



NEW YEAR NEW *You*

WORKBOOK



MARIANNE BRERETON COACHING



Notes

Lined writing area for notes.



Reflection

What is one small thing you'll "release" this week?
(e.g. a habit, a limiting belief etc).

What new belief or practice will you replace it with?



Ready to take the work deeper?

Click the button below to
join my group program.

CLICK HERE

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