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Dear Friends,

Once again, I am offering "First 37" to those who want to **begin the new year mindfully and with intention**. We begin on January 1st!

Those in the "First 37" online community will receive prompts every day for 37 days to help guide the beginning of the New Year in a way that is meaningful, fun, and mindful. There will also be a private Facebook group for those on the journey in 2021.

The cost is \$37. I hope you will join this amazing group of people in a New Year journey that will set the stage for an amazing 2021, no matter what the pandemic has in store for us. **We will explore being intention-driven, rather than circumstance-driven, a skill even more important in these days of uncertainty.**

[Go here for information and to register.](#) I hope to see you there on January 1st!

All the best for the New Year!

Patti Digh

4/28/2021

Enter the New Year with Intention!

Sent to: \_t.e.s.t\_@example.com

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