

Start Your Year of the Phoenix Today!

Eight Easy Steps to The NEW You:

1. Decide it is time, not to change, but transform. Select a day to begin your Year of the Phoenix.
2. Download your very own "Year of the Phoenix" action sheet from www.dsborden.com
3. Cut out the "Phoenix" and "Ugly Bird #1." (along the dotted lines)
4. Write all of your "Ugly Bird" habits on the ugly bird. For example: "Paralyzed by fear", "procrastination" etc...
5. Write how you want to transform on the Phoenix. For example: "Do something I fear each week", "schedule important deadlines" etc...
6. Find a safe place to burn your ugly bird, such as a BBQ pit or fireplace.
7. Burn your ugly bird and all its bad habits
8. Color your Phoenix brightly and hang it on your wall where you can see it every day.

