



# DAY 1

*Your Best Year Yet!*

# WELCOME

Welcome to the 5 day mini course designed to help you create your best year yet!

Thank you for joining me on this 5 day mini adventure. I want to take you on a journey of discovery and I hope that by the end of this mini course you will have a clear picture of what 2021 holds for you.

All I ask is that you show up, do the work and have fun!

*Natasha*



# DAY ONE – REFLECTION

In order to see where you are going it is helpful to see where you have been. Today we are going to reflect on 2020 I want you to answer the questions below and spend no longer than 60 seconds for each question- set a timer!

1. What is the most important lesson you learned this year?

2. What is the best thing that happened?

3. What challenges did you overcome?

4. What new skills did you learn?

# Reflect on 2020

5. What did you do for your career growth?

6. What new habits did you start?

7. What are you the most proud of last year?

8. What would you do differently if you could?

9. How are you different than a year ago?

10. What did you do for your physical and mental health?

# Reflect on 2020

11. What did you let go of?

12. What are you thankful for this year?

13. What did you leave unfinished?

Once you have finished this workbook comment that you have completed your work on today's video.

Join me for some morning motivation at 7:30am, if you have any questions please post them on the 3pm Questions Post and join me LIVE at 8pm to answer all of your questions!