



Reboot Your Resolutions To Succeed in 5 Steps

Congratulations, you're taking the right steps to Succeed with this guided Reboot. A reboot of your resolutions, your vision, your goals is vital – directing you towards the things that matter most & make more impact – getting more clients, more money & definitely more meaning in your business & your life.

Here are the 5 steps with the links to the audio training & the key elements to get you rebooting to success – all the way. It's really advisable to spread your 5 reboot steps over 5 days, using intense guided journaling to create a solid foundation for the action needed. 5 Days to recreate & recommit to your resolutions, visions & goals – an investment with huge ROI guaranteed!

As with anything – decide, commit & follow through – put in the work & this reboot will get you the results, leaping into your vision faster & bolder.

Step 1 We're doing our reboot spread in 5 steps. I recommend you spread your reboot over 5 days – an intensive one. We doing this reboot by combining powerful mindset strategies with effective action. And we start with the mindset through journaling today so get pen & paper ready.

Preferably pen and paper and no typing because writing by hand strengthens the connection to our mind – so pen & paper, lots of paper.

We are using Journaling because this is a powerful tool for self-inquiry, gaining that deep knowledge. Writing, especially free writing, frees you up, it relaxes you and allows parts of you to be voiced in an unedited way. It creates the opportunity to discover what deeper parts of yourself – parts that may be tuned out during normal day to day work activities – may feel or believe or even know for sure.

You see, the fact that you're not on track today is not because you are weak –or you're not disciplined. Or because you don't have the ability. That's not it. The fact that you are not on track is because you haven't prioritized your intentions. You let either the day to day actions get in the way. Or other mayor circumstances... whatever it is, we're going to uncover this in 5 steps and get over this – effectively so you do reach your goals and excel!

We start with guided journaling to ground ourselves and to be here and listen, accessing our innate knowledge. Put pen to paper and let your hand do the writing – no thinking. Just let it all flow, no judging.

Each day a journaling strategy with an action to go deep and dive into your subconscious to really get on track – uncovering hidden block and obstacles in order to clear the way and soar – faster & bolder.

So get pen & paper, make yourself comfortable & listen to this [audio training](#).

Please take note: at first the instructions might feel surprisingly easy – maybe not even effective – to you. You might think '*really? that's all? this can't be doing anything...*'

Don't be fooled by your first impressions- this guided journaling will set your mind into motion, moving towards your goals on a deeper level, the level you need to commit to yourself and your goals again.

And when the journaling is done, to let it sink in and listen to my guided meditation [Letting Go](#) before you go to bed. Let it all go– no conscious thinking about it that's all – your subconscious mind will do the rest of the work.

You might feel a bit unsettled during the rest of the day – even at night – that's okay. Your mind has set things into motion – you are redirecting towards your goals and this might cause some resistance. No need to pay attention to it, just let it be.

Any questions or comments? Connect with me by scheduling [your complimentary session](#) right now and get my free support to kick start your reboot.

And yes, I would love to hear from you how you are getting on so do drop me [a note!](#)

Step 2 In step 1 we started our Reboot by noting down all the moments, the experiences, the actions that stood out for us over the last 6 months. Today we'll be building on that list, analyzing what served us best in the last 6 months.

So get pen & paper, make yourself comfortable & listen to this [audio training](#).

And when the journaling is done, to let it sink in and listen to my guided meditation [Letting Go](#) before you go to bed. Let it all go – no conscious thinking about it that's all – your subconscious mind will do the rest of the work.

And in the morning, first thing, listen to my guided meditation [Whispers of a Grateful Heart](#). This will help you to really appreciate all the experiences without judging, without being harsh, without feelings of failure which we often have when we look back. When there's gratitude there's not room for fear or failure – a great way to get into the positive abundant state of mind that can achieve anything, feeling supported.

As I mentioned in step 1 – you might feel a bit unsettled during the rest of the day – even at night – that's okay. Your mind has set things into motion – you are redirecting towards your goals and this might cause some resistance. No need to pay attention to it, just let it be.

Any questions or comments? Connect with me by scheduling [your complimentary session](#) right now and get my free support to accelerate your reboot.

And yes, I would love to hear from you how you are getting on so do drop me [a note!](#)

Step 3 Today we'll let go of those things which are no longer serving us and cultivate gratitude for how the events of the last months have transformed us until now. And we already started it with the mediation [Whispers of a grateful heart](#) – an excellent way to start the day, getting into the abundant state of mind. Now we move on to noticing endings – shedding old ways of being – what was left and doesn't serve us, & give gratitude to the new beginnings and to what does serve us!

So get pen & paper, make yourself comfortable & listen to this [audio training](#).

And when the journaling is done, to let it sink in and listen to my guided meditation [Letting Go](#) before you go to bed. Let it all go – no conscious thinking about it that's all – your subconscious mind will do the rest of the work.

And in the morning again listen to [Whispers of a Grateful Heart](#) – the way to start the day in an abundant mindset.

By now you might notice that either you're feeling more clear and confident or... you might feel more uncertainty or more discomfort than when you started this reboot....

Whatever it is, it's okay. It's your mind throwing a little tantrum because you are redirecting more and more clearly towards your vision, towards your goals. Your mind just needs time to settle.... let it be!

Did we connect yet? No? Come on, schedule [your complimentary session](#) right now and get my free support to accelerate your reboot – because it's what you deserve & what I do best – guaranteed!

Step 4 It's time to solidify your vision, your goals, your desired state of being with fulfillment and resiliency. To imagine what it would look like to have our best year yet.

So get pen & paper, make yourself comfortable & listen to this [audio training](#).

And when the journaling is done, to let it sink in and listen to my guided meditation [Letting Go](#) before you go to bed. Let it all go – no conscious thinking about it that’s all – your subconscious mind will do the rest of the work.

In the morning listen to [Whispers of a Grateful Heart](#) – again, it’s the way to start the day in an abundant mindset.

Now you might still feel a bit unsettled during the rest of the day – even night but that’s okay. Things are really in motion – you are redirecting towards your goals again. Take a deep breath in , out, and let it go.

Now, did we connect yet? No? There’s nothing more powerful than a good conversation so schedule [your complimentary session](#) right now and get my free support to accelerate your reboot – because it’s what you deserve & what I do best – guaranteed!

Step 5 Today, we are writing our own advice – yes because we know best!

So listen to this [audio training](#) and when the journaling is done...

Follow through – **take those actions to reboot** your resolutions because this is **EXACTLY** what you need to achieve your vision, your goals

And I wholeheartedly support you to step into your bizz, being you – with more impact & more joy.

That is why I extend my **offer to support you** leaping into action. [Connect with me](#) & get my support to take those action steps effectively – faster & bolder!

Because I've been there – **I know where you are & how to get ahead.**
I now choose my priorities & work with a laser focus –doing the things that matter for more impact, more clients, more money & more meaning.

And so can you – let me show you how to stop hanging out with fear, doubt & lack of direction & take control –book [your complimentary session](#) right now and accelerate your reboot results...

**Don't let it slip away again....
this is what you deserve & it's what I do best!**

A personal note from me to you:

Remember, you are your core-business

Being a successful entrepreneur & leading from your core successfully is a conscious lifestyle, your lifestyle. It's not some newest fad – this is how you can decide to run your bizz & your life from now on.



And you will – because nothing is standing in your way. All you need to do is leap from your awareness into action, get that clutter out of the way & take the reins in your bizz again – consciously, every single day again.
And you don't have to do this alone.

Schedule [your complimentary session](#) right now and get my free support to accelerate your reboot results – because it's what you deserve & what I do best – guaranteed!

Consciously working towards more impact, more clients, more money & more meaning in your bizz & in your life so you can make the difference – mindfully & joyously.

Let's start a powerful conversation to accelerate your results - sharing personal stories, feedback and answering questions –connect with me by scheduling [your complimentary session](#) right now.

Don't let it slip away again. It's what you deserve & I do best, guaranteed!

A handwritten signature in black ink, appearing to read "Blues". The signature is stylized with a large, sweeping initial letter.

Let's get social & connect on [LinkedIn](#) & [Twitter](#) & [My Blog](#)!



I'm Elles Lohuis Ph.D., Certified Business Consultant, Coach & Mindful Minimalist. I collaborate with entrepreneurs & high achievers to realize fast & sustainable results by capitalizing on their core-business & maximizing their personal potential.

My big passion is to Simplify Your Business to Succeed! I love to collaborate with driven entrepreneurs & show them that all they need it to take all they have, simplify it into a sound strategy, and get down to business.

With over two decades of hands-on experience in entrepreneurship, international business training, coaching, and education, I established my own educational center on the West coast of Ireland, did management training & consulting for multinationals, such as Edding International GmbH and Zwanenberg Food Group, coached start-ups for the municipalities of Overijssel & was a senior lecturer & trainer at Windesheim University of Applied Sciences, Zwolle.

I currently have my own private consulting & coaching practice, while also working as a senior researcher & international workshop facilitator at ICT Innovations in Health Care, Windesheim University of Applied Sciences, Zwolle.

Are you a driven entrepreneur, wanting more revenue, execute your zone of genius & a business that is truly fulfilling on all levels? Let me show you how to cut to the core of your business & lead from there – successfully.

Book your **Simplify To Succeed Session** with me now - for more Profit, Impact & Meaning in your business & in your life!

It's what you deserve & it's what I do best – guaranteed.