



Step 1 – Clearing Your Life for Transformation

Take 5 minutes to create your vision and overall goals for your health. This will help you become aware of what you need to clear out so that you can better focus your energy and understand what obstacles are keeping you from committing to better wellness. Don't overthink this. The universe loves fast action.

Do this now and then move to Step 2 – Yoga Glow's Master Assessment.

1. What do I need to clean up or clear out in my life so that I can focus my energy on wellbeing?

2. What am I tolerating that maybe I can let go of? Where am I spending time that I can instead devote to upleveling my health and being a happier, healthier me?

3. What are my triggers or challenges that could derail me?

4. My goals:
 - 90-day goals:

 - 6-month goals:

 - 1-year goals:

Go here for your free 2-week trial: <https://yogaglow.mn.co>