

BEST MONTH YET

Prompts to release, reset and
hold you to your best self



Carve out time to work with the questions as a sequence – this should take 15–30 minutes. Get cosy and remember this is time for you.

1) How do I want to feel this month?

2) What will I keep or call in to bring me closer to the feeling?

3) What do I choose to let go?

4) How will I hold myself accountable?

5) What do I need to believe about myself to make this a reality?

PUT IT SOMEWHERE VISIBLE