



# New Year, Sustainable You

*A simple reset to start the year with clarity*

Before answering any of the questions below, take a moment to pause. Take 3 deep breaths, soften your shoulders and

## 1. Quick Check-In (2 minutes)

Circle what best describes where you are **right now**:

- Low energy
- Busy but coping
- Overstimulated
- Calm but unfocused
- Motivated but tired
- Clear and steady

## 2. What Actually Worked Last Year

List **3 things** that genuinely supported you (even in small ways):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

(These count more than goals that never stick.)

## 3. What Was Unsustainable

List **2 things** you don't want to repeat:

1. \_\_\_\_\_
2. \_\_\_\_\_

## 4. Choose Your Focus for the Next 90 Days

Instead of a full-year plan, choose **one area** to stabilise first:

- |   |  |
|---|--|
| <input type="checkbox"/> Energy & fatigue     | <input type="checkbox"/> Boundaries & time |
| <input type="checkbox"/> Food & daily rhythm  | <input type="checkbox"/> Body & movement   |
| <input type="checkbox"/> Stress & mental load |  |



## 5. One Simple Action (Make It Obvious)

Complete the sentence:

Over the next 90 days, I will support myself by consistently doing **one** of the following:

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## 6. The Sustainability Filter

Before committing, check:

- I can do this even on an average week
- This doesn't require motivation
- This fits my current life constraints

If you checked fewer than two, simplify the action.

## 7. Lock it in

Pick **one date** in 6–8 weeks to reassess (not to judge):

Date: \_\_\_\_\_

**Then lock it into your calendar now.**

Don't wait to make it happen. If it's not scheduled, it usually doesn't happen.

You don't need a full plan. You don't need a new version of yourself.

You need **one sustainable starting point**, conditions that allow you to change **slowly, honestly and for real**.

**With Essence,**

**Anya**

*Founder of Est-Sens*