

Get Closure
Write a letter,
burn it, pray, and
say goodbye

**Begin your day
consistently with
a heart of
gratitude**

**End your day
consistently
with a heart
of
thanksgiving**

**Reset Your
Mind**

**Create a
plan to
frequently
monitor
your life**

**Believe
in Yourself**

**Create a
Personal
Development
Day**

**Clean out
your pantry
and
fridge**

**Declutter
your
Home**

**Reset Your
Home**

**Create a
peaceful, loving,
and fun
environment in
your home**

**Clean out
your
closets**

**Get plenty
of rest and
relaxation**

**Exercise on
a regular
basis**

**Reset
Your Body**

**Schedule a
self-care
day**

**Drink plenty of
water Plain or
flavored**

**Make time
for
meaningful
relationships**

**Create new
and healthy
habits**

**Distance
yourself
from
anything or
anyone that
is not adding
to your life**

Reset Your Life

**Do something
kind for
someone out
of the
ordinary**

**Unfollow,
unsubscribe,
delete, and
unfriend**

**Take routine
inventory of
your life to
keep it
uncluttered**

NOW YOU
— ARE —
LIVING


**Celebrate
your
victories
and things
you do
well**

**Don't
compare
yourself
to
others,
just
be you**


**Love
yourself
the way
God
loves you**

**Reset
Your
Emotions**

Reset Your Mouth



**Don't
speak
death to
yourself or
your
abilities**



**Stop saying
what you
can't do
and build
on what
you can do**



**Don't complain
about what
you don't have,
be thankful
for what you
do have**

**Follow your
dreams**

**Step into the
future you
create, no one
knows you
better than
you**

**Reset Your
Path**

**If you fail
to plan,
you plan
to fail**

**Count your
blessings and
name them one
by one**

“

**Laughter is timeless.
Imagination has no
age. And dreams are
forever.**

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