



WEEK 2:

WAKE UP to LIFE 2.0!

WHO DO YOU WANT TO **BE** IN THIS LIFE?

Who do you want to BE in this one precious life?

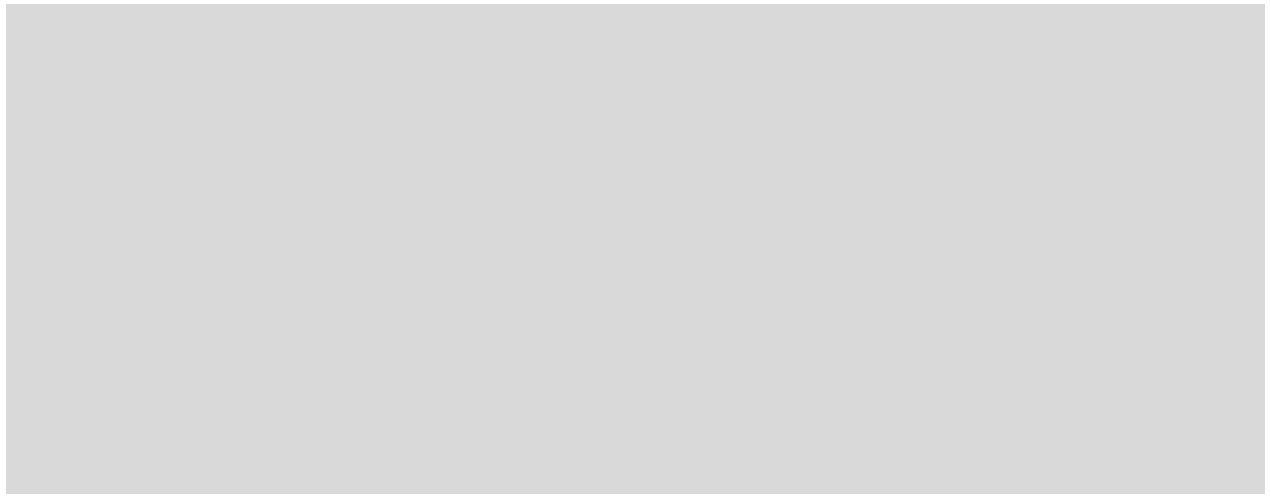
A lot of times when people are looking to change, they look around and ask the question: "What do I DO?"

We think that if we can just find the right program, diet, supplement, step by step process.....only then will we get to the result that we are searching for.

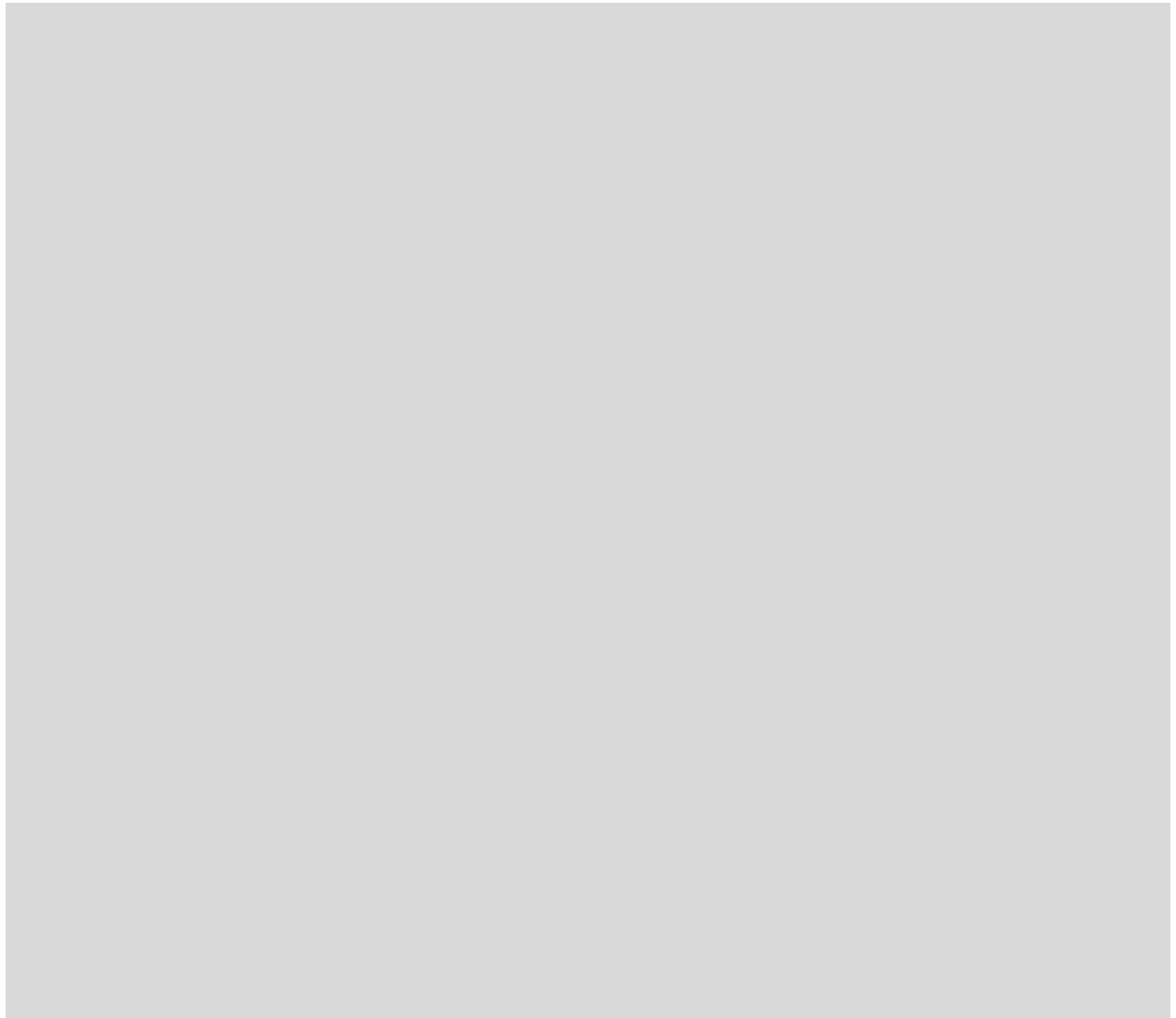
Let me propose that instead of starting with the question: "What do I Do?"....instead start with the question: "Who do I want to BE?"

Let's get clear on the kind of person that you want to BE

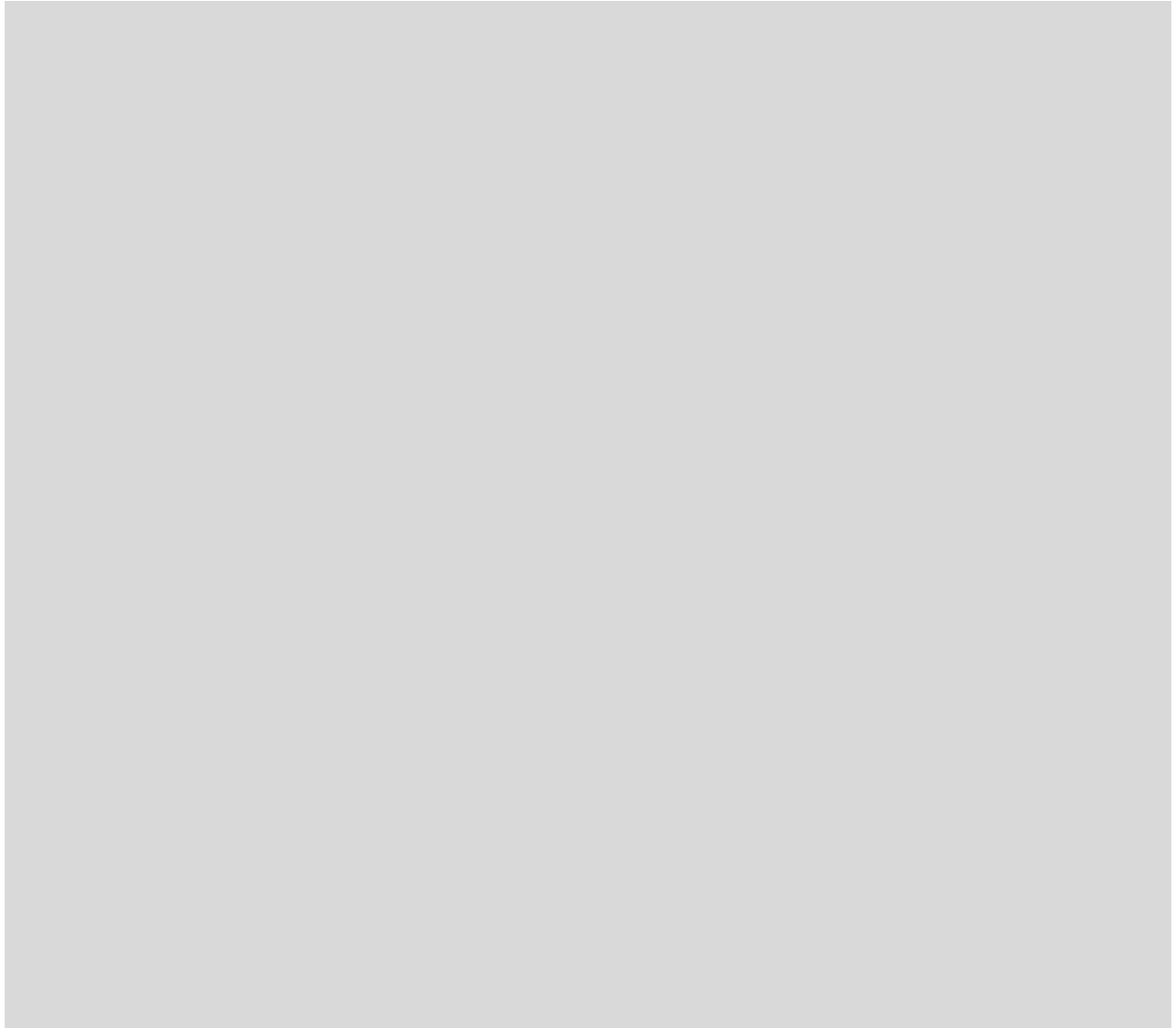
Your Values: When you think about the kind of person that you want to be, what are that person's values and why? (you can [visit this page](#) to get a list of values and then choose 5-7 that really resonate with the version of you that you want to grow into)



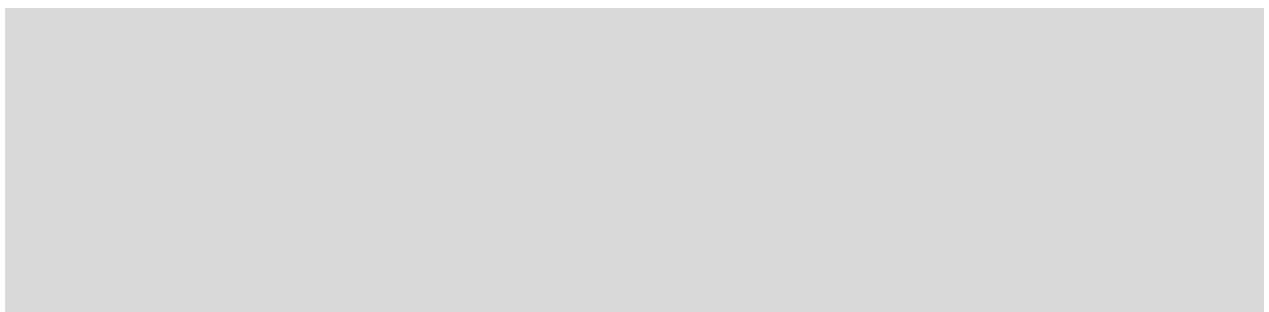
Your thoughts: When you think about the kind of person that you want to be, what does that person think about on the regular? Make a list of useful thoughts that future you thinks regularly

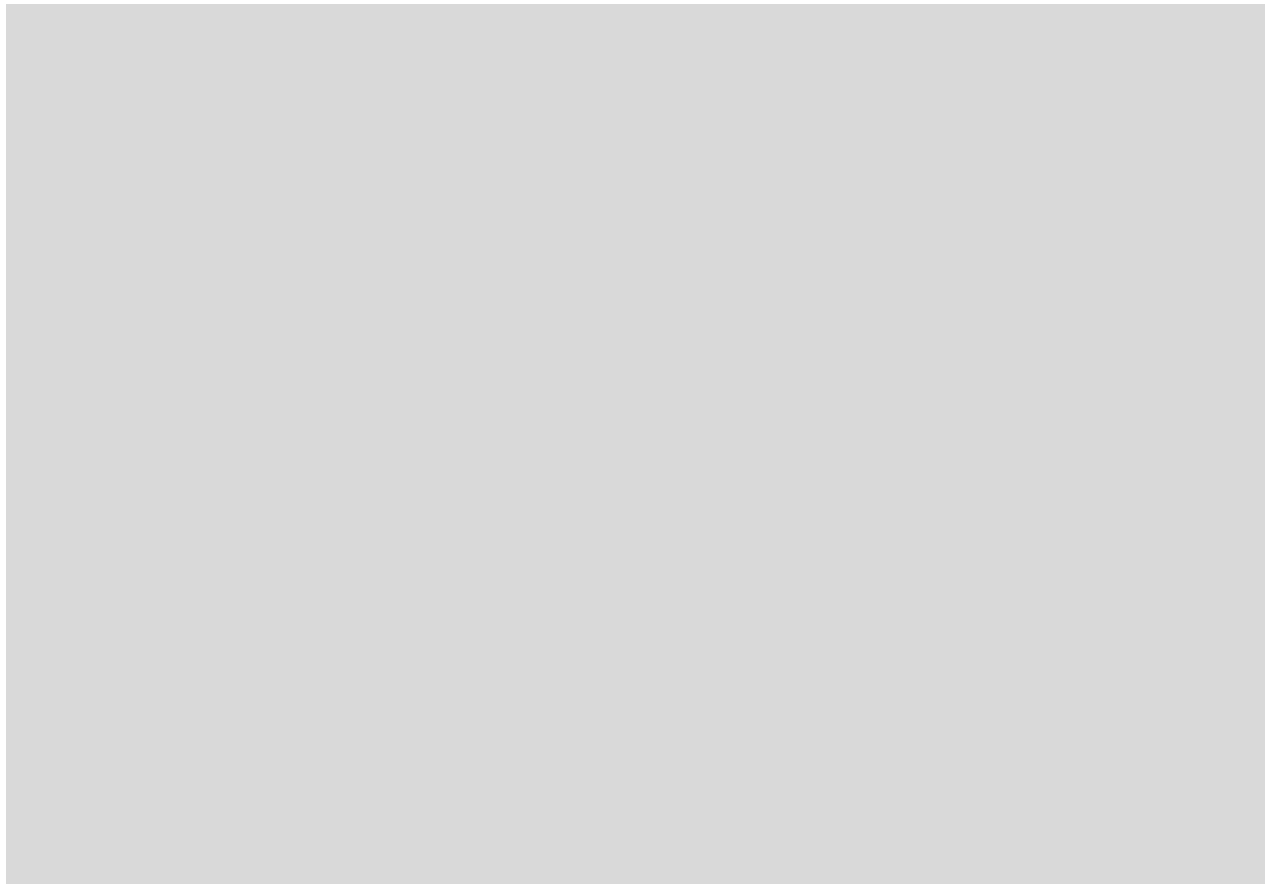


Your beliefs: When you think about the kind of person that you want to be, what does that person believe? Make a list of useful beliefs that future you thinks regularly



Now, what do you want to DO next?: Now that you have gotten clear on the values, thoughts and beliefs of the version of yourself that you want to be...what do you want to do next?





**The version of you that you want to be is waiting for you.
Let's go and meet that version of you :)**

Big Love,

Peggy