



Imagine what your future, 80 year old self, would love to tell you right now. Any sage words of wisdom for you current \_\_\_\_\_ year old self?

Dearest \_\_\_\_\_

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Express gratitude for something in your life that you would have dreamed of before, which is now your reality, that you haven't expressed deep appreciate for lately. Go in details about why you're grateful. Feel it in your heart. ❤️

Thank you, thank you, thank you for

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Identify a current challenge in your life. What are you trying to solve in your head? Put it to paper below, then turn the page over and have a braindump about it to see if any ideas or solutions come forth.

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Membership includes a monthly live workshop with me, an online community of women from all over the world who are working on their Project Me's together + so much more.

To find out more about my 4-week **High Vibe Journey** programme, go to [www.myprojectme.com/high-vibe-journey](http://www.myprojectme.com/high-vibe-journey)

If you haven't yet got the free **Project Me Life Wheel®** head to [www.myprojectme.com](http://www.myprojectme.com)

Until next time, open your mind, open your heart - and stay curious.

Positively yours,  
Kelly x



Kelly Pietrangeli is the creator of Project Me, a global movement of women who are stepping out of autopilot and consciously creating their lives.

#ProjectMe @kellyprojectme