

BECOMING

A NEW ME



IN 2023

WHO DO YOU WANNA BE?

Who do you wanna 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 ignite your enthusiasm when it comes to your vision.

So who do you wanna BE in 2023?

Wannabe... this term usually has a derogatory meaning. It's how we usually describe someone who wants to be something they are NOT. Imitating or trying to be like someone else.

But let's lighten this up a bit. Let's imagine the person we wanna 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 wanna BE.

I can't wait to see you BECOME the person you wanna 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 intention for the year.

Crystal Escobar

JOURNALING PROMPTS

Who do you wanna 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?

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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?

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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?



WANNA LEARN MORE?

Have you ever considered hiring a MINDSET Coach? Sometimes a little one on one coaching can do wonders when working out the kinks and clearing out those blocks.

[SCHEDULE A FREE CALL](#)



Hi, I'm Crystal Escobar, Your certified Life Coach and creator of the Wannabe Balanced Blog, book, and podcast.

Let's see if we can work together and find a path that works for your unique situation,

Message me on Instagram, Facebook, or visit WannabeBalanced.com