



PEP SHEET – New Year’s Evolution
2020

Tune in to episode #49 ‘Roos&Shine conversations with Bee Bosnak’ and let these questions inspire you as you set your intention for the first year of the new decade:

Wrap up your key learnings of 2019 (and maybe of the past decade?):

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Your Mantra or key message to yourself (what will I repeat to myself on the daily) 2020?:

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Is there a key word you will want to bring with you this year to help you set your focus and intention?

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