



Sparkle a New You

DECEMBER 2015

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|---|--|--|-----|-----|
| | 30 7PM ASK AND YOU SHALL RECEIVE | 1 | 2 | 3 9:45AM ASK AND YOU SHALL RECEIVE | 4 | 5 |
| 6 | 7 11AM ON THE YELLOW BRICK ROAD TO MAINTENANCE 7PM @JFBC HAPPY HEALTHY HOLIDAYS | 8 | 9 6-9PM @MYLANE GIRLS NIGHT OUT | 10 9:45AM HAPPY HEALTHY HOLIDAYS | 11 | 12 |
| 13 | 14 6:15PM ON THE YELLOW BRICK ROAD TO MAINTENANCE 7PM TIME TO CELEBRATE OUR SUCCESS! | 15 | 16 | 17 9:45AM TIME TO CELEBRATE OUR SUCCESS! | 18 | 19 |
| 20 | 21 7PM Conference Call FINISHING STRONG TO LAUNCH STRONG! | 22 | 23 10AM Conference Call FINISHING STRONG TO LAUNCH STRONG! | 24 | 25 | 26 |
| 27 | 28 10AM Conference Call MY SPARKLE YEAR IN REVIEW! | 29 5PM Conference Call MY SPARKLE YEAR IN REVIEW! | 30 | 31 | | |

FINISHING STRONG TO LAUNCH STRONG!: We are almost ready to kickoff a Sparkly New Year! Without a strong launch, your journey could be harder to gain momentum. You must be ready to launch strong in 2016! Launching is Start Strong, Finish Strong, Launch Strong all over again as you launch, listen, learn, refine, and re-launch your health and wellness each year! I'm looking forward to helping you finish strong in order to launch strong!

MY SPARKLE YEAR IN REVIEW!: Time to write down and record all your health and wellness accomplishments for 2015! Consider it the "nice list". Please create your list with all big and small successes as we share them over the conference call. Please email them to me prior to the call even if you aren't available to be on the call. This is a powerful tool that will give you self appreciation!

