goal could	d I set that v	vould make
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8.	What are some simple, but meaningful, changes that I could make to my current diet and exercise program?					