

# Life Designer 2022



Dr. Monique Belton

*"Live Like a Boss"*

## 25 Biggest Opportunities/Goals for 2022

Include goals in all areas of your life: Family, spiritual, financial, career, business, social, body, learning, personal development, environments, pleasures, recreation, adventure – whatever is most important to you.

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## 25 Environments

Who are you going to spend time with who will evolve/strengthen/develop you? What environments – physical and virtual – will you use to keep yourself focused/on track?

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## 25 Cool Things I'm Going To Do for Me!

What are the adventures, joys, purely selfish pleasures, projects, new skills, outdoor activities, hobbies, personal accomplishments, joining a group, and fun stuff that will make 2021 most memorable?

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## 10 Daily Habits

What are the 10 things/practices to include during your day that will energize you? Examples: taking vitamins, exercising, meditation, making your bed, playing with your children, reading, raking a power map, stop eating after 7pm, rising 30 minutes earlier, prayer, extra time with your spouse.

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## 10 Simplifiers

What are the 10 things/elements of your life that you are going to let go of, stop doing, or totally restructure during 2021 that will simplify your life to your satisfaction?

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