

7 Actions to a New and Happier You!!

By John David Brewer



Foundational Journey Institute

Action Five
Self-Reflect in Solitude

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Through solitude, you can block out all the normally daily intrusions and reflect on what you really want in life.

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Solitude, combined with self-reflection, becomes a powerful empowerment tool in your tool belt as you seek to become happier and more alive.



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Am I Committed to Changing and Persevering
When Things Get Tough?





Action 5 - Self-Reflect in Solitude - The Bottom Line -



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Make It a Regular Part
of Your Daily Routine



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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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