

**burnalong**

## Coming to you live in January!

Intentional goal setting is a powerhouse for transformation, especially as the new year dawns. With Burnalong by your side, you have the tools and support to turn those aspirations into powerful, achievable actions, making every year a step closer to your best self.



**JAN**

**11**

@ 12:00 PM ET

### Setting goals and finding the motivation to achieve them

Start the year with purpose! Learn the art of intentional goal setting and discover how to align your wellness journey with your aspirations. Our expert coaches will guide you through setting clear and achievable goals for a successful and fulfilling 2024.



**JAN**

**17**

@ 12:00 PM ET

### Building good habits and routines (that you actually stick to!)

Achieve your 2024 goals through good habits and routines! We know habits and routines shape our lives, so let's delve into the science of habit formation and provide practical strategies for building and tracking wellness habits.



**JAN**

**25**

@ 12:00 PM ET

### Visualizing Your Wellness Journey

Join us for an interactive vision board workshop where you'll learn how to create a powerful visual representation of your wellness goals. We'll explore the impact of visualization and help you craft a vision board that serves as a daily source of motivation and inspiration.

