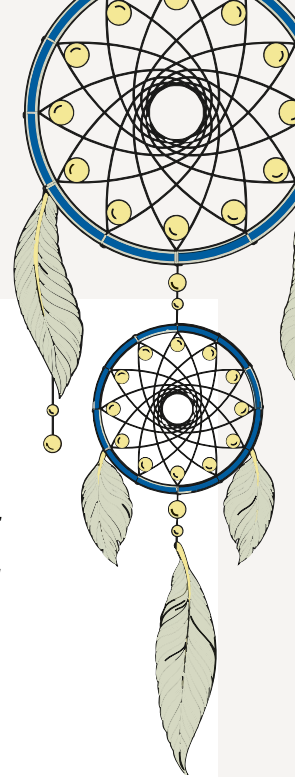


sharon richardson

[life + coach] NEWSLETTER | january 2020



ASK YOURSELF THESE QUESTIONS BEFORE COMMITTING TO YOUR NEW YEAR'S GOALS

What kind of process do you go through when creating new goals for yourself? There's a series of questions that can help you align with your goals and break them down into workable steps, taking the overwhelm out of reaching for the next big step in your life. Read more on the blog: [3 Questions to Ask Yourself Before Committing to A New Goal](#)

MANTRAS & MIRACLES RETREAT MARCH 28-29, 2020



Join together with a group of like-minded, spiritual, high-vibrating women in beautiful Palm Springs, CA over the weekend of March 28-29 for two full days of Vinyasa yoga, intensive coaching, diving deep into your goals and dreams for the spring season, and mindset work to get you ready to achieve those goals! Itinerary, more information, and tickets available [here](#).

TIP: SMALL SUCCESSES

As we move into the new year and new decade, be sure to count the small, everyday successes - they're wins! One of the best ways to stay in a mindset of achievement is to *consistently* acknowledge your accomplishments, no matter how small.

NEW YEAR, NEW YOU

Let this be the year you finally *do it*. You leave the toxic relationship, quit the soul-sucking job, move across the country, insert-life-changing-goal-here. I'm here to support you, in whatever that goal looks like for you. Now taking new clients for 2020, reach out [here](#) and let's talk about your next step towards your dream life.