

Top 10 Things You Should Know About... **STARTING FRESH**

- 1.** Congratulations for giving yourself a fresh start – this is a great time of opportunity!
- 2.** Starting fresh means you can choose to focus on what you want. How exciting!
- 3.** Looking at your life from a new perspective means you can finally see opportunities that you could never see or consider before.
- 4.** Write down all the things in your ‘old life’ that you don’t want to carry forward with you. Once you have completed that list, give yourself permission to never do any of those things again; then burn your list or throw it away.
- 5.** Take some time to write down the top ten things you would like to do in the next year.
- 6.** Focus on what activities would really make you happy.
- 7.** Forgive yourself for any and all not-so-smart things you did in the past.
- 8.** Forgive others for any and all not-so-smart things they did in the past.
- 9.** Decide to live life on your terms.
- 10.** Believe it can happen and take action today!

If you’re making a fresh start in your life, talk to your Case Coordinator about what workshops and resources are available to help you live the life you want and deserve.

