

NEXT 90 CHALLENGE

WITH RACHEL HOLLIS
WEEK 1

↳ PERSPECTIVE



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NEXT 90 CHALLENGE

WITH RACHEL HOLLIS

WEEK 2
↳ JOY



IT IS POSSIBLE TO HOLD BOTH JOY AND PAIN

YOU GET TO CHOOSE HOW YOU LOOK AT THIS

JOY

YOU CAN FIGHT FOR IT!

DON'T LET OTHERS DICTATE THE NARRATIVE

BE INFORMED, BUT NOT FROM SOURCES THAT MAKE MONEY OFF OF IT

#NEXT90CHALLENGE

EVERY DAY YOU GET TO WAKE UP & START AGAIN

IMAGINE THE BEST VERSION OF YOURSELF 6 MONTHS FROM NOW

WHAT WOULD THAT PERSON TELL YOU NOW?

START PRACTICING

JOY BRINGS YOU BACK TO THIS MOMENT

DO YOU KNOW THE THINGS IN LIFE THAT GIVE YOU LIFE?

1 A DAILY GRATITUDE PRACTICE

WRITE IT DOWN

WHERE? WHEN?

2 A JOY LIST

THINGS THAT MAKE YOU HAPPY & YOU CAN ACCESS AT LEAST 15 ITEMS



IF YOU HAVE A LIST, YOU CAN PLAN FOR IT

3 SCHEDULE JOY

WE ARE MORE USED TO FEELING SOMETHING - NEGATIVE THAN + SOMETHING POSITIVE +

THE ONLY THING WE HAVE IS THE PRESENT

IT'S OKAY TO GRIEVE THE LOSS OF WHAT WAS, BUT THE FASTER YOU COME TO TERMS WITH WHAT IS, THE FASTER YOU'LL SEE THAT WHAT IS - IS FOR YOU

4 JOYFUL ACCOUNTABILITY

#90DAYCHALLENGE

LEARN TO ACCEPT WHAT IS



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NEXT 90 CHALLENGE

WITH DAVE HOLLIS

WEEK 3 ↳ HABITS



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YOU WILL NEVER CHANGE ANYTHING UNTIL YOU COMMIT TO

CHANGE

ON AN EVERYDAY BASIS

BE CONSISTENT

TRACE BACK WHERE THE TRIGGERS COME FROM

WHEN I AM TRIGGERED BY (TRIGGER) CURRENTLY I (ROUTINE) BECAUSE IT PROVIDES ME (REWARD)

IF/THEN STATEMENTS

IF I WANT TO... THEN I NEED TO...

MAKE A LIST

4 QUESTIONS

DO YOU KNOW...

WHAT YOU NEED TO IMPROVE?

HOW YOU'RE SUPPOSED TO IMPROVE?

WHY YOU NEED TO KEEP IMPROVING?

WHEN YOU'RE SUPPOSED TO IMPROVE?

1 LEAN INTO FAITH

2 DAILY ROUTINE

3 MOVE YOUR BODY

4 GUARD MEDIA CONSUMPTION

5 DAILY GRATITUDE PRACTICE

6 DRESS THE WAY YOU WANT TO FEEL

7 STAY CONNECTED TO OTHERS

8 DRINK WATER & EAT RIGHT

9 GIVE GRACE

10 FIND A GO-TO WHEN THINGS GET HARD

DAVE'S FOCUS

START WITH KEYSTONE HABITS

HAVE RIPPLE EFFECT

EG. DAILY EXERCISE

MINDSET

MOOD

EATING HABITS

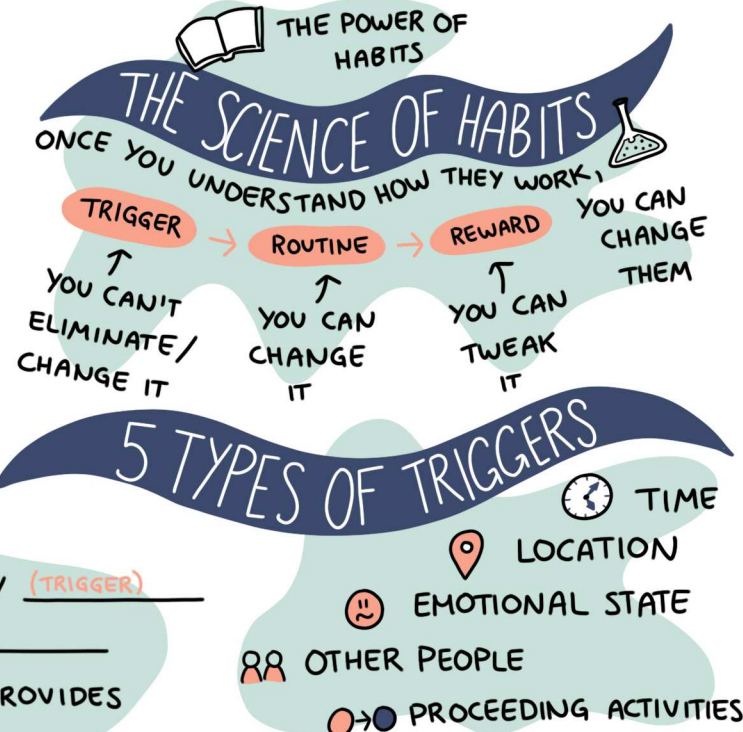
STACK HABITS

ADD ONE SMALL HABIT TO AN EXISTING ONE

11 PROTECT YOUR ALONE TIME

12 FOCUS ON THINGS YOU CAN CONTROL

13 FOCUS ON JOY



NEXT 90 CHALLENGE

WITH RACHEL HOLLIS

WEEK 4

↳ LEADERSHIP IN BUSINESS



RESILIENT
ABLE TO **WITHSTAND**, OR **RECOVER** QUICKLY, FROM DIFFICULT SITUATIONS

NAVIGATE WITH COURAGE

- LEAD WITH COURAGE
- SEE THINGS AS THEY ARE
- LOOK AT WHAT'S REALLY HAPPENING

READ THE HARD THING ABOUT HARD THINGS

DO WHAT YOU NEED TO DO

- IT'S EASY TO GO DOWN A SPIRAL
- TO SAVE YOUR BUSINESS

"IF YOU HAVE TO EAT , DON'T NIBBLE."

DO WHAT YOU CAN WITH WHAT YOU'VE GOT WHERE YOU'RE AT

PIVOT, PIVOT QUICKLY

- YOU DON'T HAVE A CHOICE
- PEOPLE ARE COUNTING ON YOU
- WHAT WE HAD BEFORE, WILL NOT COME BACK

HOW CAN YOU MAKE MONEY? HOW CAN YOU **SERVE** YOUR CUSTOMERS IN A WAY THAT WILL GIVE YOU MONEY?

THAT MATTERS FOR YOUR BUSINESS?

WHAT DO YOUR CUSTOMERS NEED NOW?

TAKE CARE OF YOUR CUSTOMERS

FIND EVIDENCE OF STRONG PEOPLE

SURROUND YOURSELF WITH THE KIND OF INFLUENCE YOU **NEED**.

WE HAVE TO MAKE DECISIONS RIGHT NOW THAT WILL SET US UP FOR SUCCESS LATER

YOU ARE CAPABLE

"A LEADER **KNOWS** THE WAY, **SHOWS** THE WAY, AND **GOES** THE WAY.

- JOHN MAXWELL

YOU ARE STRONG ENOUGH TO SEE THIS THROUGH

• WHAT'S GOING ON IN THIS CRISIS DOES NOT AFFECT WHAT I'M TRYING TO DO IN MY BUSINESS

• MUTE OR REMOVE X ANYBODY WHOS FEED GIVES YOU ANXIETY

AUDIT YOUR SOCIAL MEDIA FEED

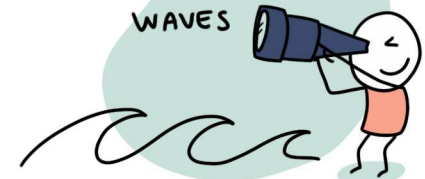
• IT MATTERS WHAT YOU CONSUME

• CONTROL WHAT YOU ARE TAKING IN

• YOU NEED A STRONG MINDSET

• YOU DO THE WORK!

• YOU HAVE TO SEE ABOVE THE WAVES



NEXT 90 CHALLENGE

WITH RACHEL HOLLIS

WEEK 5

↳ ORGANIZATION



DON'T MISS
RISE LIVE!



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WHEN LIFE FEELS
OUT OF CONTROL,
YOU HAVE TO FOCUS
ON WHAT YOU ARE
CAPABLE OF AFFECTING!

GET
ORGANIZED

SET YOURSELF UP
FOR SUCCESS

PERSONAL SPACE

- THE SPACE AROUND YOU IS A PHYSICAL **MANIFESTATION** OF WHAT'S GOING ON IN YOUR HEART
- CLEANING UP WILL GIVE YOU A SENSE OF **PEACE**
- START WITH YOUR PHYSICAL SPACE
- IT'S SIGNALING TO YOU & OTHERS WHAT YOU THINK YOU'RE WORTH

IT MATTERS
WHAT'S GOING
ON IN YOUR SPACE

- START WITH ONE ROOM

NEXT 90 CHALLENGE

SERENITY PRAYER

GRANT ME THE SERENITY
TO **ACCEPT** THE THINGS
I CANNOT CHANGE,
COURAGE TO **CHANGE** THE
THINGS I CAN AND WISDOM
TO **KNOW** THE
DIFFERENCE



YOUR THOUGHTS

- USE A NOTEBOOK TO ORGANIZE YOUR THOUGHTS
- SET A CERTAIN AMOUNT OF TIME ASIDE
- ANXIETY THAT YOU DON'T PROCESS MIGHT SHOW UP IN YOUR SLEEP



STAY
THERE

- **JOURNALING** IS SO POWERFUL → GIVES YOU CLARITY



YOUR JOURNAL DOESN'T
JUDGE

DON'T MISS

RISE LIVE

STARTTODAY-
JOURNAL

PRIORITY PLANNER

WHAT CAN YOU
AFFECT?

3 TYPES OF ORGANIZATION

- 1 ORGANIZING YOUR PERSONAL SPACE
- 2 ORGANIZING YOUR THOUGHTS
- 3 ORGANIZING YOUR DIRECTION

YOUR DIRECTION

- YOU CAN ACHIEVE ANYTHING IF YOU STAY **FOCUSED** & HAVE A **PLAN**



5 THINGS THAT YOU ARE
GRATEFUL FOR
(LITTLE THINGS THAT HAPPENED
IN THE LAST 24 HOURS)



10 DREAMS



1 GOAL → WHAT IS THE ONE
THING YOU WILL DO FIRST?

ST3 DREAM-
CATCHER

NEXT 90 CHALLENGE

WITH DAVE HOLLIS
WEEK 6
→ ESSENTIALS



WE HAVE THE
OPPORTUNITY TO REDEFINE
WHAT IS ESSENTIAL!

WHAT DO WE REALLY NEED?

RATHER THAN JUST WANT?

SELF-CARE
IS NOT SELFISH.
IT IS A REQUIREMENT
FOR YOU TO SHOW UP WELL
FOR YOURSELF & OTHERS.

YOU HAVE TO BE MORE
IMPORTANT THAN EVERY
RELATIONSHIP IN YOUR
LIFE TO MAKE YOURSELF
A PRIORITY.

→ TO BECOME YOUR BEST SELF
THE PEOPLE YOU LOVE DESERVE
YOU CAN'T POUR FROM AN
EMPTY CUP

PUT YOUR
OWN MASK ON
FIRST, SO THAT YOU
CAN CARE FOR
OTHERS AROUND YOU.

DO AN INVENTORY OF WHAT MATTERS

"IN THE RUSH TO RETURN TO NORMAL, USE THIS
TIME TO CONSIDER WHICH PARTS OF
NORMAL ARE WORTH RUSHING BACK TO."

FRONTLOADING

- PLANNING AHEAD OF TIME
- OBJECTIVE ENVIRONMENT
- ORGANIZING HOW YOU HOPE TO SHOW UP

BUDGETING

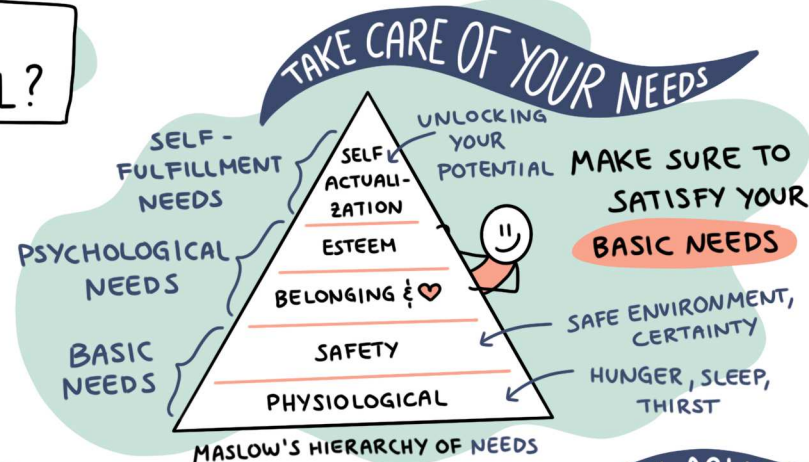
1. TRACK HOW YOU SPEND
2. CHART OUT MONTHLY SPENDING
3. CATEGORIZE
4. FIXED / VARIABLE EXPENSES

UNDERSTANDING
WHAT IS COMING IN
/ GOING OUT

5. TOTAL UP WHAT YOU'RE BRINGING IN & WHAT YOU ARE SENDING OUT
6. SHAKE UP HOW YOU SPEND MONEY

WHAT IS
ESSENTIAL?

THE THINGS THAT
ACTUALLY MATTER



THIS TIME IS A GIFT THAT NOBODY ASKED FOR



LIST OF PERSONAL VALUES
OPERATING PRINCIPLES
WHAT THINGS ARE IMPORTANT TO YOU?

DAVE'S 5 ESSENTIALS

1. HOW YOU FEEL ABOUT YOURSELF WHEN YOU'RE BY YOURSELF
2. ROI ON HEALTH
3. PRESERVING & MAINTAINING RELATIONSHIPS
4. MANUFACTURING LIFELONG MEMORIES FROM WORLD CLASS EXPERIENCES
5. BUILDING A LEGACY OF IMPACT

THE MINDSET & DISCIPLINE TO
THRIVE IN THIS QUARANTINE

ESSENTIALIST ↔ NONESSENTIALIST
BY GREG MCKEOWN

LESS BUT BETTER

I CHOOSE TO

ONLY A FEW
THINGS MATTER
WHAT ARE THE
TRADE OFFS?
DISCIPLINED
PURSU IT OF LESS
PAUSES

"NO"
LIVES A LIFE
THAT REALLY
MATTERS
IN CONTROL
JOY

ALL THINGS TO ALL
PEOPLE

I HAVE TO

IT'S ALL
IMPORTANT
HOW CAN I FIT IT
ALL IN?
UNDISCIPLINED
PURSU IT OF MORE
REACTS

"YES"
LIVES A LIFE
THAT DOES NOT
SATISFY
OUT OF CONTROL
OVERWHELM

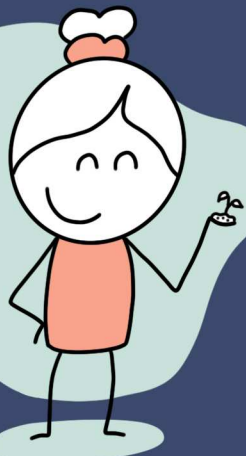


NEXT 90 CHALLENGE

WITH RACHEL HOLLIS

WEEK 7

↳ RESILIENCE



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STOP MOURNING
WHAT YOU HAD, YOU
HAVE TO

STAND BACK UP & GO AGAIN



RESILIENT

= A PERSON ABLE TO
WITHSTAND OR RECOVER
QUICKLY FROM DIFFICULT
CONDITIONS

FIGURE OUT WHAT RESILIENCE LOOKS LIKE TO YOU

YOU ARE
CAPABLE & STRONG,
FIND A WAY

PROGRESS &
MOVING FORWARD

WITHSTANDING &
GOING AGAIN

ABILITY
TO BOUNCE
BACK

RESILIENCE IS THE
LITTLE VOICE THAT
SAYS ONE MORE STEP!

STAYING STUCK IS
NOT SERVING YOU

FIGURE IT OUT &
MAKE IT WORK!

START LAYING
OUT A ROADMAP
FOR YOURSELF



IT'S NOT ABOUT THE GOAL, BUT
ABOUT WHO YOU BECOME ON THE WAY TO YOUR
GOALS

YOU BEING ABLE TO GROW
A DREAM / STILL BELIEVE
/ STILL HOPE IS
MORE IMPORTANT
THAN WHAT THE DREAM
IS.



OUR LIVES HAVE
ALWAYS BEEN
UNCERTAIN

↳ WE ONLY HAD A
BELIEF OF CERTAINTY

DON'T HIDE YOUR LIGHT AWAY

YOU DON'T HAVE THE CHOICE TO GIVE UP

WHERE THERE IS A WILL,
THERE IS A WAY!

- ? WHAT DID YOU LET
GO OF THAT YOU NEED TO
PICK BACK UP?
- ? WHAT DID YOU ALLOW THIS
SEASON TO ROB YOU OF
THAT YOU NEED TO RECLAIM?

THERE WILL
ALWAYS BE REASONS /
EXCUSES WHY YOU
SHOULDN'T REACH
FOR YOUR VERSION
OF MORE

WE ALL NEED SOMETHING TO
WORK TOWARD, DON'T
WASTE THIS TIME.

JUST CREATE



IF YOU CAN
FIGHT RIGHT NOW, FOR THE REST
OF YOUR LIFE YOU ARE
UNTOUCHABLE

IF YOU CAN FIGURE IT OUT
RIGHT NOW, NOBODY CAN
STOP YOU!

→ THAT'S WHAT RESILIENCE
LOOKS LIKE → YOU SHOWING
UP AGAIN

NEXT 90 CHALLENGE

WITH DAVE HOLLIS
WEEK 8
↳ GOALS



FOCUS ON **KEYSTONE**
GOALS → THEY HAVE
RIPPLING BENEFITS TO ALL
ASPECTS OF YOUR LIFE

SET **S.M.A.R.T.**

S.PECIFIC

- GET GRANULAR ABOUT WHAT YOU WANT TO ACCOMPLISH & WHY
- HOW WILL YOU FEEL ONCE YOU ACCOMPLISHED IT?

GOALS

A.CHIEVABLE

- HOW CAN THIS GOAL BE ACCOMPLISHED?
- HOW WILL YOU DO IT?
- WHAT ARE THE LOGICAL STEPS?

M.EASURABLE

- HOW ARE YOU GONNA MEASURE YOUR PROGRESS?
- HOW WILL YOU KNOW WHEN YOU MADE PROGRESS?

10 REASONS WHY GOALS MATTER

IF YOU AIM AT NOTHING, YOU WILL HIT IT EVERYTIME.

- ZIG ZIGLAR

1 GOALS CREATE A ROADMAP FOR WHAT SUCCESS CAN LOOK LIKE IN YOUR LIFE

2 HOPE IS NOT A STRATEGY
→ REPLACE IT WITH SPECIFIC GOALS

3 GROWTH STARTS FROM SELF-AWARENESS

- GOALS GIVE YOU A SENSE OF WHERE YOU'RE STARTING FROM AND WHERE YOU'RE GOING TO

WITHOUT THEM YOU DON'T HAVE SELF-AWARENESS

4 LIFE IS A SERIES OF TRADE-OFFS

- GOALS AFFORD YOU SOME CLARITY ON WHICH CHOICES TO MAKE & HOW THOSE CHOICES SUPPORT THE LONG TERM VISION OF WHERE YOU WANT TO GO & WHO YOU WANT TO BE

5 IN A CHAOTIC WORLD, GOALS AFFORD FOCUS

- "IF EVERYTHING MATTERS, NOTHING MATTERS"
- YOU HAVE TO TRAIN YOUR FOCUS TO WHAT ACTUALLY MATTERS

- FOCUS IS DRAWN BY THE SETTING OF GOALS

6 IN A BUSY WORLD, GOALS CREATE EFFICIENCY

HEALTH + SECURITY + CONNECTIONS

- FINANCES
- RELATIONSHIPS
- COMMUNITY

- MENTAL
- EMOTIONAL
- PHYSICAL
- SPIRITUAL

• PROFESSIONAL

WHAT YOU GET BY ACHIEVING YOUR GOALS IS NOT AS IMPORTANT AS WHAT YOU BECOME BY ACHIEVING YOUR GOALS

- ZIG ZIGLAR

T.IME-BOUND

- ACTS AS URGENCY THAT CREATES MOTIVATION
- HOW LONG WILL IT TAKE TO ACCOMPLISH THIS GOAL?
- WHEN IS IT DUE?
- WHEN ARE YOU GONNA WORK ON IT?

SMART GOALS

R.ELEVANT

- IS THIS A WORTHWHILE GOAL?
- DOES IT MATTER?
- IS IT INLINE WITH YOUR BIG PICTURE OBJECTIVES?

7 SETTING & ACHIEVING GOALS BUILDS CONFIDENCE

- HOW YOU FEEL ABOUT YOURSELF WHEN YOU'RE BY YOURSELF

8 GOALS HELP UNLOCK YOUR POTENTIAL

9 GOALS GIVE US KNOWNS IN AN UNKNOWN WORLD

- GOALS GIVE US CONTROL BY GIVING US STH. TO SHOOT FOR WE CAN DIRECTLY AFFECT IT

10 GOALS ALLOW US TO BECOME WHO WE WANT TO BECOME

NEXT 90 CHALLENGE

WITH RACHEL HOLLIS

WEEK 9

↳ HEALTH AT HOME



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HEALTH IS ABOUT
THE **CELEBRATION**
OF YOUR BODY

HEALTH IS ABOUT HOW YOU FEEL
AND NOT ABOUT HOW YOU LOOK

IT'S A **FOUNDATION**
→ YOU START WITH ONE THING
& MAKE IT A **HABIT**

NUTRITION

IF YOU'RE TRYING TO GET HEALTHY,
IT HAPPENS **IN THE KITCHEN**

→ IT HAPPENS WITH **WHAT YOU EAT**

IT'S NOT ABOUT HOW MUCH YOU WEIGH

YOU ARE WORTHY
& BEAUTIFUL ENOUGH
AS YOU ARE &
WEIGHT HAS NOTHING
TO DO WITH THAT.

1 GIVE UP ONE CATEGORY OF FOOD

→ **PROVE IT** TO YOURSELF THAT YOU
CAN GIVE IT UP FOR A MONTH

→ SO OFTEN WE THINK THAT OUR
MUST HAVES ARE ESSENTIAL,
BUT THEY ARE JUST **PREFERENCES**

→ START WITH SOMETHING THAT
YOU REALLY STRUGGLE
WITH THAT YOU KNOW YOU
SHOULDN'T BE EATING

→ CHALLENGE YOURSELF

IT'S A
CHOICE

ARE YOU EATING THINGS TO BLESS YOUR BODY?

ARE YOU GETTING THE VITAMINS & NUTRIENTS
THAT YOU NEED FROM YOUR FOOD?

5 FUNDAMENTALS OF EATING WELL

2 ELIMINATE EMPTY CALORIES

→ A CALORIE IS A MEASURE OF HOW
MUCH ENERGY WOULD BE REQUIRED
TO BURN OFF THE THING THAT YOU ATE

→ WHERE ARE YOU TAKING IN EMPTY
CALORIES?

→ WHEN YOU EAT A COOKIE
INTENTIONALLY TO BLESS YOUR
BODY, IT'S NOT AN EMPTY
CALORIE

→ EMPTY CALORIE IS
SOMETHING THAT YOU EAT THAT
YOU **DON'T EVEN NOTICE**

3 ADD IN FOODS TO BLESS YOUR BODY

→ DRINKING MORE **WATER**

→ ADDING MORE **GREENS**

→ YOU WILL ALWAYS GET MORE
NUTRIENTS FROM THE FOOD YOU'RE
EATING THAN FROM A SUPPLEMENT

→ STICK TO FRUITS LOWER IN SUGAR

→ DRIED FRUIT = CANDY, HIGH IN SUGAR

5 PREPARE TO SUCCEED

→ KNOW IN ADVANCE WHAT YOU'RE
GONNA EAT

→ **MEAL PREP**

→ DON'T LET
YOURSELF GET TO A HUNGRY PLACE

→ ONCE YOU FIND WHAT WORKS
FOR YOU, JUST KEEP DOING THAT

4 ACKNOWLEDGE HOW FOODS MAKE YOU FEEL

→ EAT INTUITIVELY

→ WHAT CAUSES **INFLAMMATION**
IN YOUR BODY?

→ PAY ATTENTION TO YOUR **ENERGY**
LEVEL & YOUR ABILITY TO **FOCUS**

→ YOU'RE NOT SUPPOSED TO FEEL
BLOATED & GASSY

→ HOW DOES YOUR **SKIN** REACT TO
WHAT YOU EAT?

→ HOW DOES YOUR BODY FEEL
WHEN YOU EAT **GLUTEN / DAIRY /**
NIGHTSHADES?

→ ELIMINATE & ADD THINGS BACK IN

NEXT 90 CHALLENGE

WITH RACHEL HOLLIS
WEEK 10
↳ MOMENTUM



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HOW DO WE MAKE
OUR **HABITS**
STICK?

MOTIVATION IS FLEETING

HOW TO GET MOMENTUM

MOMENTUM IS THE
CHILD OF **CONSISTENCY**

= IT'S ABOUT **SUSTAINING**

→ YOU HAVE TO PUSH
YOURSELF → **SHOW UP THE**
SAME WAY / AT THE SAME TIME
/ WITH THE SAME EFFORT

"CONSISTENCY **COMPOUNDS**"
- JOHN MAXWELL

→ YOU HAVE TO START
& STICK WITH IT
→ KEEP SHOWING UP DAY
AFTER DAY



STOP BEATING
YOURSELF UP OVER
WHAT YOU'VE
LOST & ACKNOWLEDGE
YOURSELF FOR ALL
YOU'VE GAINED.

DO THINGS
AGAIN & AGAIN



HOW TO GET MOMENTUM BACK

→ YOU KNOW EXACTLY HOW TO
GET YOUR MOMENTUM BACK

→ DO THE **SAME THING** THAT YOU
DID LAST TIME

→ ACKNOWLEDGE THAT NOTHING
WAS FOR NOTHING

→ YOU KNOW THAT IT'S GONNA BE
HARD

→ IF I WOULD HAVE...

IT'S DONE → THIS **THINKING** IS
NOT SERVING YOU!

CONSIDER:

1. DID YOU LOSE MOMENTUM OVER
SOMETHING THAT WAS NEVER
MEANT TO BE YOURS?

→ IT WAS MEANT TO HAPPEN JUST
LIKE THIS!

2. DID YOU LOSE MOMENTUM BECAUSE YOU
WERE TRYING TO REACH YOUR DESTINATION
IN AN UNHEALTHY WAY?

MOMENTUM



= YOU START TO GO &
PICK UP SPEED

= INSIDE MOMENTUM
YOU DON'T NEED
MOTIVATION

MOVE TOWARD
THE DIRECTION
OF WHO YOU WANT
TO BE.



HOW TO KEEP MOMENTUM

→ YOU NEED
TRACTION → SEEING **PROGRESS**

→ CONSTANTLY CHECKING YOUR
WORK FROM ABOVE

→ YOU HAVE TO **ACKNOWLEDGE**
WHAT YOU'VE DONE

→ **CELEBRATE** THE
SMALL WINS

→ GIVE YOURSELF **CREDIT**

→ IF YOU GET BORED, TRY
SOMETHING DIFFERENT
JUST TO NOT FALL OFF THE
RHYTHM → **SPICE IT UP**

→ IT'S NOT
EASY BUT IT
GETS EASIER



→ THERE IS BEAUTY IN FIGURING OUT
WHAT YOU NEED MOMENTUM FOR

TODAY

CREATOR'S *note*

Hey there! I'm Zsófia, visual simplifier and creator of these summaries. I truly hope that my sketchnotes bring value to you by reminding you of all the content Rachel and Dave Hollis generously shared with us during the COVID-19 pandemic. If you believe that my work would help others as well, please consider sharing. If you haven't joined the #next90challenge yet, you can still do it by following this link:

<https://thehollisco.com/pages/next90>

Here are some of my other sketchnotes, which you might find helpful if you're dealing with self-doubt, uncertainty or emotional eating: <https://www.sophiacolombo.com/printablesketchnotes>



Buy Sophia Colombo a Coffee. ko-fi.com/sophiacolombo

Buy a Coffee for Sophia Colombo with Ko-fi.com



WHAT'S KO-FI?

Ko-fi is a platform that **allows creatives** like me **to receive donations for their work.**

If you want to **support me**, you can do that **by buying me a coffee on Ko-fi**. Please note that this is **completely optional**. Only do it **if you find value in my work and you have the means to support others**. Thank you!



Buy me a coffee