

HOW DO I CHANGE?

**STEP 1:
NAME THE NEW LIFE
THAT YOU WANT**

STEP 2: PUT A RING ON IT!

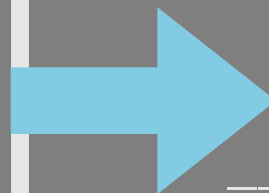
**WRITE, "I AM MARRIED
TO..."**

**STEP 3: YOU HAVE TO DIE.
WRITE, "I AM DEAD TO..."**

**STEP 4:
REPLACE YOUR
OLD LIFE WITH
YOUR NEW LIFE.**

WRITE, "I AM LIVING FOR..."

**WHAT IS KILLING YOUR
NEW LIFE?**



HOMEWORK

CREATE A NEW
LIFESTYLE!

TO REGENERATE
AND RENEW
YOUR NEW LIFE.



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I AM DYING...

MY OLD LIFESTYLE WAS:

LIFESTYLE NAME:

I AM LIVING...

MY NEW LIFESTYLE IS:

LIFESTYLE NAME:
