



BLACK QUEEN

BLOGGING

New Life, New Start

Have you ever felt a pull on the inside of you, in your spirit and soul as if you want more out of life than what you have now? Do you feel as if you should be doing more, living more, receiving more, and having more? It feels as if a shift is trying to take place and you know that it's moving you in a different but better path. That's your purpose calling! It's knocking on your door, waiting for you to answer and take action. In this new life, it requires better habits, actions, and thoughts. Below are some vital examples that will help you align better to move forward as you embark on a new life and a fresh start!

Examples of better habits, actions, & thoughts

HABITS

Learn daily

Time management

Get more sleep

Wake up earlier

Eat healthier

Meditate/Affirmations

ACTIONS

Refine your goals

Set attainable goals

Productivity of tasks

Believe in yourself

Face you fears

THOUGHTS

I can do this!

Fear won't win!

If not now, it'll be never!

I am good enough!

Success is in my DNA!