



## DECIDE TODAY

By now, most New Year's resolutions have been kicked to the curb. In fact, according to US News & World Report, a whopping 80% are in the wind by mid-February. Why is that? Were you really serious about anything you said in the first place or did you just get caught up in all the hype??

Would you like something different for your life? Are you sick and tired of being sick and tired? Do you want to break the cycle of making promises to yourself that you never keep? Well then it's time to DECIDE. DECIDE what it is you really want in life and what you are willing to do to get it. DECIDE that you are worth it and that you have played small for way too long.

We are already 6 weeks into 2020. If you stay on the course you are currently on, will 2020 end any differently than 2019? Give yourself a reality check. Are you really living up to your potential? Are your excuses bigger than your goals? Change doesn't have to take a lifetime. Change happens in an instant ... the instant we DECIDE we want more and that we are worth it!

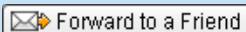
**"Change doesn't happen when circumstances improve.  
Change happens when you DECIDE to improve your  
circumstances."**

**-- Aldyna Threesya**

## How will you apply this to your life?

Hello!

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