



# 8 ways to rejuvenate your emotional bank account.

## PURPOSE

1. Set a **new goal** to focus on for the **next 6 months** in your Personal, Professional, Physical and Profitable parts of your life.



PERSONAL	PROFESSIONAL
PHYSICAL	PROFITABLE

2.

### 30 DAY GOAL

Look to achieve **one goal in the next 30 days** that will generate greater momentum in a key part of your life.

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## PLAN

3. **Start your week with a plan on how** you are going to achieve your 30 day goal.
4. Give yourself permission and **plan this week to do the activities that lift your spirit** and give you joy.

## PROGRESS

5. Don't start the day until you know what your **three priorities** are for the day ahead.
6. Read a book or listen to a podcast that will **inspire you** and shape your attitude.

## PASSION

7. **Pursue one of your passions!** Partake in any activity, regardless of how long you do it for or when you do it, as long as it recharges your batteries.



8. **List ten goals or activities** you want to accomplish in 2020 to rejuvenate your spirit, recalibrate your mindset and recharge your energy.

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Without great solitude no serious work is possible. Pablo Picasso

