

# *Saturday Morning Ritual*

## *Episode 51: New Year, New Me*



**What does the phrase "New Year, New Me" mean to me? How do I want to feel as I move into this fresh chapter?**

---

---

---

---

---

**What was one thing I did this past week that moved me closer to my goals? How did that action make me feel?**

---

---

---

---

---

**If I could reset one habit or mindset today, what would it be and why?**

---

---

---

---

---

How do my current beliefs about myself shape my actions? What beliefs might I need to change to fully embrace my reset?

---

---

---

---

---

What's one small, actionable change I can make this week that supports my restart, reset, and refocus?

---

---

---

---

---

---

---

---

---

---

---

---



*Episode 52: New Year, New Me*  
***Saturday Morning Ritual***