

DO LESS, EXPERIENCE MORE!

3 WAYS MICRO RESOLUTIONS CAN START YOUR YEAR RIGHT

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How can I do less and experience more?

The year 2020 was difficult but it wasn't all bad. Can we keep up the slower pace and still improve?

LISTEN TO THE RUMBLE

It says there's something you need to pay attention to here: Fill your life with purpose.

FOCUS YOUR FLASHLIGHT

You can shine your light around all over the place but when we focus our light we get traction.

CHANGE YOUR RHYTHM

How can I do the things I need to do: softer, slower & more authentically? You will feel traction from that type of rhythm.

reflections:

What can I do less of so that I'm able to experience more?

What is my purpose this year?

What can I focus my efforts on?

How can I avoid the hustle rhythm?

Notes: