

GO GET IT!

7 Steps to Release Negativity, Set Big Goals
and Start Living the Life of Your Dreams



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YOU WILL DISCOVER:

- * The real reason why it's so important to figure out your true purpose in life
- * How your RELIGION could actually be preventing you from pursuing your goals
- * Three negative thought patterns that might be holding you back
- * A set of 7 practical, proven strategies to help you make progress on your goals

WHO IS ROSETTA THURMAN?



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WRITER, SPEAKER, COACH, CONSULTANT

FOUNDER OF HAPPY BLACK WOMAN

AUTHOR OF 31 DAYS TO RESET YOUR LIFE

LOVES: PERSONAL GROWTH, BUSINESS,
TRAVEL, SOCIAL MEDIA, 80S MUSIC,
GOOD FOOD, BOURBON AND...YOU!

”It is not uncommon for people to spend their whole life waiting to start living.”

- Eckhart Tolle

THE REAL REASON WHY IT'S SO IMPORTANT TO
FIGURE OUT YOUR TRUE PURPOSE IN LIFE

YOUR RELIGION COULD ACTUALLY BE
PREVENTING YOU FROM PURSUING YOUR GOALS

THREE NEGATIVE THOUGHT PATTERNS

1. Blaming others for your circumstances
2. Telling yourself you “can’t”
3. Sabotaging your own success

“Even though you may want to move forward in your life, you may have one foot on the brakes. In order to be free, we must learn how to let go. Release the hurt. Release the fear. Refuse to entertain your old pain. The energy it takes to hang onto the past is holding you back from a new life. What is it you would let go of today?”

— Mary Manin Morrissey

What do you need to let go of
in order to move forward?

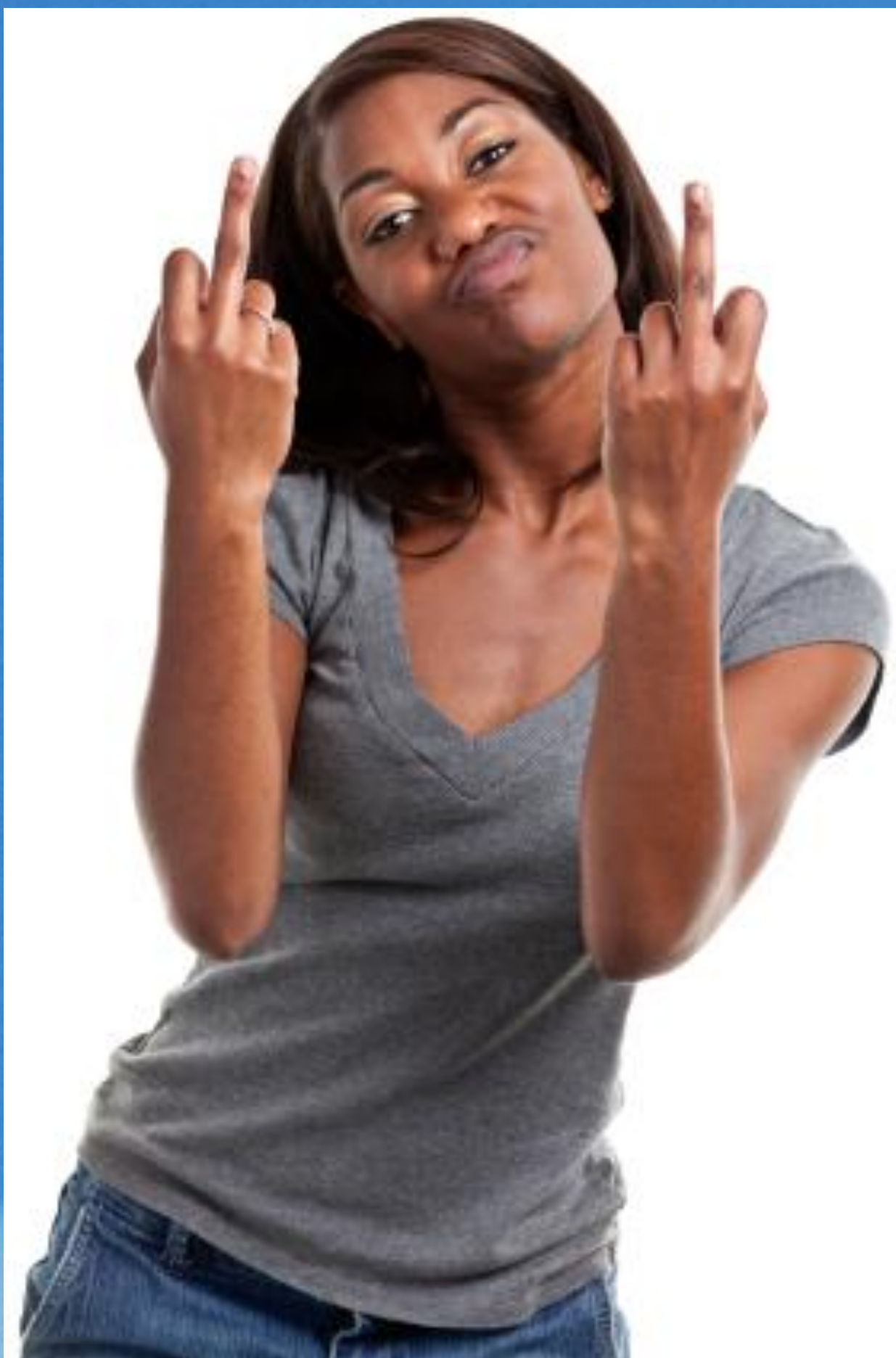


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7 PRACTICAL STRATEGIES

1. Remove negative energy from your life
2. Make your goal specific and actionable
3. Set a firm deadline
4. Find a community to support your goal
5. Create external pressure
6. Make one big move
7. Press reset

1 REMOVE NEGATIVE ENERGY FROM YOUR LIFE



2 MAKE YOUR GOAL SPECIFIC AND ACTIONABLE



What's your goal? (be specific!)



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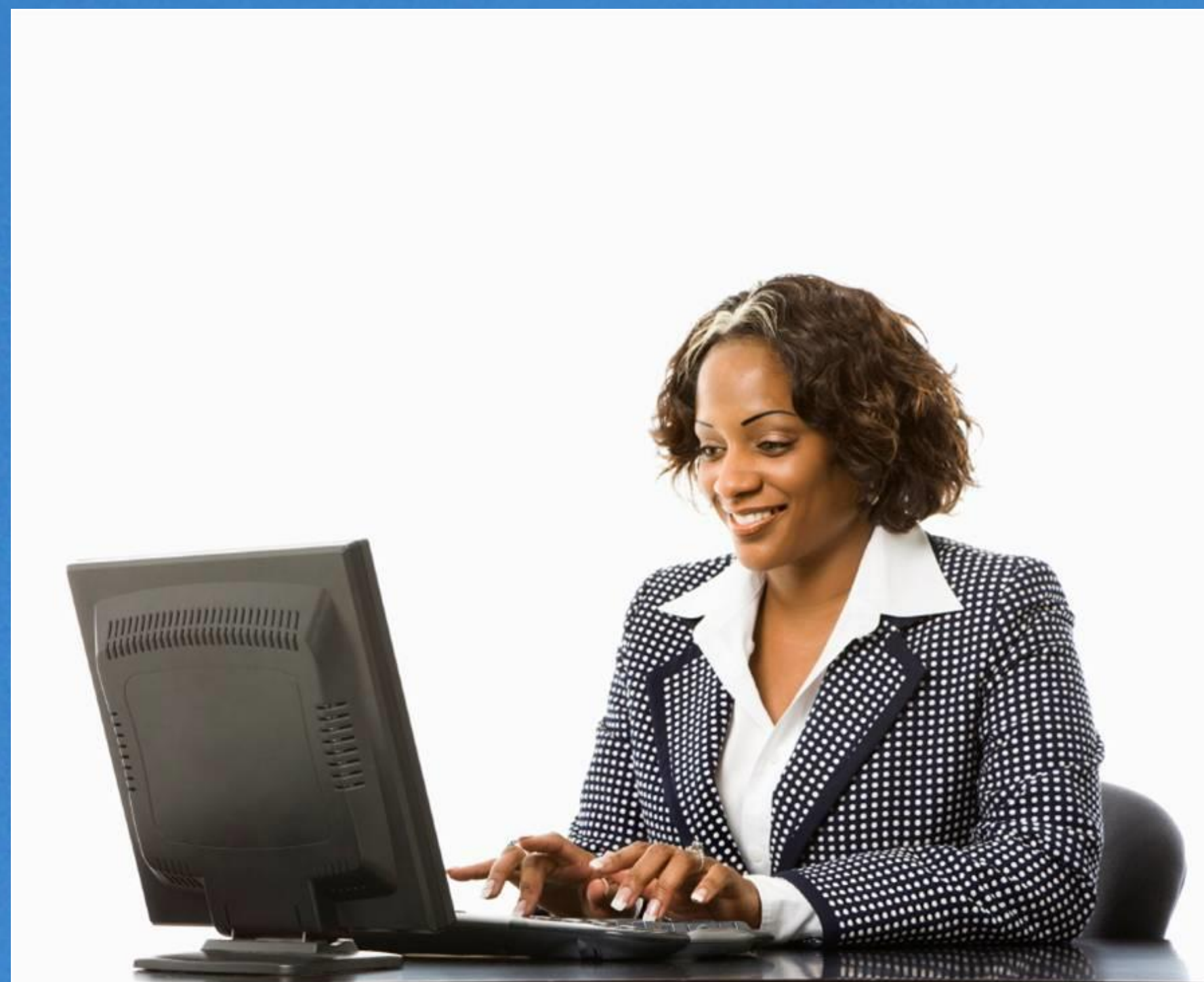
} SET A FIRM DEADLINE FOR YOUR GOAL



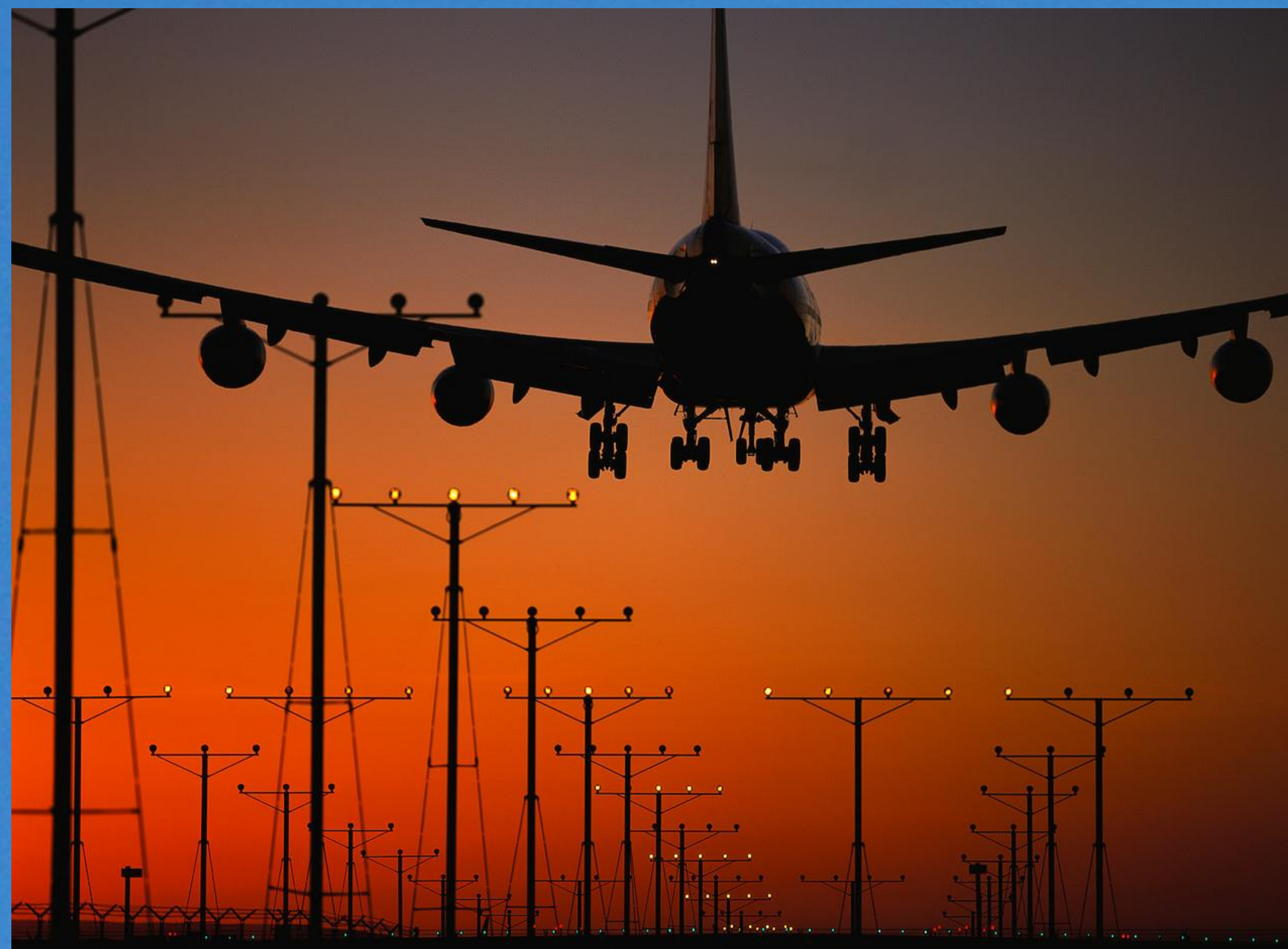
4 FIND A COMMUNITY TO SUPPORT YOUR GOAL



5 CREATE EXTERNAL PRESSURE



6 MAKE ONE BIG MOVE



What ONE big move are you willing
to make in the next 31 days?

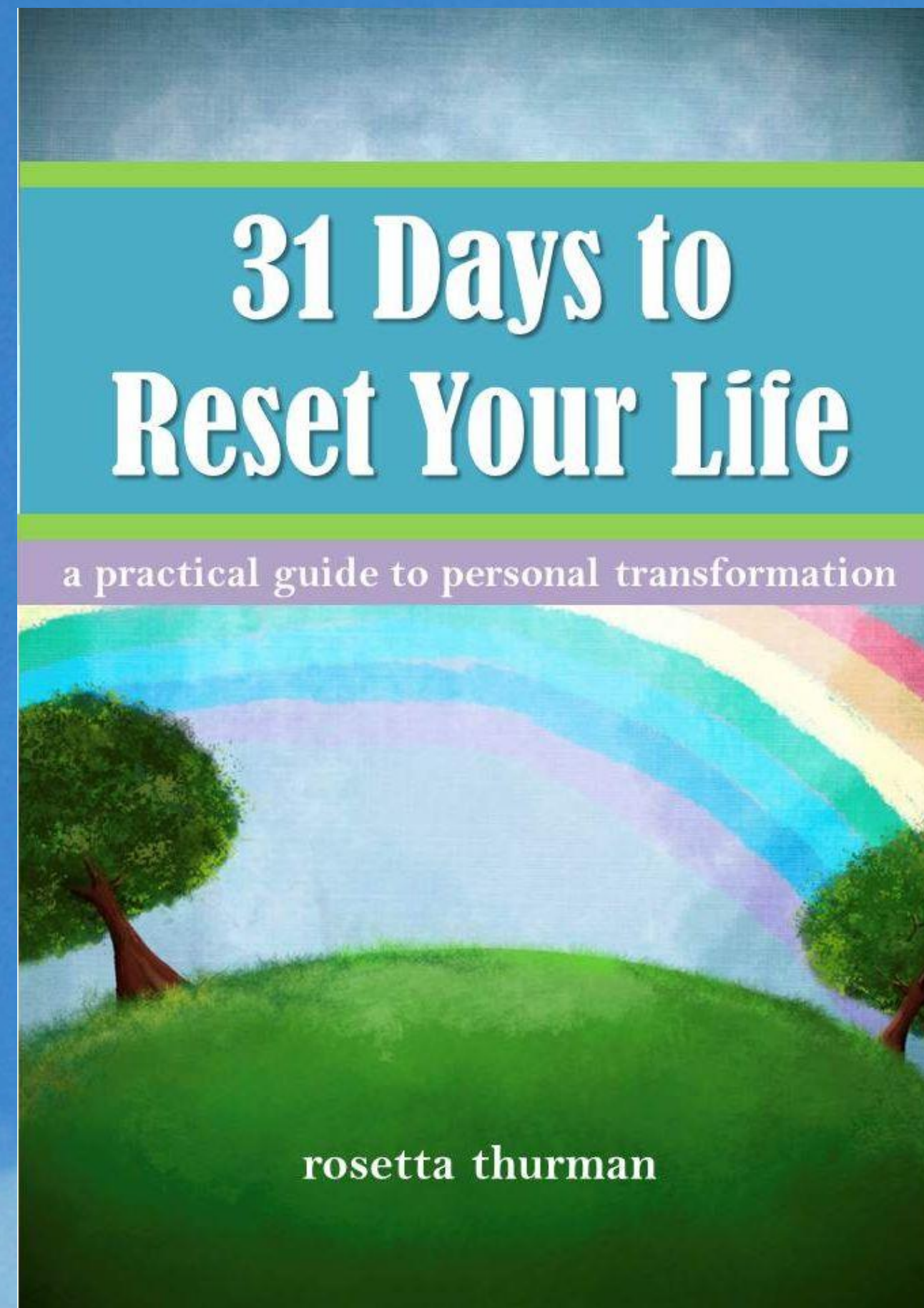


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7 PRESS RESET



GO TO: 31DAYRESET.COM



Q & A

What was your biggest takeaway from tonight's webinar?



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