

# REFRESH YOUR LIFE!

List-making is a quick and fun journaling technique to connect with yourself.

Ask yourself the questions below, make a list – and Refresh Your Life!

**R**

## RELATIONSHIP REVIEW

Who 1) drains you and 2) sparks you to be the best you?

**E**

## ENERGY BOOSTERS

What boosts your energy and makes your heart sing?

**F**

## FRESH ATTITUDE

Where do you need a fresh attitude towards yourself/life/others?

**R**

## RELEASE & LET GO

What do you need to release and let go of?

**E**

## ENERGY ZAPPERS

What's zapping your energy (physical/emotional/mental)?

**S**

## SWEEP AWAY THE COBWEBS

What do you need to sweep away to appreciate the beauty of your life?

**H**

## HABIT REVIEW

What habits could you 1) Stop and 2) Start - to freshen up your life?



**M**

## MAGIC

If you had a magic wand, what would be different in your life?

**E**

## EXCITING

What would make your life more exciting?

FINALLY, CHOOSE 3 ACTIONS TO BRING A BREATH OF FRESH AIR INTO YOUR LIFE:



I WILL:

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I WILL:

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I WILL:

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