

# January 2022

BETTER YOU IN 2022

MON	TUE	WED	THU	FRI	SAT	SUN
27	28	29	30	31	01	02
03 Live kick off 10am	04	05 Podcast	06	07 LIVE 12pm est	08 <b>Workshop</b> 10-12 est	09
10 Live 10am	11	12 Podcast	13	14 LIVE 12pm est	15 <b>Workshop</b> 10-12 est	16
17 Live 10am	18	19 Podcast	20	21 LIVE 12pm est	22 <b>Workshop</b> 10-12 est	23
24 Live 10am	25	26 Podcast	27	28 LIVE 12pm est	29 <b>Workshop</b> 10-12 est	30
31 February Study	01	02	03	04	05	06

## WORKSHOPS

Workshop Registrations will be available on the website with further descriptions and information!

# D A T E S   A N D   A G E N D A



<b>Jan 3</b>	Word for year, goals, dreams, visions we will be in workbook together
<b>Jan 5</b>	Podcast: Word for the year
<b>Jan 7</b>	Life journey and Life mapping
<b>Jan 8</b>	Workshop on Mindful choices and more
<b>Jan 10</b>	vision boards
<b>Jan 12</b>	Podcast
<b>Jan 14</b>	Bible lesson on Habbakuk
<b>Jan 15</b>	Workshop on New Habits & Building new habits
<b>Jan 17</b>	Planning and agendas
<b>Jan 19</b>	Podcast
<b>Jan 21</b>	Live teaching 10am Live like an eagle
<b>Jan 22</b>	Workshop on Escaping your Comfort Zone
<b>Jan 24</b>	Live teaching
<b>Jan 26</b>	Podcast
<b>Jan 28</b>	Live Teaching
<b>Jan 29</b>	Workshop on Limiting beliefs and belief cycle