



FRESH START

**The Positive Power of
Embracing New Beginnings**



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Introduction



“Step out of the history that is holding you back. Step into the new story you are willing to create.” —Oprah Winfrey

There is nothing more exciting than a fresh start! Think of it, a brand new chance at a New Beginning!

Of course, not everyone is quite so excited by fresh starts, especially when this idea is still new or perhaps one you haven't exactly set out to choose for yourself. It can feel pretty daunting until you get used to the idea. In fact, sometimes fresh starts can feel quite scary until you turn them around and make them yours.

How does one do this?

Here's where this particular book comes in. Over the next few pages, you're going to learn a lot about new beginnings and what they look like. We'll even talk a little about why they might seem intimidating at first.

The story doesn't end there, though. In the second part of the book, you'll discover how to embrace your next new beginning and seize its power for yourself.

Finally, you're going to get a handful of tips to get you started in the right way. You will learn how to put your best foot forward as you step into the new, exciting world you are ushered towards during this fresh start.

Are you excited yet? Let's get started!

New Beginnings

Why are we so afraid of change? After all, change is a good thing. If we never changed, we would very quickly grow stagnant. Life would be dull, not to mention we'd never experience real growth or become all we want to be someday.

Perhaps we don't like change because change implies a New Beginning. Fresh starts can seem a little daunting at first, especially if the change you're embracing is rather significant. Let's explore this further.

What is a New Beginning?



Our lives are filled with New Beginnings from the time we were born. Going to school for the first time was a New Beginning. Every time you moved, you've experienced a fresh start.

New Beginnings have certain earmarks. The most common? They contain some differences from the status quo. You're stepping out in a way you haven't before or haven't for a long time. They always involve a change in your routine, which doesn't even have to be glaringly significant. A New Beginning might be something small, like starting a journal or planning to take a walk after dinner every night.

Alternatively, a New Beginning can be grand, enormous gestures everyone can see, like when you get married or move cross-country.

Whatever the case, a New Beginning is an opportunity to start over. To be different than you were before. To become better than you ever have been. They are the pathway to success and the realization of your fullest potential.

New Beginnings You Might Face

What are some of the more common New Beginnings you might face?

A New Day

Sometimes we just decide to change things because it's the first day of a new week or the start of a new year. All it takes for this kind of change is an important date on your calendar. What you want to make of this change is entirely up to you.

The First Day of School

Whether you're going to school for the first time, starting a new school year, or just seeing your kids out the door as they begin their academic life, the first day of school can be a highly significant time to make a change.

A New Love

Sometimes New Beginnings come with a first date or milestone in a relationship. Sometimes they show up when you're making a new commitment or recommitment in the relationship. When it comes to romance, there are many ways to embrace a fresh start.

A Life Moment

Are you finally retiring? Maybe you are enjoying your first apartment? Life moments are connected with those seasons of life, which cover everything from entering adulthood to seeing your children enter theirs. The nice thing about life moments is they're already New Beginnings. It doesn't take



much of a nudge to personalize them.

A Job Change

New jobs, promotions, or added even responsibility all becoming defining moments in your career. These make for really significant beginnings and fresh starts.

Change of Address

Fresh starts are particularly easy when you're changing locations. The nice thing about moving is they automatically feel like you're starting with a clean slate, especially if you're moving somewhere you don't have a lot of history.

Renovations

Anytime we rebuild our home environment, we're giving ourselves a fresh start in our day-to-day life. These renovations are a great time to give yourself a New Beginning as well. Why not set up some new routines to go with your new surroundings?

Homecoming

Anytime you come home from a long trip, there's a strangeness to being back in familiar surroundings, which requires a couple of days to acclimate to again. Why not take advantage of these moments to build some new routines or make a change you've meant to make?

Of course, there are other kinds of fresh starts, but this should give you the general idea. The rule of thumb? If you feel like something new is on the horizon or are making way for something in your life which wasn't there before, you're probably on the cusp of a New Beginning.

Why Do We Fear These New Beginnings?



The problem with New Beginnings is they very often feel more like endings - which they are. You can't be starting fresh without first letting go of something else. It makes sense when you think about it. You can't start a new job without first leaving the last one. You can't start enrollment at a new school without saying goodbye to the last one.

Of course, there are always exceptions. You might be working in more than one job, for example. For the sake of argument, though, *most* fresh starts mean letting go of something else first.

Also, the New Beginnings generally show up in the wake of some kind of shake-up. The shake-up can be anything. It could be an argument with a significant other that triggers a desire to

act differently. An illness might prompt a change in how you think about your health. The loss of a job is a definite sign you need to look for a new one.

Some of these shake-ups are good things. For example, you might watch a motivational video and feel inspired to make a change in your life. More often than not, though, these changes tend to have a more negative connotation, like that time you stepped on the bathroom scale and came to the conclusion it was time to change your eating habits completely. Let's face it. Sometimes you're not on board with a New Beginning, even when deep down you know it's good for you.

It's these negative feelings that will do you in every time. When you feel unhappy about the change, it's hard to see a New Beginning as something positive. Worse, if you have an uneasy feeling the outcome might not be what you want, you'll find yourself fighting it every step of the way.

At its worst, fear of New Beginnings will start affecting you both mentally and physically. This fear shows up in various ways, the most obvious being depression and anxiety, both caused by added stress. Over time, these factors will combine to cause fatigue and physical pain and will negatively impact your health.

The Top Eight Fears That Prevent Us from Embracing New Beginnings

So, what are we so afraid of when it comes to new beginnings? The following list isn't going to cover everything, but the basics are all here. Let's see what we've got:

The Unknown

Of all the reasons people hesitate in embracing New Beginnings, this is probably the most common. There's a lot of unknowns when you're starting on an unfamiliar path. It starts with a lot of questions.

- What happens next?
- Am I going to like the change?
- What if the old way was better?
- What if I don't know what to do next?
- What happens if I make wrong decisions?
- What if all of this is a terrible mistake?

Notice a theme?

When we're not sure of the outcome, our imagination tends to take over. We become more fatalistic, expecting the worst possible outcome. Or worse, we start to question ourselves and whether we have what it takes to change. It's no wonder the fear kicks in and derails us completely.



Rejection

There's not a person on the planet who likes rejection. The idea that those around you, especially friends and family, might not accept the new path you're on, or worse, become critical of what you're trying to do can feel terrifying.

Why? Simply put, rejection is a separation from the other person. It means a loss of their respect or good opinion of you. At its worst, rejection can break the relationship completely, removing the other person from your life entirely. Fear of abandonment on any level is a core fear and is generally one of the first we learn back when we're babies.

Disappointment

There are a few different types of disappointment. The first type focuses on your circumstances. The second type looks inward and turns the focus back on you.

Disappointment sets in when things don't turn out the way we planned. When we engage in a fresh start, frequently, we have a certain idealized view of what we hope the outcome will be. When this vision proves to be flawed, it's normal to experience deep feelings of disappointment over the outcome. The problem with this is it's normal to experience a different outcome than planned, simply because we're not perfect, nor are we particularly great at predicting the future.

This feeling is harsher when disappointment is aimed at us. We discover whatever we're setting out to do is something past our abilities. Or worse, we make mistakes along the way.

Fear sets in when we start worrying about these outcomes. When we start doubting we'll succeed in the way we plan; we start to wonder if we can live with the alternative. This doubt is when you need to note that the fear is often unwarranted. Sure, we might experience something different than planned or have different abilities than we thought, but this doesn't mean the outcome is automatically worse. More often than not, we find something better along the way so long as we're open-minded as to the outcome.

Loneliness

New Beginnings can feel pretty isolating sometimes. This feeling is because we tend to embark

on new journeys alone, as most journeys to self-improvement are rather personal things. But this can take a scarier turn when you realize just how alone you are sometimes.

Take, for example, the individual who decided one day to give up smoking. Because most smokers tend to hang around with other people who smoke, it can be difficult to embark on this new journey if you keep to your old habits, and yes, your old friends. You find yourself separating yourself from other smokers not to be tempted. Now you're not just losing what had been a satisfying habit, but an entire social network made up of fellow smokers. This kind of isolation isn't just limited to a change in habits, though. Sometimes New Beginnings take us to new places, like when we move. Or they make us even more deliberately away from certain individuals when we divorce, set new boundaries, or otherwise move away from what might be toxic relationships.

This isolation leads to fear of being stuck in our own company, especially when we feel more people are being left out of our lives than are being invited in.

Stepping Out of the Comfort Zone

We are all creatures of habit who gravitate toward routine very easily. In part, this is because we take a lot of comfort in knowing what comes next. Surprises are unpredictable.

Fresh starts mean trying new things and abandoning those routines, at least in part. This uncertainty is what leads to fear. We don't know what comes next as we form our new routines. We no longer have a roadmap for our day. This break from old routines doesn't mean we aren't creating new routines that will soon feel comfortable. But in the now, as you're starting, this can feel pretty frightening.



Loss of Status

Whether you realize it or not, there's always a risk in changing, even for the better. For some, this might include the risk of status, whether real or only in one's imagination. For example, say the fresh start you're engaged in involves not losing your temper quite so easily. To you, this gives an immediate benefit of lowering stress, blood pressure and making you more likable to those around you. But to some, this new, quiet demeanor might be seen as a loss of authority. To someone who works under you at work and is used to your noise and bluster, they might even exhibit their attitude toward the 'new' you by not listening to the instructions you give.

As with many of these other fears, we need to realize a lot of these fears are ones of our own making. We're guessing what other people are doing or thinking. Even in the example given here, what you might be seeing as a loss in status can just as easily be the co-worker's reaction to having a bad day, or even in just not hearing or understanding the instructions thoroughly.

This isn't to say your fear is irrational, though. Sometimes the fresh starts we make will impact how other people see us. Your fear might be perfectly valid, at least to some extent.

Success

This fear is one people don't often think about until they're experiencing it themselves, and even then, they tend to be surprised when they realize what's going on. At the same time, the fear of success is quite common.

While one would not think of success as a problem when it comes to a fresh start, it can represent a new and unfamiliar status quo. This new feeling alone is reason enough for many to find success worrying. Success also brings a wealth of other worries, though.

- What if this success is only temporary after all?
- What if I can't do it again?
- What if this success was just a fluke, an accident, or luck?
- What are people's expectations of me going to be if I succeed?

- Does success mean my life has to change?
- Will people treat me differently if I succeed?
- Will I have new responsibilities if I succeed?

Thoughts of Others



Last we hit on a fear so common you'll find it cropping up in many walks of life, and not just in New Beginnings: The fear of criticism.

The way the world sees us can impact us more deeply than we might realize. Unfortunately, we learn this young in our elementary school days. When we are children, being unusual in any way is an open invitation to teasing and

even bullying. We quickly learn to avoid bad interactions with our peers. We need to be aware of their opinions of us. Sadly, this is a toxic mindset and sets us up repeatedly for failure as we constantly check ourselves to keep from standing out.

The problem is, when you're embracing a fresh start, people are generally going to notice. This fresh start is a new you being formed after all! As with the fear of a change of status, we can't help but be aware of what those around us might say or do when they realize we're neck-deep in a New Beginning.

So, what do you do when things look a little scary when embarking on your Fresh Start?

The first thing you'll need is to get a firm grip on any fear you might be experiencing. This is about control, plain and simple. Take time to notice what you're so afraid of, and don't hesitate when it comes to probing to find out just what's at the heart of this fear.

At the same time, you're going to have to come to terms with the idea that you can't control what other people are going to think or do. Think about it this way:

- **Some People Will Hate the New You**

Fine. Not everyone will be on board, especially if this new you is somehow impacting them directly. Think about the recovering alcoholic who won't spend time with their old drinking buddies anymore. The drinking buddies might not be keen on this change, even though their friend is clearly making the correct decision. If this is the case, ignore these folks. They're certainly not friends, and they don't have your best interests at heart. Focus on being the best version of yourself ...for yourself!

- **Some People Won't Notice or Understand**

These are your neutral folks. Generally, this group is made up of people you don't know well. If this is the case, what are you worrying about what they think? If they're not thinking anything about you, you're only wasting your time thinking about them.

- **Some People Will be Supportive**

These people are the best possible group. People who genuinely love and care for you want to see you at your best. These are your tribe, your cheerleaders, and your ardent supporters. Embrace what these folks have to say.

Live fearlessly. Fresh starts, as scary as they might seem sometimes, often turn out amazing. In fact, rather than getting caught up in a fear cycle every time you're facing a New Beginning, consider this: what if you embraced this opportunity for positive change instead?

Let's dig into this thought a little more in the next chapter.

Embracing Your Chance at a New Beginning



What if instead of feeling terrified anytime someone brings up a New Beginning, you instead felt excited and couldn't wait to get started? This feeling is the joy that comes from embracing your New Beginning, and it's an amazing feeling!

Imagine this:

It's day one of the new you. You wake up and can't wait to get out of bed. You throw yourself into your morning routine, barely able to restrain yourself in your eagerness to attack the day. All day long, the world just seems a little brighter and more interesting, no matter what you're doing. In fact, you're seeing things you've never noticed before, enjoying small details you

might have overlooked in the past. Everything feels so bright and new. Even the same old things which you've been doing forever have become more interesting. Even *you* feel different as if you're somehow wiser and more accomplished just by being you.

This feeling is the number one benefit of a fresh start. What makes it so exciting?

The Power of a New Beginning



New Beginnings hold a lot of power just because they're so important. Think about all the positives they bring to our lives:

They Give You an Opportunity to Let Go

Sometimes we find ourselves holding onto things from our pasts in ways that hold us back or are even unhealthy. These memories have worked themselves into being the baggage we drag around with us wherever we go. This is especially insidious when we use these incidents to beat ourselves up or feel bad about the decisions we've made. Thankfully, a New Beginning gives us the reason we need to clean out this mental clutter. There is simply no room for this kind of unhealthy dwelling on things when focusing on the future. Imagine the power in not having to drag around all that nasty stuff anymore. You've got a clean slate. Now use it!

They Help You Face Up to Your Fears

Remember all those fears we talked about earlier? Well, New Beginnings allow you to prove those fears don't have control over your life. This doesn't mean you don't feel the fear. You might always have some of those trepidations as you make changes in your life. The difference, though, lies in not letting those fears stop you. With a New Beginning, you'll find something which gives you reason enough to fight your way forward, regardless of how scary this might feel initially.

The Rewrite the Script

Are you having trouble with inner dialogue? If you're telling yourself more negative than positive things about yourself, you're doing yourself a major disservice. The nice thing about New Beginnings is they give you an opportunity to switch out those old sayings and start over again with something better. As part of your fresh start, positive self-talk can be life-changing. The key? Keep things upbeat. Focus on the fresh direction you're heading and remind yourself you're already a success just for starting. Here's where the power of a New Beginning makes a real impact.

They Teach Us New Things

New Beginnings tend to be chock full of lessons waiting to be learned. At first glance, this might not seem like a great reason to embrace a fresh start. But think about this a moment. Anytime we start something new, we're going to make mistakes. The key is to keep a positive outlook and accept those mistakes as valuable parts of the process. By the time you're through this fresh start, you're going to have so much knowledge you never had before. This is something to celebrate!

This Give Us a Chance to Really Prove Ourselves

Finally, a New Beginning is the perfect way to find out what we're made of right now. Not sure just how far you can go in reaching your goals? Starting over is the opportunity you've been waiting to grasp. There's no room for procrastination when you're starting fresh, nor is there time to dwell on past mistakes, the negativity of others, or anything else which might have been holding you back. This new beginning is about you seizing the day and showing the world what you're capable of accomplishing. That is some pretty powerful stuff!

Embracing New Beginnings

So how shall you harness the power of the New Beginning and welcome this fresh start into your life? Try some of these tips:

Grab What's Good

If you're having trouble embracing the New Beginning, it might be because you weren't quite ready to let go of whatever was ending. Take a few minutes to appreciate the best of what came before. It might help to journal about these moments so you can let go and move forward without dragging the past along with you.

Choose an Action

New Beginnings might seem daunting at first. With so much you want to do, it can be confusing as to where to begin. Sometimes all we can do is make a decision, right now, for one small action you'd like to take. The key is not to get so caught up in worrying about the perfect start that you never start at all. So, grab your first action step and do it. It's just this simple.

Focus on the Now

Don't get so worried about where you've been or where you're going that you stall out completely. Keep your attention on what's happening right now. If you're having trouble



keeping your mind on the present, you might want to try mediation or other mindfulness activities to hone your focus.

Take Frequent Breaks

It's easy to jump in with a great deal of enthusiasm. The problem? Too much energy used all at once can become exhausting, leading to a problem with fatigue and burnout. Rather than kill your momentum, keep your energy up by resting frequently. Try scheduling your breaks, so you don't forget them.

Explore Your Emotions

You're going to be feeling a lot of things as you embark on your New Beginning. Bottling up what you're feeling is never a good idea. Express joy, acknowledge the frustration, accept your fear. These are all part of who you are and are quite real and valid emotions. If you're getting overwhelmed by this particular aspect of the journey, you might want to take some time to write out what you feel or to talk to someone who can help you understand what you're going through and keep things in perspective.

Do Something You Haven't Before

New Beginnings should be full of new exciting actions. If you want to take advantage of the power behind a new beginning, look for these opportunities to try things you never have before. This transition is the perfect time to learn new skills and discover things you've never known about yourself before now.

Notice the Nuances

Sometimes your New Beginning might not seem like it's going anywhere. Here's where you want to start paying attention to the details. You'll be surprised at how much you've already accomplished, especially when you start hunting for those small victories. Remember, not every fresh start is earth-shattering.

Ask Questions

New Beginnings are always going to contain aspects that are new to you. Don't expect to be perfect at whatever you're doing on the first try. In fact, the old saying, "fake it 'til you make

it," can mess things up. Sure, sometimes we might need to fake confidence we don't feel when starting, but we should never fake our knowledge level. Here's where it becomes crucial to ask questions, even if this means swallowing your pride to do so.

Learn Things

Do you have gaps in your knowledge? New Beginnings have a way of letting you know where you're lacking. Consider education a part of your fresh start. If asking questions isn't enough to get you started, you might want to consider other alternatives. Get a mentor. Go back to school or just take a class. Read a book or watch a video or two online. Whatever you're lacking, find.

Journal



A New Beginning is something you're going to want to revisit later on in your life. By writing down your goals, the milestones reached, the emotional journey you're on, and all the things you're learning and seeing for the first time, you'll have a record that you can go back and revisit later. This record can be especially useful to have on those days when you're feeling discouraged. Re-reading your journal

will help remind you of the progress you've made and all the wonderful things you've discovered along the way. It will also serve as a reminder that while you've had hard times before, you've also gotten through them. These reminders can be especially encouraging to reflect on when you're feeling down.

Share the Journey

Various studies have proved goals are more likely to be reached when those goals have been shared with someone else. This fact is no different when you're embarking on a fresh start. By telling someone you trust about what you're trying to do, you're accomplishing two things.

First, you're making a public statement of what you want to do, which will hold you accountable later on. Second, you're cultivating a more intimate relationship with someone important who will then be able to share in your journey and encourage you along the way. This step is a very powerful win-win when it comes to embracing your new start.

Take Care

If your health suffers, any energy and enthusiasm you had in your New Beginning are going to fizzle. You absolutely must take care of yourself, especially now. Take the time to exercise every day. Eat right, focusing on healthy food choices and dropping out the junk food and processed stuff, which will only sap your energy later on. Get enough sleep, so you're well-rested. Drink plenty of water to keep your brain active and on point. All these things work together to give you the power you need to keep going, no matter what you're doing.

Of course, there are many more ways to embrace the power of a New Beginning truly. The key is to find what works for you to give you energy and enthusiasm for what you're doing.

Your Best Foot Forward



Now that you've learned how to embrace New Beginnings, you will want to know how to get off to a fast start. So, in the interest of putting your best foot forward immediately, let's just jump in, shall we? What's going to follow is a handful of tips designed to get you moving, no matter what New Beginning you're facing.

Learn How to Let Go

Sometimes the hardest part about a New Beginning lies in learning how to let go of what you were before. The problem is, it's very natural to want to cling to the old way, even if what you're clinging to isn't what you want deep down or no longer serves the same purpose in your life.

So, how do you accomplish this then?

You start by taking a little time to accept the transition. Give yourself space to remember what *was* before getting too caught up in what *will be*. This step might also include dealing with some bad stuff, so be prepared to work through what happened, reminding yourself firmly that whatever you're leaving is behind you and can't hurt you anymore.

Because this process can be difficult sometimes to deal with on your own, you might want to reach out to someone else to help you through this. Talking to a trusted friend or confidant can make the transition easier. Are you still having trouble? Consider reaching out to a counselor or other mental health professional if you have a hard time letting go. Sometimes we can all benefit from professional insight and guidance.

Become Intentional

Your New Beginning is going to need purpose and direction if you truly want to embrace it properly. Take some time to ask yourself what you want this next stage of your life to look like and who you want to be in this moment. By creating a game plan of sorts, you're going to get a whole lot more out of the future. Some things you might want to consider:

- What is your new purpose? What do you hope to accomplish?
- What do you need to learn to achieve this purpose?
- Where do you want to be as you work toward this goal physically?
- What new habits should you embrace to make this happen?
- What old habits need to go to make this happen?

Once you have a clear plan in mind, the rest will start to fall into place naturally. This is the magic of intentionality. After all, success is never going to happen by accident.

Have an Open Mind

Not everything you plan is going to happen. Situations change, and you might be called up to pivot or shift your thinking entirely when you're amid your fresh start. This is why this step is

so important. An open mind will keep you from becoming mired in a "should" mindset. Instead, keep your options open. If you're going into this with the idea nothing is set in stone, you'll do so much better in the long run.

Anticipate Failure

No one ever wants things to go wrong. The problem is, when you're starting something new, you're never going to have all the skills, knowledge, or abilities right at the beginning. Mistakes will happen, especially as you're in the learning and growing process. These mistakes, too, are part of life.

How to get past failure? You start by accepting the lesson to be learned when things go wrong. Ask what you can take away from this experience. How can you apply those lessons moving forward? Then, once you've mined the experience for what you can, let it go and move on. Taking on this mindset now is going to save you a lot of time later.

Create a Support System

Fresh starts can be made more difficult depending on just who you're hanging around with at the time. The problem is, not everyone in your old circle of acquaintances will be as ready to accept the new you as you might wish. In some cases, your old 'friends' might do more harm than good, especially if they actively seem to want the old you back.

What to do?

Now is when it's crucial to evaluate your friendships. Ask yourself if the people in your life are truly supportive. Look for the encouragers, mentors, and best friends who are always cheering you on and can be as excited about this New Beginning as you are.

If you feel like you don't have enough of these kinds of people in your life, it might be time to cultivate some new friends. Look for people who embrace similar goals or values. Cultivate people who are positive and who are as excited about the changes you're going through as you are.

And as for the rest? You might want to limit your contact with people who aren't encouraging or constantly put the new you down. After all, this is a crucial time for you as you step out into a newer and better you. Sometimes you're going to have to do things to protect your fresh start. This step is one of them.

Become Bolder

Finally, you're never going to get as much out of your fresh start as you could if you don't jump right in and see how far it will take you. This step requires a certain amount of courage and an attitude which anticipates and even is excited about new things. To encourage this boldness:

- Try new things. A New Beginning is probably going to require some new skills. Ask yourself what you can learn today?
- Meet new people. Right now is a great time to find mentors or even just have conversations with people you might not have talked to before.
- Go to new places. The last thing you want to do is carry into your new, fresh life the same old rut you'd been in previously. Why not eat lunch somewhere new or try a new route to work?
- Think new thoughts. Grab a podcast or read a book on a topic that is unfamiliar to you. Expose yourself to new ideas.
- Embrace new habits. Your New Beginning is going to require a shift in how you've done things before. What



behaviors will help you accomplish this shift?

- Talk in new ways. Forget the past script to your self-talk. The success of your New Beginning depends on new terminology and dialogue. How can you encourage yourself today?

Now, put all these actions together, and you're certainly starting on the best foot possible.

Conclusion



“The most important thing to remember is this: To be ready at any moment to give up what you are for what you might become.” —W.E.B. Du Bois

The past no longer matters. Today is the start of something exciting and new. Welcome to the world of your fresh start!

Sure, it might still be a little scary to let go of the past. But hopefully, by now, you're feeling energized and ready to embrace the power of the New Beginning. You certainly have the tools to do so. Now the only thing left is for you to create the kind of beginning you want.

Think about this for a moment. You're standing on the brink of a new life and the kind of success you've always wanted. All it takes is that very first step.

Ready? Then get set - because it's time to get going. Your new life is waiting!



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START
THE WORKBOOK

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INTRODUCTION

No matter who you are, at some point in your life you are going to embark on some sort of new journey or beginning.

You will start a new school year, move to a new city, or start a new job. You will likely do all three of those things, maybe even in quick succession.

How willing and daring you are to embrace these new beginnings could affect your life outcomes. If you are too scared to take a big chance at reinventing your life, you might miss out on some massive opportunities.

This workbook is going to help you embrace new beginnings so you can ensure you get off to the best start possible.

Let's not waste any more time, when you are ready for your fresh start, read on.

NEW BEGINNINGS

In this section, you are going to examine what potential new beginnings you are going to face.

This might be simple for some people. You might already be facing a new beginning of some sort. Maybe you are about to start a new job, move across the country, or on the verge of proposing to your partner.

For other people, you might need to think about the areas of your life that are growing stagnant and need a *fresh start*.

New Beginnings You are Facing

In this section, you simply list any new beginnings you might be facing. Think about events like moving to a new city, starting a new job or embarking on a new relationship.

- 1.

- 2.

- 3.

- 4.

- 5.

- 6.

- 7.

- 8.

- 9.

Stagnant Areas of Your Life

In this section, think about areas of your life that might need a *fresh start*. Reflect on areas of your life that aren't progressing as well as you had hoped. One quick example would be your career. Maybe you have progressed as far as you can, and you have lost your passion. This might be an area of your life that could use a *fresh start*.

1.

2.

3.

4.

5.

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7.

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10.

11.

12.

13.

14.

At this point you should have a list of new beginnings you are about to face or should consider facing due to stagnation in your life.

This might not seem like a major step, but it is powerful to acknowledge that change is in (or should be) in your future.

Now that you have acknowledged it, you can take some steps to prepare yourself.

FEARS & OBSTACLES

We all know that fear is one of the biggest stumbling blocks when it comes to new beginnings.

When you acknowledge this fear, you take some of its power away. You can also devise a plan to deal with your fear.

Take the list(s) you made in the last chapter, and list any fears that you might have about each *fresh start*.



Fears or Worries Holding You Back

Your New Beginning:
Fears You Have About It:
How You Can Address These Fears:

Your New Beginning:

Fears You Have About It:

How You Can Address These Fears:

Your New Beginning:

Fears You Have About It:

How You Can Address These Fears:

Your New Beginning:

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Fears You Have About It:

How You Can Address These Fears:

Your New Beginning:
Fears You Have About It:
How You Can Address These Fears:

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Potential Obstacles

Separate from your fears, there are many other obstacles that hold us back from embracing our new beginnings.

If you have a new job, you might be worried you lack certain skills. You might want to switch your career, but you have too much debt to worry about. Maybe you are ready to move to a new city, but you hate going through the rental process.

Reflect on each of your new beginnings, and try to envision potential obstacles. Once you have done that, devise a plan to deal with them./

Your New Beginning:

Potential Obstacles:

How to Deal With Them:

Your New Beginning:

Potential Obstacles:

How to Deal With Them:

Your New Beginning:

Potential Obstacles:

How to Deal With Them:

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Potential Obstacles:

How to Deal With Them:

Your New Beginning:

Potential Obstacles:

How to Deal With Them:

CONCLUSION

New beginnings are scary.

There is no way to get around this. It takes a lot to pick ourselves up, brush off the dirt and start all over again. It can be tough. It can be lonely. It can feel like taking a step backwards.

Maybe ...but it is also so much more than that.

It's a clean slate. You have the whole unwritten future in front of you. It's a chance to right wrongs, and replace negative memories with positive momentum.

Don't let fear and obstacles hold you back from pursuing your new beginnings. Everyone deserves one, and if you commit to what you learned in this book, no one is going to be able to hold you back.

Congrats on taking the first steps on your *fresh start*.



Stay In Touch!

Thank you for working through this resource!

Do you want help creating your fresh start?

Click [HERE](#) to book a FREE 20-minute consultation today!

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