### YOUR BEST YEAR STARTS TODAY!

Shawna SUCKOW





#### Here



#### Work



#### Life





#### COLLECTIVE TRAUMA.



### FIGHT. FLIGHT. FREEZE. STRESS.













# What have the past two years been like for you?

# How have you changed as a result?

# Why did you come to NEC?

# This will be my best NEC ever if...





### What does YOUR best day look like?





















#### Do your best days happen by LUCK...

or INTENTION?

## MY UNINTENTIONAL MORNING...





## MYNEW Best morning...





### My 3 Things



















# WHAT'S YOUR WORD FOR 2022?









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# WHAT'S YOUR WORD FOR 2022?



Does your best LIFE happen by LUCK...

or INTENTION?











# Live your 411 Every day.



# WHY

## It matters...

### Life happens while you're busy being busy." @ShawnaSuckow



ubliminal Message...this would be a great social media quote.

# WHY

## It matters...



# WHY

## It matters...



#### Your first action!

Text EVOLVE
to
844-491-1499





