

burnalong

Coming to you live in December!

Join us to embrace the end of the year with intention and mindfulness. Our December events offer the chance to recharge, reflect on your personal growth, and set a vibrant tone for the year ahead.



DEC

5

@ 12:00 PM ET

5 Minutes in Action

Explore how identifying and implementing simple 5-minute actions each day can create motivation and build momentum. These small but powerful steps will help you enter the new year with a positive mindset and a sense of accomplishment.



DEC

11

@ 12:00 PM ET

Taking an Annual Inventory

Learn how to identify the goals you accomplished, recognize areas of opportunity, and determine what aspects of your life should stay or change moving forward. Gain practical insights to help you make informed decisions and set meaningful goals for 2025.

