

RENEW YOUR LIFE ENERGY WITH THE

# 5 PROMISES

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## **PROMISE 1**

I Will Live and Work a Passionate Life

What energizes you to face the day with passion? Write down everything you can think of that renews your mental, emotional, spiritual and physical energy.

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## **PROMISE 2**

I Will Go for It or Reject It Outright

Celebrate. What will you celebrate and with whom?

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## **PROMISE 3**

I Will Take One Action Step a Day Toward My Passionate Vision

Schedule time off for yourself twice daily. Block it off on your calendar and write the specific times here. Commit to exercising at least three times a week. Which days and times will you schedule for exercise?

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## **PROMISE 4**

I Commit to Being a Success Student for Life

Study yourself for one week, as if doing research. Literally journal what you do, what you're thinking, what you eat, and how you feel. Which activities and foods renew and energize you?

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## **PROMISE 5**

I Believe as a Woman I Really Can Do Anything

In which renewal strategy do you already excel? Pick one more renewal strategy and apply that same discipline. What will it be?

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»» DOWNLOAD THE 5 PROMISES FOR RENEWAL AT **WickedSuccess.com**.