

Module 5 – Lesson 36: Module 5 Summary and Reflection

There's a lot to do to create the best year of your life. But none of it is particularly challenging. ***Determine the lifestyle that would appeal to you most.*** This is the starting point.

Then look to your past for clues about yourself and your mistakes. What do you do well? Where do you have challenges? What are the changes you need to make?

Gather the necessary resources and make small changes to your habits. Evaluate your progress and go from there.

Remain aware that you'll need to make some personal changes. Your current collection of attitudes, beliefs, and knowledge has led to your current situation. You must change your mindset and habits to seek lasting change in your life.

Self-Reflection

Have I finished creating my plan for the next year?

What can I do today to start putting my plan into action?

Congratulations! You've completed the course! Now you can live your best year ever! Get started today!