

Thanks for participating in 21 days until 2021



# 21 to 21: DAY 4

Today, stand on 1 foot while brushing your teeth.  
WOW – you just did the yoga tree pose 😊

## TAKE ACTION

The power of physical, mental and emotional balance is essential in your success journey. Allow yourself time to look at your life and see where things may be out of balance.

➔ *Email me* ([sherry@successlooksgreatonyou.com](mailto:sherry@successlooksgreatonyou.com)) for a simple assessment form. It will make looking at key areas of your life quick and easy to see where you might be out of balance.



Please invite your family, friends and colleagues to join you on your 21 to 21 journey. It would be stimulating to have them also complete the Wheel of Life and together discuss your plans for more balance in 2021.

**Check out [successlooksgreatonyou.com](http://successlooksgreatonyou.com)  
Sign-up for SIX WEEKS TO SUCCESS (1/12 - 2/16)  
SEE YOU HERE TOMORROW FOR DAY 5**