



Big Changes Start Small

In this **FREE** guide, I'm sharing the small and simple steps that I took to make big changes in my life. When my co-authored book, **DEAR YOUNGER SELF**, was published, I kept being asked, "How did you do it?" Which inspired me to create this guide for you!

In my chapter, I share how a big birthday caused me to do some big reflecting. I questioned my legacy, and realized that I had a lot of regret. I decided that I was no longer going to be a victim or let my past predict my future. I was determined to put my fear in the rear-view mirror, and find my **JOY!**

FREE GUIDE

Repeat After Me: It's Never Too Late.

YOU get to set the intention for your life, every single day! It doesn't matter how old you are - I was fifty when I implemented this guide! If you would like to know **MORE** about my, "2.0 revelation under the stars," you can find my book, **DEAR YOUNGER SELF** at studioknm.com

Your environment, your financial situation, and your past, are just a few things that can be absolutely debilitating - don't let **THAT** be your story. Remember, you always have a choice!

I have divided **BIG CHANGES START SMALL** into three phases. Do Phase One for one month. Then, add **PHASE TWO** into the mix. I added in **PHASE THREE** when it felt right to me. Trust your instincts, be intentional, and most importantly, be kind to yourself on this journey.


It's time to create the life you truly want. Are you ready?

The best project you'll ever work on is **YOU.**

- Sonny Franco



Phase One

- Make a proclamation that you are READY to take 100% responsibility for your life. Say it LOUD and PROUD!
- Learn the basics of meditation - feet on the floor, breathing techniques, and just being in the moment.
- Fall in love with herbal teas. Buy organic, and try several different flavors!
- Celebrate your wins, no matter how small! Remember, YOU are your biggest fan! 
- Eat more veggies, eat less sugar. Start small by making little tweaks to your diet.
- Aim for 7-9 hours of sleep. Going to bed at the same time every night helps. Napping is beneficial too!
- Laugh! Dance! Sing! Belt out a song in the car or dance in your living room - it just makes you feel good!
- Drink water. It is vital to EVERY CELL in your body! Research how much you should have per day.

Phase Two

- Add some personal development books or audiobooks to your library. "Always growing," is your new motto!
- Get out in nature every day. Staying connected to Mother Earth is necessary for your mental well-being.
- Create a vision board of things that you want to accomplish. Then act as if you've already achieved them!
- Write down five things every day that you are grateful for. Your family, electricity, your health, books, etc...
- Find a hobby. Or rediscover one. It is so important to make time to enjoy something that feeds your soul.
- Look in the mirror every day and say, "I love you. I really, really love you."
- Make time for rest. Take mini breaks throughout your day.
- Start saying no. This is powerful! It allows you to value yourself more when you set boundaries.

Phase Three

- Create an exercise routine that's right for you. Schedule it in your calendar, so you won't skip it!
- Remove toxic people from your life. This is difficult, but necessary. Surround yourself with like-minded people.
- Create more affirmations to say in front of the mirror. Your words are a huge part in creating the life you want.
- Volunteer in your community. Organizations are always in need of help, and your heart will be full!
- Don't dwell on the past. It's done, you can't change it, you can't control it. Focus on the here and now.
- Take small steps towards a big goal. Create mini goals and chunk it down. Be sure to celebrate your progress!
- Take baths. Epsom salt and scented essential oil removes toxins, and improves sleep. Shower Steamers are great too.
- Work with a coach or therapist. I'm not a professional, I'm a cheerleader! If you need help, please seek it out.