

# STARTING FRESH

Starting over really means start anew.

Starting fresh requires a fresh perspective and it doesn't take a catastrophic event to start a new thing. It does take awareness, intention, new thoughts and actions.

This download can also be completed in your journal.

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**Awareness.** Knowing change is needed is the first step in starting anew. List the areas of your life where you sense a shift is needed. Usually these areas seem to be at a standstill, in a decline, or a space you've outgrown. Great questions to ask are: *Have I graduated from this? Have I completed all I can? Is this thing profitable?*

**Intention.** Intentions point us in the proper direction. If your intention is to eat better, that desire or aim should prompt you to purchase healthier food. *From the areas listed above, write your intentions. If you are starting fresh in a relationship, write about the purpose of it. Reflect on where the desire is rooted and the intention of it.*

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**Thoughts.** Actions and emotions are influenced by the thoughts we think. It is vital to be aware of the thoughts you choose to meditate on. The thoughts we consistently think on are nurtured by our attention and manifest themselves in our emotions and actions. *Write the thoughts that support the area you're starting fresh in.*

**Action.** Work is necessary to start fresh. It is the combination of our inner being and human body coming together to give way to a new thing. Eating healthier starts with a thought and ends with actually eating healthier food. You have to act in the five-sensory world even if its rest. . *Seek and list the corresponding actions to the areas listed.*