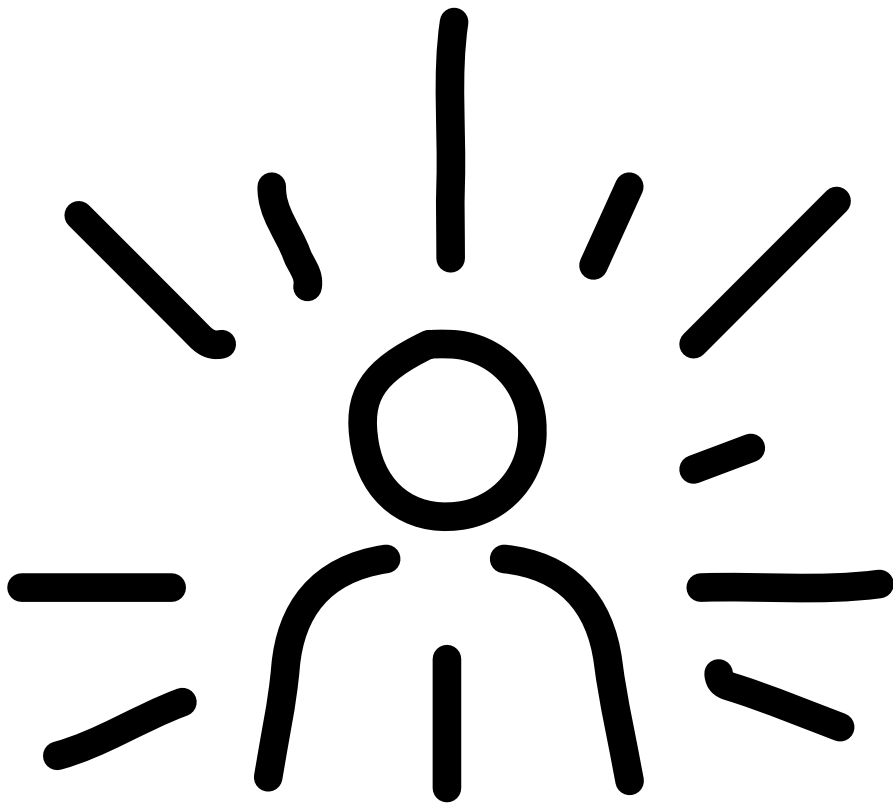


IT'S UP TO

ME



IN 2023

**ERSHRED**™

# Who do you want to BE?

I love this time of year!

It's the time to COLLECTIVELY reflect on the previous year, and set our intentions for the new year.

We often hear people say, "you don't need to wait until the new year to start making resolutions."

I agree, it's good to take inventory throughout the year, pivot when needed, and continuously re-igniting your enthusiasm when it comes to your vision.

So who do you want to BE in 2023?

Let's imagine the person we want to BE, not coming from a place of lack or inferiority. Not because we are seeking attention, recognition, or admiration.

But because deep down inside you KNOW your potential, and because you know you CAN be who you want to BE.

I can't wait to see you BECOME the person you want to BE in 2023. Use these journal prompts I've created for you to provide clarity, and an opportunity for you to visualize and set your intension for the year.

*Crystal Escobar*

# JOURNALING PROMPTS

Who do you want to BE?

---

---

---

---

---

---

---

---

What disciplines and actions does this person take?

---

---

---

---

---

---

---

---

What specifically do they do each day?

---

---

---

---

---

---

---

---

# JOURNALING PROMPTS

What food do they eat and not eat?

---

---

---

---

---

---

---

---

What are their priorities and values?

---

---

---

---

---

---

---

---

Who do they spend a lot of their time with?

---

---

---

---

---

---

---

---

# JOURNALING PROMPTS

What do they do for entertainment?

---

---

---

---

---

---

---

---

What kind of media do they consume? Social media platforms, internet sites, books, movies, podcasts, music?

---

---

---

---

---

---

---

---

How do they hold themselves? How do they speak?

---

---

---

---

---

---

---

---

# JOURNALING PROMPTS

What emotions do they feel often?

---

---

---

---

---

---

---

---

How do they serve and show up for others?

---

---

---

---

---

---

---

---

Is their day structured and planned out? Or flowy and spontaneous?

---

---

---

---

---

---

---

---

# JOURNALING PROMPTS

How do they manage their emotions? Stress levels, anxiety, irritation, insecurities, fears, etc.

---

---

---

---

---

---

---

---

How do they manage their time?

---

---

---

---

---

---

---

---

How do they manage their finances?

---

---

---

---

---

---

---

---







