



My Beautiful Year in Review

Did you know, 80% of people don't reflect and plan. Less than 16% write down their reflections and plans and those who do are ultimately more successful and satisfied.



By looking backward, we can decide how we would like to move forward.

Regular reflection and statement of our desires helps us to uplevel our lives with every iteration.

Make a cuppa or even pour yourself a celebratory drink and take 30 minutes to reflect on your year.

I invite you to reflect on your year just gone.

What challenges did you face and overcome?

How are you proud of yourself?

What support or help would have made your life more easeful?

What health challenges did you face?

How did you support yourself?

What additional support or learning would you like to help keep you feeling great in 2024?

Now, let's really dial in to loving yourself in the way you should.

If you're a mother, wife, employee, you've likely learned how to put others first throughout your life. Unfortunately, this leaves us pouring from an empty cup, a finite resource.



When we fill our cup to overflowing, there is more than enough for us and those we love.

If you were to look after yourself the way you'd look after anyone else, what would change?

Imagine you are your 5-year-old self. How would you support her through life's challenges?

Now imagine your 13-year-old self? What support does she need?

How could you best support your 21-year-old self?

And now, your current, beautiful self?

What acts of self-love would you insist must exist in your daily life at all of these times? Where is the common theme that you've learned to live without?

If it helps, pop words into this chart.

	5-year-old self	13-year-old self	21-year-old self	Current Self
Support needed				
Acts of self-love				
What can you adopt/bring back into your life now?				

At Zanti Ayurveda, everything I do is about reducing or relieving pain. Often what this requires is a new mindset and new approach to diet and lifestyle. It was because my community needed greater support in making the changes they needed that I started creating workshops...and then, it was because my clients needed deeper support that I created CLUB Zanti.

Club Zanti is evolving as we move into 2024. I'd love to have you with us.

The first step in working out your health path is to determine what your goals really are and why they're important to you. We begin this in my FREE Body & Wellness Goals sessions. You can book yours [here](#). I look forward to helping you soon.

