





**Are the batteries  
charged?**



**Are you ready for  
an incredible  
2020?**



**MY GOAL FOR 2020 WILL  
BE TO FULFILL MY 2019  
PURPOSES,  
WHICH I WANTED TO  
FULFILL IN 2018,  
WHICH I PROMISED IN  
2017 AND I PLANNED IN  
2016.**





**January**



**June**



**December**



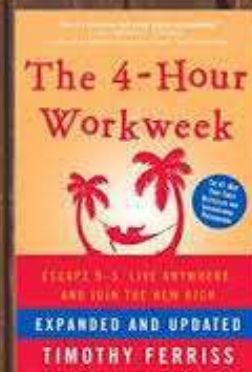
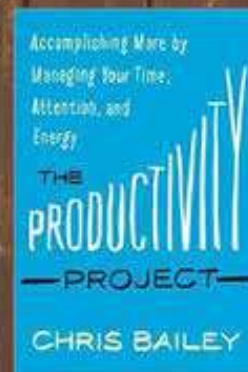
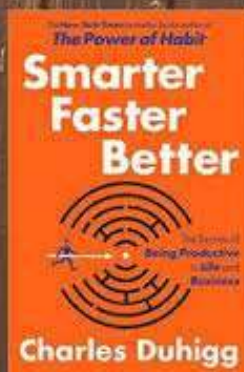
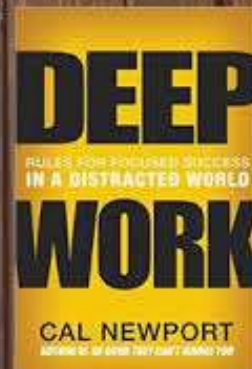
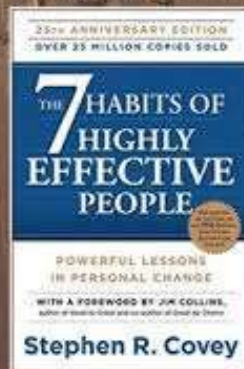
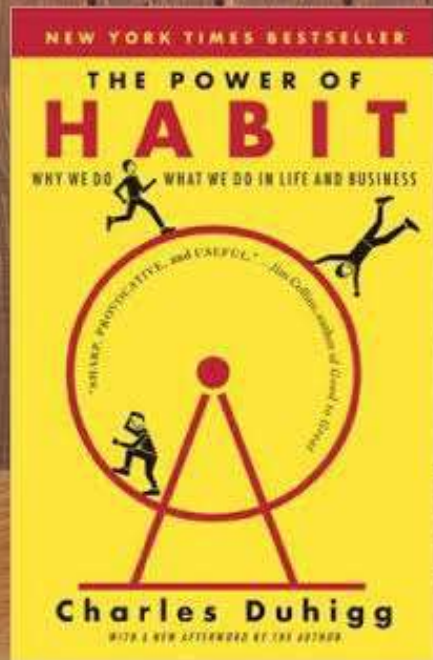
How do you keep  
them charged?





























**Immediate satisfactions  
delay future successes**



What do we  
really want?

# ¿ What do we really want?



## Future

- Earn more or...
- Promotio at work or...
- New opportunities or...
- Great Family Trips or...
- Pay debt or...
- Buy car or ...

## Today

- Watch Netflix
- Social media
- Sleep more
- Party
- Waste time
- Complain about everything

# ¿What do we really want?



## Future

- Be healthy or...
- Feel Good or...
- Feel energized or...
- Feel good with my outfit or...

## Today

- Eat hamburgers, pizza, snaks
- Sleep
- Party
- Instagram or Facebook
- Netflix
- Complain everything

¿What do we really want?



Future

- Have a better lifestyle or...

Today

- NOT





**¿WHEN THE  
NEW YEAR  
STARTS?**

**What you REALY want**

**Consistency**

**Habits**

