Badass + Brilliant

2016

ADIOS 2015

How were you badass + brilliant in 2015?

Accomplishments, areas of growth, fears you overcame, new things learned… anything that you're proud of in 2015. This is for YOU. Don't be shy. Let it rip. New role at work? Didn't burn the Thanksgiving meal? Started your book? Ramped up your business? I PROMISE you, you did some badass + brilliant things this year.

What are you ready to let go of?

Playing small, saying yes to things you don't want to do, over-scheduling your life, letting your fear hold you back… whatever it's time to let go of, do it now. You don't have to carry the same crap with you from year to year. Really, you don't. Let it go.

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ALOHA 2016

What do you want to make happen in 2016?

This is good, old-fashioned goal setting. I love goals and objectives, and they work for me. BUT, only when they line up with the bigger picture of how I want to feel and what I want my life to look like. They can't just be chores. They should make you excited (and maybe a little nervous.)

How do you want to feel?

This is the neglected question. So many other things are a waste of time if they don't make us feel awesome in the end. Free, sexy, useful, safe, happy, powerful, ALIVE. These are the feelings I want… not overwhelmed, stressed, exhausted, unfulfilled. Really ask yourself, how do you want to FEEL? Feelings are not to be ignored, my friend.

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Who do you need to BE in order for all of this to be possible?

I LOVE this question, because it really takes something to create lives we love. You can't just DO a bunch of stuff and hope it turns out. You have to BE the person who has the life you're creating. If I want to grow my business I have to BE bold and courageous. If I want to write a book, I have to BE confident and persistent. You get the idea… being is essential for the doing to have the value you desire.

That's it! Your Badass + Brilliant Year is waiting. I'm pumped! Thanks for joining me, and I CANNOT wait to see what you make happen.

xo,

Sage