

CREATE

- C** *calm* your mind, *clean* your slate, *challenge* and *change* your beliefs and mindset
- R** *reflect* on past year, *review* what you learned, *recognise* sticking points
- E** *explore* your values, *engage* with your Why, *energise* your focus
- A** *accept* that you are where you are, *apply* past learning, *always align* to your Why
- T** *trust* yourself, *time* is precious, spend it wisely, make *today* count
- E** *embrace* every opportunity when it arises, *embody* your uniqueness, *enjoy* creating the path!

Thank you!
