

The DECIDEMBER CHALLENGE

For the month of December we are going to decide to make 2020 your best year ever! The webster definition of the word decide is, "to make a choice." Your future success is going to be from making consistent good choices. The first choice will be the decision to make up your mind that 2020 will be your time!

The latin definition of the word **decide** is, "**to cut off from.**" To make 2020 your best year ever you will need to know what you should cut off or out of your life. This decision to cut things out that don't promote a positive lifestyle will get you on your way to a happy and healthy 2020!

Our goal this Decidember is to start prepping the proper mindset. A mindset that will make you unshakable and unstoppable this 2020! Below are 4 categories to fill out to get some positive momentum to the best you ever in 2020.

ATTITUDE OF GRATITUDE: Right now in your life what or who are you grateful for?

VICTORIES: Success breeds more success. Think of all of your 2019 victories. All the big and small things that went well and/or you achieved. This will create a positive feeling to want to continue and do even better in 2020!

DECIDE: Decide what you want to have, be, get, and/or go in 2020.

CUT and CHOOSE: What are some things that you need to cut out of your life to achieve your 2020 goals? Also what new choices do you need start making to have your best year ever?
