

7 Actions to a New and Happier You!!

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Foundational Journey Institute

Action Three

Get a New Look

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Changing your look does not have to be drastic
(i.e. plastic surgery and such).





What Is A New Look?

- Get a New Hairstyle or Change your Hair Color





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- Experiment with Makeup and Jewelry



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- Get fit



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- Get a New Hairstyle or Change your Hair Color
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- Get fit
- Change your Fashion Style
(Style of Clothes or maybe color scheme)





What Is A New Look?

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- Experiment with Makeup and Jewelry
- Get fit
- Change your Fashion Style
(Style of Clothes or maybe color scheme)
- Dress for Success





Action 3 - Get a New Look - The Bottom Line -

A new look to match your new and improved personality can be a great final touch to your transformation



Setting Proper Expectations



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Choose one of these actions and implement it today, or tomorrow if you are reading this late at night. Just taking action is an action in and of itself!



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Patience is your #1 ally. Consistency is your #2 ally. It took you (the # of however years old you are) to get into the situation you are in;

CHANGE TAKES TIME AND EFFORT!!!



**Do You Want to Unlock Your
Personal Transformation to the
Next Level?**



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