

HOW TO MAKE 2023 EPIC

- Get excited about your goals.
- Focus on productivity rather than activity.
 - Rest when required.
 - Build stronger relationships.
 - Step out of your comfort zone.
- Take on new challenges with courage.
 - Hold yourself accountable.
 - Develop a healthy sleeping pattern.
- Adapt to your environment and resources.
 - Choose faith over fear.
- Let go of what no longer contributes to your joy.
 - Create better habits.
 - Keep a routine in place.
- Encourage positive energy in your circle.
 - Smile, laugh and love often.
 - Count your blessings regularly.
 - Work with passion and purpose.
 - Try out new things.
 - Upskill.
 - Travel when you can.
 - Live within your means.
 - Spend more time with your loved ones.
- Take good care of your mind, body and soul.
- Make happiness, healing and kindness priorities.
 - Meditate.
 - Be humble.
 - Embrace the present.

BY VEXKING
INSTAGRAM: @VEXING