

## Episode #30 – Not just a new year, a different year.



### Answer these questions to make 2019 not just a new year but a different year:

1. What will make this year different for you?
2. What habitual thought patterns are you carrying around year to year?
3. What's your word for this year, the word that will help you make this year different?
4. What's your story and what is the new narrative that will make this a different year?
5. Where might you be viewing yourself thru the lens of lack?
6. What steps can you take to make the moves you want to make?
7. De and Jackie spoke about “the end in mind” and if you are intending to change something in your life then align with that change and start taking direction from that end rather than toward that end. What would it be like to come from the difference you want to be and see this year?

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De Yarrison [essentialshiftnow.com](http://essentialshiftnow.com)

Jackie Lesser [jackielesser.com](http://jackielesser.com)

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