

# 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