



# FREE Master Class

Incredible Yes in 2022  
Feb 4 | 9pm-10pm EST

Best Ever You Coaches

Join us for inspiration, positivity and  
mentally preparing for the year.

**Private Facebook Group**  
**Free Worksheet for Class**



Elizabeth Hamilton-Guarino, CMC

Kris M. Fuller, CMC

Register at:

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## **FREE Master Class**

# **Incredible Best in 2022**

Jan 7th | 9pm-10pm EST

Setting your stage for 2022.  
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**Private Facebook Group**  
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Welcome  
Prepare  
Focus Word  
Reasons  
Homework | Sharing  
Wrap Up

**BestEverYou.com**



About Us:

### **About Elizabeth Hamilton-Guarino**



Elizabeth Hamilton-Guarino is the founder and CEO of The Best Ever You Network and Compliance4. She has helped individuals and organizations around the world be their best and achieve world-class excellence with gratitude-based behavior and belief systems. She is one of America's foremost personal and corporate development consultants specializing in mindset, strategy, leadership, and taking action. Elizabeth is the author of [\*The Change Guidebook\*](#), which is available to pre-order. She is also the author of the award-winning book *PERCOLATE - Let Your Best Self Filter Through* (Hay House) and multiple children's books as a contributor and author.

Elizabeth is a member of The Forbes Business Council, a Leadership Advisor for the Olympia Snowe Women's Leadership Institute and is a Certified Master Coach.

### **Kris M. Fuller:**



Kris M. Fuller Certified Master Coach with a passionate focus on confidence, mindset and development. As the Chief Creative Officer of The Best Ever You Network and Founder of Your Life Sparkles, Kris has helped thousands find their path and follow their dreams. Kris is unapologetically positive and believes everyone deserves a bright, beautiful future. She speaks on overcoming obstacles with love and hope.

Kris is the author of *TerraMara: Mara's Transformation* and is the co-author of the best-selling Best Ever You 52 week guided Journal and the children's book series, *Pinky Doodle Bug* and *Pinky Doodle Dance*. She is also a recognized artist.

## **Create Your Yearly Theme**

Here at The Best Ever You Network, we are big fans of the practice of giving ourselves a theme or word for the year to help us get more aligned with our best self and create our best life. It's a New Year, so why not be your best you? We think this is a great time to shift your mindset. In being your incredible best, there are so many actions, steps, changes you can focus on or pay attention to. Finding a word to focus on can help guide you through the year, no matter what you dream of, what we wish for or even where we might need to find strength.

**You can create a theme around an area of your life.**

### ***Examples:***

**Are you looking to adjust to or implement a major life change?**

Consider a theme around "Next", "New Me", "Endless Possibilities".

**Are you looking to improve an area of your life?**

Consider a theme such as "Transform", "Alignment", or "Incredible Best"

**Are you grieving or in grief recovery?**

Consider a theme or words such as "Healing", "Re-Discover", or "Compassion".

**Are you taking a look within?**

Consider a theme around "time-management", "Mindset", "Momentum", or "Self-Care".

**Here are some of our favorite words and themes to get you started.**

Abundance  
Acceptance  
Adventure  
Alignment  
Appreciate  
Awaken  
Balance  
Be  
Believe  
Benevolence  
Brave  
Breathe  
Centered  
Clarity  
Compassion  
Confidence  
Consistency  
Courage  
Discover

Dream  
Elevate  
Embrace  
Energy  
Flourish  
Focus  
Grace  
Gracious  
Gratitude  
Harmony  
Healing  
Hope  
Improve  
Joy  
Kaizen  
Kindness  
Lead  
Love  
Master  
Mindful  
Mindset  
Observe  
Organize  
Passion  
Patience  
Pause  
Persevere  
Prioritize  
Reconnect  
Resilience  
Self-love  
Self-care  
Self-worth  
Shift  
Thrive  
Transform  
Truth  
Well-Being  
World Class

#### Phrases

- Gradual Improvement
- I Can
- I Am

- Choose Love
- New Life
- New Beginning
- Choose Well-Being
- Comprehensive Well-Being
- Focus on Others
- Follow Up
- Set Boundaries
- Create Stability
- Percolate Peace
- Be Mindful
- Gain Momentum
- Money Manage
- Live Your Dreams
- Less is More
- Manage my Mindset
- Be Accountable
- Take Responsibility
- Be Aware
- Be Kind
- Raise My Vibration
- Moments Matter
- Push Through Fear
- Get Uncomfortable
- Be Bold
- Be Willing
- Embrace Abundance
- Choose Peace
- Own It
- Reclaim my Power
- Improve My Well-Being
- Choose Joy

- Attract Happiness
- Be Positive
- Embrace Change
- Amplify Courage
- Live in the Present Moment
- Be more Patient
- Consciously Ambitious
- Trust myself
- Minimize Drama
- Create Change
- Think with my Heart
- Let Go
- Move forward
- Be Light
- Unlearn and Learn
- What's Really Important
- Prioritizing Time
- Epic Shift
- Surround Myself with Love

These are just some of our words and phrases we use and recommend. If you have others, please add them in the comments to this post or join our [private Facebook group](#) and post.

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1. My word for the year is

2. Why is this word important to me?

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3. What does this word look like in action?

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4. How will I remind myself of my focus word over the next months?

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**How to choose your word:**

**Look forward.**

★ **What do you crave?**

★ **What do you need?**

★ **What word would change your  
attitude & thoughts?**



**Amplify.**

**Find deep appreciation for  
your word.**

Focus  
Simplify  
Align  
Truth  
Energy  
Calm  
Love  
Faith  
Peace  
Pause  
Celebrate  
Kindness  
Learn  
Encourage  
Grace  
Gratitude  
Well-Being  
Abundance



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