

I'm LaTanya Renee. I began to dream big in my late teens after reading books like "The Magic of Thinking Big" and the Bible.

By 18 I was successfully self-employed as a licensed nail tech. At 24 I left my life and family in Detroit and moved to Atlanta, with dreams to publish a magazine and to write songs. By 27 Industry Status Magazine made it to national newsstands. At 30 I purchased my first home and Cadillac.

I dealt with depression during most of my 20's and early 30's (which greatly effected my business), and by 36 I was bankrupt and divorced. I then used my love for business and faith in God to teach myself how to paint on canvas and to get myself through bouts of depression. I used my nail art creativity and ran with it on a larger scale. I've now been a Fine Artist since 2011 and have sold hundreds of paintings. I also ran a Christian Women's Blog for 2 years in which I wrote weekly devotionals.

Though I've had many victories in my life, I had many more defeats, and there is a humongous difference in the guality of the life I led when

I used to write them down.

Since writing new goals I can tell that my life has drastically changed and I have many new successes to share with you.

No longer do I let depression or excuses run my life.

My life is intentional and I want to help you to be intentional too.



Are You Ready to Dream Big and Set New Goals? Well pull out your blank canvas and let's begin.

"Hold fast to dreams for if dreams die, life is a broken-winged bird that cannot fly." Langston Hughes





What are you all about and what do you represent?

What are your priorities for the next 12 months?

What are your most cherished relationships and why?

How would you like to spend the next several years of your life?

Where do you want to live and what kind of home(s) do you want live in?

"Unless you change how you are, you'll always have what you got" Jim Rohn





If you could be anywhere you wanted to be in life today, where would you be and what would you be doing?

What is that thing you've always wanted to do with your life, but are too afraid to do?

What do you feel passionate about?

How can your dreams/passion help to enrich the lives of others?

How much money do you need to make your dream work?

"You will get all you want in life, if you help enough other people get what they want." Zig Ziglar





Brainstorm Session:

Write Down 3-6 Goals You'd Like to Accomplish in The Next 12 Months 1.
2.
3.
4.
5.
6.
List 5 Obstacles That Are Currently Standing in Your Way

- 1.
- 2.
- 3.
- -
- 4.
- 5.

"Average is a failing formula" Grant Cardone





Brainstorm Session Con't:

List 5 Ways You Can Overcome These Obstacles

1.
2.
3.
4.
5.
List 5 Tools/Equipment/Resources/Skills Etc. You'll Need to Reach These goals
1.
2.

- 3.
- 5.

"Mostly, the world see's you the way you see yourself." Lisa Nichols





Now that you've put your thoughts on paper write your vision below. Write it as if you can have everything you prayed to God for. Write it as if no obstacles are standing in your way and Include as many details as you can such as where, what, when, colors, smell, size etc.

"In their hearts humans plan their course, but the Lord establishes their steps." Proverbs 16:9





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I ______ am committed to doing the things I don't feel like doing in order to get to places I always dreamed of going.

Today ______ 2017 I commit to spending _____ per week to work towards my dreams.

I realize that excuses, complaining, and negative thinking will not be allowed on this new path. Today I will begin to renew my mind and feed it with the right things. Today I am committed to Dreaming Big and Painting My Future.

Today is the Day of Great Change

CONGRATULATIONS!!!!!! YOU'RE ON YOUR WAY TO BIGGER THINGS

I'd love to hear all about your progress through your comments on the blogs YouTube (cureforbarewalls), Facebook (cureforbarewalls), Instagram (cureforbarewalls), Houzz (cure for bare walls), Pinterest (cure for bare walls) and Twitter (cure4barewalls).

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"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight." Proverbs 3:5-6



TODAY DATE: __/__/___



IMPORTANT TIMES	TODAY'S GOALS
EXERCISE	MEALS

NOTES