

I give myself permission to rest, relax and recuperate.

1. Wrap Up

- What tasks or tabs in your mind do you need to close, to be able to fully relax?
- Brain-dump everything on your mind. 30-45 mins journaling everything.
- Categorise it. Do. Delete. Delegate. Diarise.
- Do whatever you can complete now.
- List out and diarise what you plan to do next year.
- Then relax knowing it's planned and you can let it go now.

2. Pre-Load 2023

- Pre-plan holidays and important family events
- Pre-plan marketing and sales events or initiatives

3. Close Shop

- Close the appointment books.
- Take deposits for next year.
- Skeleton Staff.
- Delete the apps from your phone.
- Set up auto-responders.

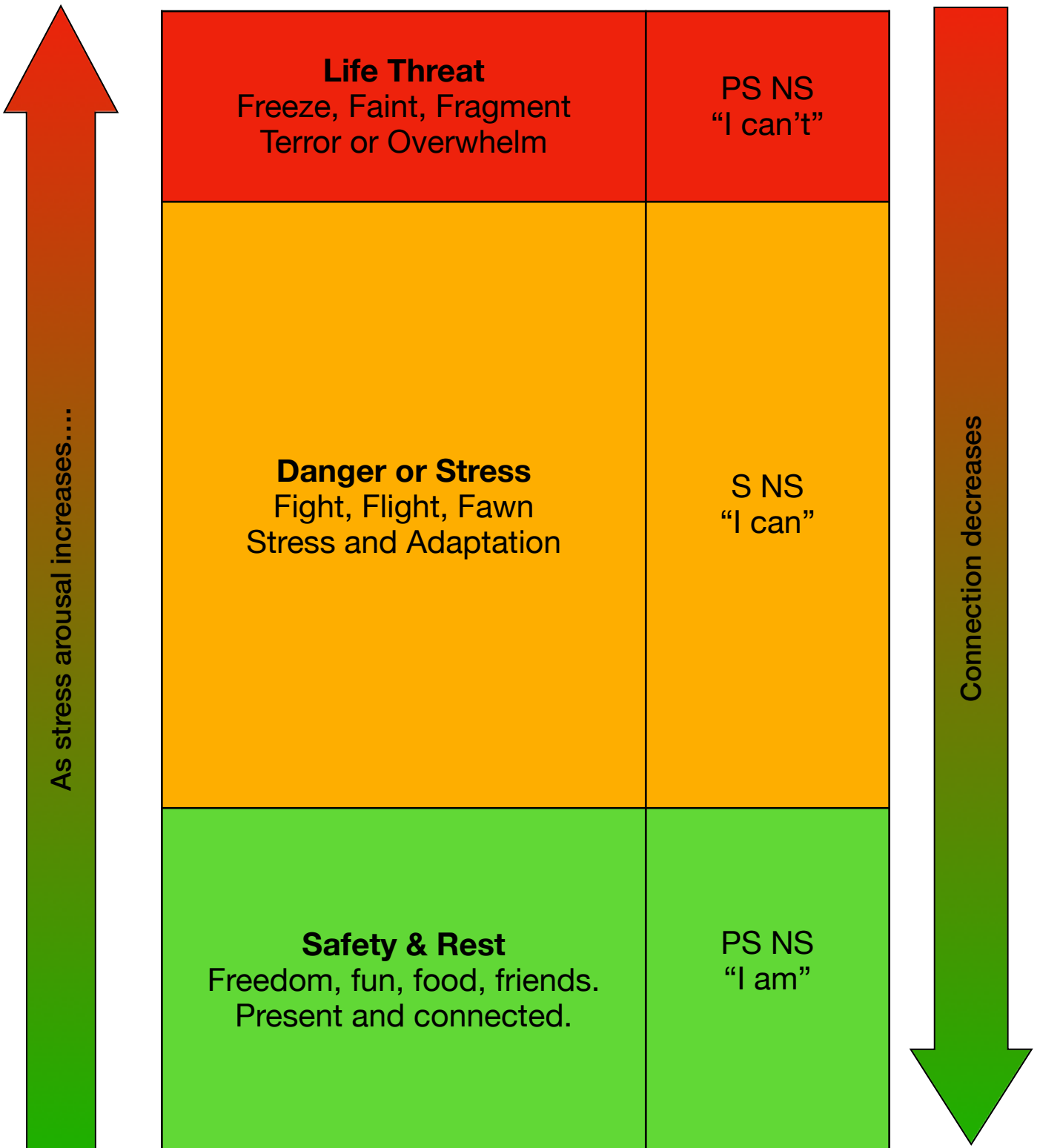
4. Rest Up

- Shake it off. (Literally)
- Do some exercise.
- Get outside in nature.
- Favourite music.
- Long exhales.
- Drop. Melt. Smoosh. Let go.

5. Make Memories

- Focus on your senses.
- Be present. See, Hear, Taste, Smell, Feel
- If this was the last time you saw this person how would you show up?

Connection happens when I am relaxed and peaceful.



I can choose to lead myself back to peace if I want to.

