



BEYOND TOMORROW

12 DAYS TO THRIVE

Daily insights to calm the chaos, get grounded,
and move from surviving to thriving.

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of *The Beyond Tomorrow* Podcast

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INTRODUCTION



Whether you think you can, or you think you can't — you're right.

- Henry Ford

Today, truly thriving has become harder than ever. Many of us are simply getting by, feeling lost, disconnected, and unsure of where to turn. We find ourselves caught in cycles of stress and fatigue, wanting better for ourselves and future generations, but struggling to take that first step.

I understand that feeling. The quiet frustration of wanting to grow in every area of life but not knowing where to begin or whom to trust.

SO, WHAT COMES NEXT?

How do we build a life where it's natural to feel good, emotionally, spiritually, and physically? It starts with something simple. One step at a time, one day at a time.

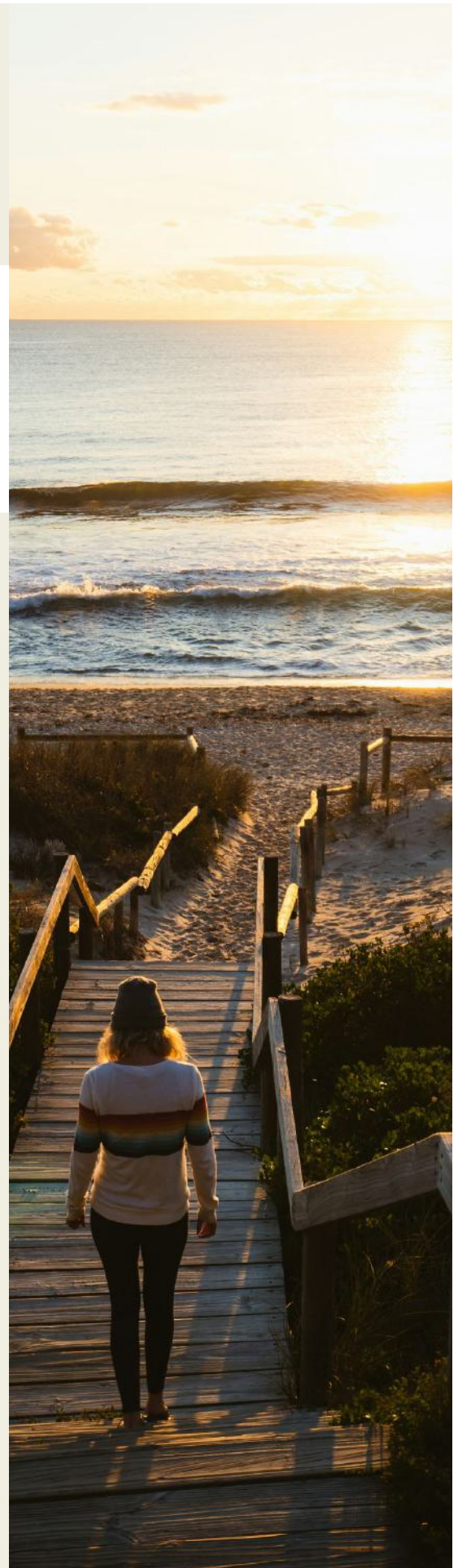
To help you begin, we have put together twelve small practices designed to ease overwhelm, build confidence, and help you flourish in all areas of life.

Start where you are. Choose one thing you can do today. Then keep showing up, be consistent, and allow others to support you along the way.

In just twelve days, you will begin to notice a shift...

A little more clarity, more energy, and a growing sense that thriving is not so far away after all.

THIS IS WHERE IT BEGINS.



THE 10 MINUTES THAT CAN CHANGE EVERYTHING

Creating a quick, consistent wake-up routine so you can have clarity and calm, 24/7

If there's one part of the day that has the power to completely shift how you feel, think, and show up, it's the morning, specifically those first few minutes after you wake up.

That's your moment. Whatever you decide to imprint will set the tone for everything that follows.

So, when you wake up tomorrow, stop yourself from rolling right out of bed and right into reactivity. Because when you instantly grab your phone and check your emails and reminders and social status and news feeds, **you're letting the day take control of you** before you've even had a chance to take a breath!

THE BEST WAY TO LEAD THE DAY, INSTEAD OF REACTING TO IT, IS TO CREATE A BRIEF YET MEANINGFUL WAKE-UP ROUTINE.

When you give yourself just 10 intentional minutes, everything changes, for the better. **You create a ripple effect that shapes your entire day.**

You can keep it simple.

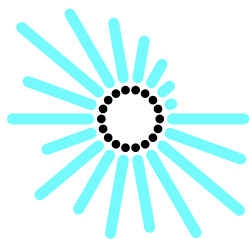
IN FACT, HERE ARE 3 EASY STEPS YOU CAN TAKE WHEN YOU WAKE UP...



3-STEP MORNING ROUTINE

Follow consistently to immediately notice more mental clarity and emotional steadiness throughout your day

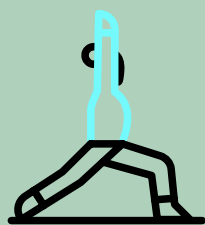
- ★ **Of course, you can design your morning routine around whatever feels good to you.** I personally love to start with 15 minutes of meditation, then 15 minutes of breathwork exercises followed by some gratitude journaling (both while sitting outside).
- ★ **Here's the bottom line:** A consistent morning routine is one of the most accessible, low-tech ways to anchor yourself, no matter how chaotic life gets. By spending just ten minutes of those early morning moments creating space for yourself, you'll be able to show up, be present and productive, and live the whole day on *your* terms.



GET SUNSHINE ON YOUR SKIN

Step outside as soon as you can and get sunlight on your face for at least 5 minutes—**before you turn on any electronics or look at any screens.*** This simple act tells your body it's time to wake up, resets your internal clock, and sets you up for better energy all day... and deeper sleep at night. (More on this in the next chapter!)

**We understand some people have to wake up when it's still dark outside. Use a sunrise light until you can get in the sunshine. Avoid putting on bright overhead lights while you're waiting for the sun to come up. Also, it still counts to get outside even if it's cloudy!*



MOVE YOUR BODY

This doesn't need to be intense. Active stretching, a few yoga flows, 30 jumping jacks, or a short walk are all good options. Whatever you decide, know that it's less about "working out" and more about gently shaking off the fog and telling your brain, "Let's go!" The key is creating a sense of momentum *before* the world starts asking things of you.



SET YOUR INTENTION

Before you give your attention to anyone or anything else, ask yourself: What's the one thing that matters most to me today? Be specific and use positive, uplifting language. Once you know how you want to feel, what you want to focus on, or what core value you want to honor, take a few moments to let that sink in. Write it down, say it out loud, and get back to it throughout the day. When you do, you'll be able to focus more, make better decisions, and stay true to *you*.

**Put all this
into action!**

RECORD A VIDEO: Show us how you're thriving with your new morning routine.

POST IT ON SOCIAL: Tag @juliankissa on IG! Be sure to use #12daystothrive so we can celebrate your wins.

BE CONSISTENT: Show up for yourself—you deserve to thrive!

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YOUR SECRET ENERGY SWITCH

How to use the sun to effortlessly power up and power down

Here's an important reminder about the innate power of your body: It has the most advanced energy system on the planet - no app, no gadget, no subscription required. It's built right in.

It's called your circadian rhythm, and it's the internal clock that regulates your hormones, your sleep, your mood, your focus, and your metabolism. And what flips that clock on and off every day isn't coffee or willpower...it's light. More specifically: the sun.

When sunlight hits your eyes and skin in the morning, it signals your brain to wake up and focus and tells your body to release hormones that boost energy, sharpen clarity, and set you up for better sleep later. When darkness falls, it tells your system to wind down. It's beautifully simple—syncing your habits with the sun whenever possible means steady, strong energy, all day long.

HERE'S THE CURRENT PROBLEM THOUGH

Most of us spend our mornings inside, scrolling on our phones, sipping coffee under artificial light. No sunlight means no signal and that means no real “on” switch. Over time, this messes with your hormones and sleep cycles. You might notice restless nights, groggy mornings, mid-afternoon crashes, stubborn weight, slower recovery, and even faster aging.

The good news is that there's a ridiculously easy fix!

SUN BEFORE SCROLLING

Tomorrow morning, *before you check your phone or start tackling your to-dos*, step outside for five to ten minutes as close to sunrise as you can (yes, even if it's cloudy). No sunglasses, no scrolling - just light on your face.

That's it. It's not some complicated biohack...

Just like your phone needs a daily charge, so does your body. And that one habit of using the sun and natural light cues can boost your mood, energy, and brain function, and help you wake up and wind down with ease.

**Put all this
into action!**

RECORD A VIDEO: Show us how you're thriving by getting outside first thing in the morning.

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THE 7 TYPES OF REST

Going beyond sleep to recharge fully, plus a few expert tips for making time for down time

Most of us think if we just “get more sleep,” we’ll wake up feeling renewed, clear-headed, and full of energy. But, I’m sure you’ve noticed that getting 8 hours of sleep isn’t always enough. Well here’s the thing I wish someone had told me years ago...

SLEEP IS JUST ONE PIECE OF THE PUZZLE. REAL REST GOES WAY DEEPER.

There are actually seven types of rest our bodies and minds crave, and when even one of them is running low, we feel it. Our energy dips. Our creativity dries up. Our patience shrinks. We start surviving instead of thriving.

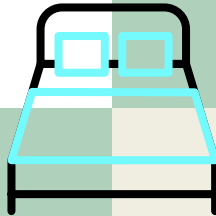
I’m going to break these seven types down and give you some realistic ways to actually fit them into your life.

SPIRITUAL REST

Now, this doesn’t have to mean anything religious, it is about feeling connected to something bigger than yourself. That sense of meaning, grounding, or awe. For some, it’s prayer or meditation. For others, it’s a quiet walk in nature, or just sitting in silence for five minutes in the morning. It’s giving yourself a moment to breathe. When you take time to connect to source, you’ll notice feelings of loneliness and emptiness are replaced with contentment and abundance.

PHYSICAL REST

No, this isn’t *just* sleep. It’s when you stop going non-stop and allow your body to heal while simply being still. This is slowing down during the day, stretching between calls, practicing some restorative yoga, or even just sitting and doing absolutely nothing for a moment. Your body needs breaks, not just bedtime. Remember this because if you skip physical rest for too long, you’ll burn yourself out, which is the exact opposite of thriving.



EMOTIONAL REST

This one’s big. It happens when you stop pretending everything’s “fine” and allow yourself to be honest, with yourself and with others. Expressing authentic emotions might be venting to a trusted friend or therapist, journaling what you’re actually feeling, or letting yourself cry it out. Just do whatever you can to ease mental burdens. When you let go of holding it all together, you’ll feel deep relief. And remember to treat yourself with the same kindness and understanding you would a good friend.

SOCIAL REST

This is about being around people who replenish, not drain, your energy. Ideally, you want to surround yourself with people who fill your cup and help you feel uplifted. You might not always have that luxury, or maybe you’re always “on” or in public. In either case, it’s vital you’re honest about what actually restores you. It’s okay to take some time alone to recharge, say no to social commitments that don’t feel manageable, or make more time for one-on-one interactions that make you happy.

MENTAL REST

This is the pause button for your mind... It's stepping off the hamster wheel of thoughts, to-do lists, and endless tabs open in your brain. To give your brain a break from constant chatter and decision fatigue, maybe you take a walk without headphones, sit quietly for ten minutes, splash cold water on your face, do a brain dump on paper to clear out your thoughts, or have a real lunch break without scrolling. Whatever it is, just do what you can to create space for clarity... and thriving.

SENSORY REST

When your senses are overloaded, it's easy to feel drained, unfocused, or on edge without realizing why. So, sensory rest is all about giving your brain a break from the constant stimulation of modern life. To recharge, intentionally step away from anything that makes you feel frazzled: silence your phone, turn off the tv, dim the lights, close your eyes for a few minutes, or spend quiet time in nature. Even small moments can reset your nervous system and bring a deep sense of relief.

CREATIVE REST

This one's about refilling your inspiration tank and finding the moments that make your mind light up and creative ideas flow again. You can do this by spending time in nature, listening to music, looking at art, reading something inspiring, or just noticing beauty in your everyday surroundings. It's giving your mind permission to wander again, instead of constantly producing.



NOW ASK YOURSELF: WHICH TYPE OF REST ARE YOU IN MOST NEED OF RIGHT NOW?

It's usually pretty easy to tell, as your body and mind are already giving you clues.

Once you know what you need, keep this in mind: rest doesn't have to mean taking a week off or booking a retreat in the mountains (though if you can, do it!).

Most types of rest can happen in 5–20 minutes, right where you are. You just have to give yourself permission to do it.

Having trouble letting go? Remind yourself that rest is not a luxury, nor is it selfish.

When you allow yourself to fully recharge, spiritually, emotionally, mentally, and physically, you don't just feel better... you become more resilient, more inspired, and more aligned with a life of thriving.

So, schedule it like you would any other important task. Block out small breaks in your day. Say no when you need to. Turn things off. Create small, consistent moments of downtime.

YOU DESERVE TO REST, AND YOU DESERVE TO THRIVE.

Put all this
into action!

RECORD A VIDEO: Show us how you're thriving by taking rest (whatever kind you need the most).

POST IT ON SOCIAL: Tag @juliankissa on IG! Be sure to use #12daystothrive so we can celebrate your wins.

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INHALE, EXHALE

Easy yet powerful breathwork techniques to help you quickly let it all out, lift your mood, and let go of stress

MOST OF US ARE BREATHING WRONG.

We take shallow, fast breaths through our open mouths when we should be taking deep inhales and exhales through our noses (with lips closed or slightly parted.)

We're also holding our breaths without realizing it, completely missing the deep belly breathing that keeps us calm and centered and allows us to nurture our nervous system.

Does this sound like you?

IT'S TIME TO START PAYING ATTENTION TO YOUR BREATH AND HOW YOU BREATHE.

See, breathing is more than what you do to stay alive.

Breathing (when done deeply and intentionally) has the power to quickly change how you feel, mentally, emotionally, and physically.

Proper breathwork is like a reset button for your body. Your heart rate slows, your blood pressure drops, and your brain releases calming chemicals. Suddenly, the chaos around you seems to melt away. And the best part?

You don't need any equipment, any money, or a lot of time. And you can use your breath anywhere.



The nose is for breathing, and the mouth is for eating.

- Stig Severinsen, #1 Breathing Expert

[Listen to *The Beyond Tomorrow* podcast interview with Stig](#)

THE 4-4-6-2 RESET BREATH

This is one of my favorite quick breathwork routines you can do to get grounded and on your way back to thriving:

4 Inhale through your nose for 4 seconds

Feel your belly expand as you breathe in—not your chest. Let the air drop low.

4 Hold your breath for 4 seconds

This brief pause tells your nervous system it's okay to slow down.

6 Exhale slowly through your nose for 6 seconds

Empty your belly completely and let go of the day.

2 Hold for 2 seconds at the bottom

This is your little “reset” moment to get centered.



Repeat this for 2-4 rounds.

That's it! After just a couple of minutes, you'll feel a noticeable shift—your shoulders will drop, your jaw will unclench, and your mind will get a little quieter.



THE CALMING TONGUE TRICK

A lesser-known but incredibly effective way to supercharge your breathwork and feel a calming effect: changing your tongue placement.

CHECK YOUR TONGUE POSITION...

The resting position of your tongue affects your nervous system, posture, and even pain levels!

When you rest your tongue gently on the roof of your mouth, just behind your front teeth (the “spot” where your tongue naturally wants to go when you say “n”), **you help engage the parasympathetic nervous system**—the part that calms you down. This position also opens up your airway, encourages nasal breathing, and reduces tension in your jaw and neck.

TRY THIS:

- 1** Close your mouth and place your tongue on the roof of your mouth
- 2** Breathe slowly through your nose
- 3** Notice how your throat relaxes, your jaw softens, and your breath deepens

This small adjustment can also relieve headaches, TMJ pain, and that tight clenching feeling so many of us carry when we're stressed.

You can even do quick tongue 'stretches' before starting breathwork to release tension. For example, roll your tongue around the inside of your mouth for 15 seconds to loosen muscles.

No matter what you try, neither breathwork nor calming through tongue repositioning has to be complicated.

You simply need to remember that you have these tools built into you—ones that can instantly change your chemistry, quiet your mind, and defuse moments that feel overwhelming. So the next time stress creeps in, don't push it down. Don't fight it. Just check your tongue and use your breath, and **let them help you thrive.**

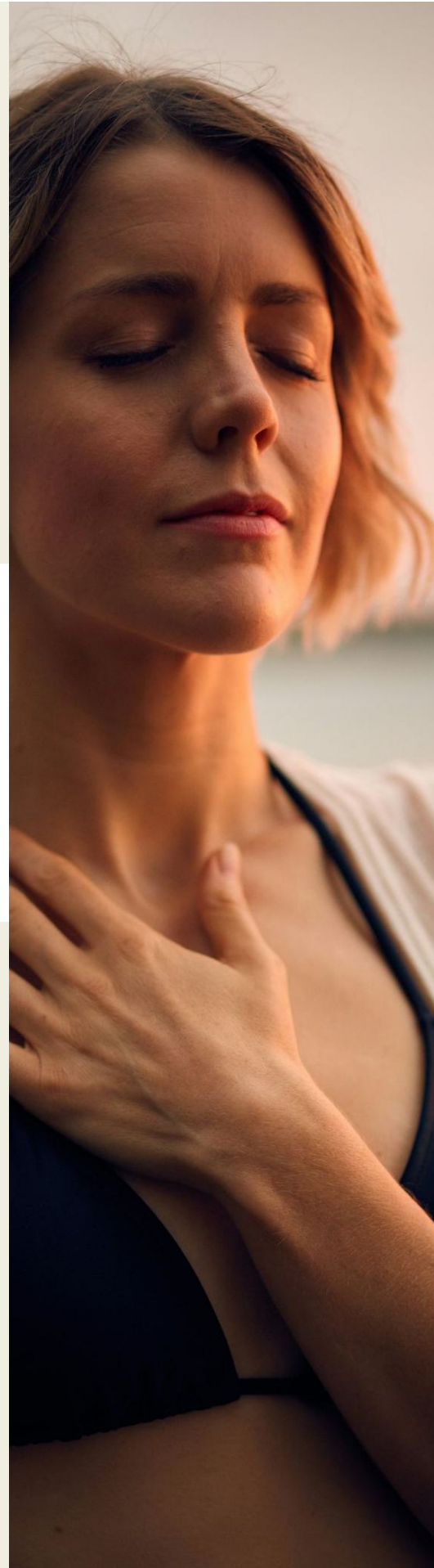
**Put all this
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GET OUT OF YOUR HEAD & MOVE INTO YOUR HEART

5 simple ways to start mindfully meditating so you can feel more compassion and have more authentic connection — with yourself and with others

Want a brain that's 7.5 years younger? Start meditating.

Seriously. Research shows that meditation can literally slow age-related brain loss. It improves the way different regions of your brain communicate, decreases negative thought loops and self-worry, and boosts cognitive processing. And those are just the surface-level benefits...

REGULAR MEDITATION CAN:

- ★ Increase self-awareness and EIQ
- ★ Promote mindfulness
- ★ Reduce stress and anxiety
- ★ Improve your mood
- ★ Enhance focus and concentration
- ★ Boost creativity and problem-solving
- ★ Support better sleep
- ★ Improve overall physical health

Even though meditation is clearly a tool for thriving, most people don't do it. Why? Because they think meditation has to look a certain way, so they get stuck. But meditation doesn't have to mean sitting cross-legged for an hour, chanting, or emptying your mind completely.

It's really just about noticing your breath, noticing your thoughts, and **gently returning to the present moment**—again and again. That's all. And that “return” is where the magic happens.

So if you've been overthinking meditation or telling yourself you're bad at it—stop. **There's no way to get this wrong.** The only way you “fail” is by not showing up at all.

JUST START SMALL, BE PATIENT, AND KEEP PRACTICING!

Even a few minutes a day can make a real difference in finding the practice that works for you.

Check out the next page for five super simple steps to help you build a mindful meditation practice that actually fits into real life...

5 STEPS TO MAKE MEDITATION EASY

Follow consistently to notice more peace, a better mood, and deeper sense of thriving



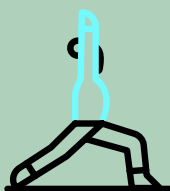
PICK THE SAME QUIET SPOT EVERY DAY

It doesn't need to be perfect—just consistent. A chair by the window, a corner of your room, even your parked car. Over time, your brain will start to associate that spot with stillness and calm.



SET A TIMER

This one's important. If you're constantly wondering, "Has it been five minutes yet?"... your brain's not meditating. Start with two, five, or ten minutes. Let the timer handle the clock so you can focus on *being*.



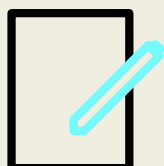
ANCHOR TO YOUR BREATH

Your breath is where it starts. Notice the air moving through your nose. Feel your chest or belly rise and fall. You're not trying to control it—just noticing. Every time you do, you're pulling yourself back into your body.



LABEL YOUR THOUGHTS

While the goal is to clear your mind, thoughts *will* pop up when meditating. Don't judge. Instead, give your thought a simple label like "thinking," or "remembering." Then gently come back to your breath. The return is the practice.



END WITH ONE WORD

When you're done, pause. Take a breath. And choose one word to describe how you feel in that moment. Track that word each day. Over time, you'll start to see subtle shifts in your baseline mood and self-awareness.

I love meditation because it's about connecting to who we already are, not a past or future version of ourselves. It's about getting out of our heads and into our hearts. And when you do that regularly—even for a few minutes a day—you start showing up differently. You listen better. You feel more compassion. Your connections deepen. Your brain gets younger. **You thrive.**

Put all this
into action!

RECORD A VIDEO: Show us how you're thriving by practicing meditation.

POST IT ON SOCIAL: Tag @juliankissa on IG! Be sure to use #12daystothrive so we can celebrate your wins.

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TURN THANKS INTO THRIVING

How to practice gratitude so you can see the good in your life, attract more of what you want, and confidently overcome roadblocks

GRATITUDE CHANGES EVERYTHING

That statement really is true. Not in some fluffy, inspirational quote-of-the-day sort of way, but in a literal, neuroscience-backed way. **Just eight weeks of regular gratitude practice** is proven to actually change the structure of your brain. That means:

- ★ Greater resilience to stress
- ★ Better sleep and recovery
- ★ More kindness and generosity
- ★ Better overall well-being
- ★ Less anxiety and depression
- ★ Greater abundance

Consistently practicing gratitude rewires your brain over time to have a **stronger emotional foundation**. You start noticing the good instead of constantly scanning for what's wrong. You bounce back faster, connect more deeply, and **actually enjoy the good things in life**.

Just like all the other practices in this guide, gratitude doesn't need to be complicated...

5 EASY IDEAS TO GET STARTED WITH YOUR GRATITUDE PRACTICE:

- 1 Jot down three things** you're grateful for every morning or night. Keep it simple (even your beautifully brewed coffee counts)!
- 2 Say it out loud.** Tell someone something you genuinely appreciate about them. Bonus: it usually makes their day, too.
- 3 Use daily cues.** Pick a routine moment that can be your gratitude reminder, like making breakfast or brushing your teeth. Every time you do that thing, express thanks.
- 4 Flip a frustration.** The next time something bothers you, take a second and find something in that situation you can be thankful for.
- 5 End on a high note.** Before bed, find one moment from the day that made you feel good and replay it in your mind. Be grateful you had that experience.

BOTTOM LINE: Gratitude gives your brain a chance to notice what's already good, even on tough days. Start small, stay consistent, and you'll be surprised how quickly you start to thrive.

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MOTIVATION VS MINDSET

Showing you why willpower, hacks, and quick dopamine hits don't work and what will get you lasting results instead

Ever wonder why you can't seem to motivate yourself to do more, or why quick hacks and dopamine hits don't help you make lasting change? Here's a simple explanation...

MOTIVATION IS A FEELING, AND FEELINGS ARE FLEETING.

So, when life gets in the way, when we get too busy, when we don't see progress fast enough, when we face any sort of setback, it becomes easy to abandon the goals we swore we'd stick to. Our motivation to change slips away, and we forget why we started in the first place.

WANT TO SEE CHANGE THAT LASTS?

Stop trying to motivate yourself to do more. Stop going for the quick fixes and instant rewards.

Instead, focus on flexing your mindset and focusing on the value of effort.

Start believing that your wellbeing isn't a goal; it's a non-negotiable way of life. When you realize the value of prioritizing your health (mental, physical, spiritual), then you can easily be consistent, patient, and truly excited to show up for yourself – day after day, no matter what.

Keep reading to get 6 steps showing you how to shift your mindset and ease the addiction of fast rewards...



6-STEP MINDSET FRAMEWORK

Following this will help you develop a long-lasting, positive attitude about yourself so you can prevent burnout and feelings of failure and instead foster a lifetime of thriving...

1. REFRAME YOUR BELIEFS

Research shows that instant gratification creates laziness. But if we train our brain to associate reward with effort, then we actually learn to *enjoy* hard work. Want productivity to feel natural? Get outside first, then do a quick scroll. Or, do 45 minutes of deep work, then have a small treat. Soon, you'll face challenges with confidence, optimism, and even excitement!

2. UNDERSTAND CHANGE TAKES TIME...

...And consistency. Progress is like a garden; you plant the seed, then you give it regular watering and consistent care so it will sprout and grow and flourish. If YOU want to see and feel progress, be patient and persistent; upgrading your life happens over months, not hours.



3. CREATE A REALISTIC SCHEDULE

Set yourself up for success by working with the time you have. Only have 30 minutes? Don't waste it! Break your to-dos up into smaller, manageable tasks so you can fit them in when your schedule allows.

4. TRACK YOUR PROGRESS

Seeing how much you've accomplished will get you excited to keep going. So, keep a journal of everything you're doing and feeling—consistency of your routine, changes in your energy, moods, and relationships, too!



5. REFRAME YOUR SETBACKS

If you miss a workout or a deadline, or behave in a way that's out of alignment with who you want to be, don't beat yourself up. Instead, figure out why it happened and make a plan for next time. Being consistent means enjoying the process, including the challenging moments.

6. FOCUS ON JOY

When building habits, make healthy choices...that you enjoy! Find the thing in life you actually like so it's easy to stay on track. And always remember why you've started this journey in the first place: to feel better, be more confident, and love your life even more.

BOTTOM LINE: Lasting change is about rewiring the way you think, day by day. When you shift your mindset to value effort, embrace the process (including the messy parts), and find joy in the habits you build, consistency stops feeling like a grind and starts feeling like a natural part of who you are. This is where real transformation happens—not overnight, but over time, with patience, intention, and a growth mindset.

**Put all this
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YOUR WORDS MATTER

The specific language that will move you from victim to abundance mindset and allow you to enjoy more while having less

The truth is that your brain only knows what you tell it.

The subconscious mind doesn't fact-check; it accepts what the conscious mind repeats as truth. So, if your self-talk sounds like a doomsday broadcast, your brain starts living in that frequency. And if your self-talk sounds like opportunity, your brain starts scanning the world for ways to make that real. **So, the words you use will have a huge impact on how much you thrive...**

When you say something's amazing, your brain believes you. When you say something's terrible, it believes that, too.

EVERY WORD YOU USE IS EITHER TRAINING YOUR BRAIN TO THRIVE—OR KEEPING YOU STUCK.

Most of us have these sneaky little phrases we toss around all day without realizing the impact they have. Words like "I can't," "I don't have," "This is too hard," ... They sound small, but they quietly reinforce a fixed, scarcity-based mindset.



HERE'S HOW TO FLIP THE SCRIPT

- ★ **Shift your energy from stuck to expansive:** "I don't have any money" becomes "I have everything I need right now," or "I'm open to earning more."
- ★ **Open closed doors:** "I can't do this" becomes "I'm finding this challenging right now," or "I can learn how to do this."
- ★ **Foster resilience rather than defeat:** "This will never happen" becomes "It might take longer than I hoped, but I know it will happen."
- ★ **Acknowledge the challenge... and your ability to rise to it:** "This is so hard!" becomes "This is harder than I expected, but I can figure it out!"
- ★ **Find abundance in what you have right now:** "I don't have enough." and "I need more." becomes "I'm okay with enjoying less."

Keep reading to get more powerful word reframes that will help you thrive in no time...

A FEW MORE POWERFUL WORD REFRAMES

Game-changing words that can instantly instantly shift your mindset from fixed to growth.



YOUR NEW FAVORITE WORD: YET

"Yet" lets you expand reality and leave the door open for progress.

★ "I don't know how to do it...yet." ★ "I'm not that good at it...yet." ★ "I'm not very consistent...yet."



FLIP ONE PREPOSITION TO CHANGE EVERYTHING

This is one of my favorite reframes, and it's simple:

Instead of asking, "Why is this happening TO me?" ask, "Why is this happening FOR me?"

This single shift moves you from victim mode to growth mode. It doesn't mean pretending pain doesn't exist, rather, it means choosing to look for the lesson or opportunity in it. For example, maybe that difficult conversation at work isn't happening to you; it's happening for you to finally step into leadership.



TURN YOUR 'WEAKNESSES' INTO SUPERPOWERS

See *yourself* differently by reframing your language:

OLD LANGUAGE

"I'm too sensitive."
"I'm falling behind."
"I'm not good at making new friends."

NEW WORD CHOICES

"I feel things deeply, and that's a strength."
"I'm moving at my own pace."
"I'm learning how to connect in a way that feels authentic."

BOTTOM LINE: You choose your mindset every single day through the words you speak—to others and to yourself. So, choose them wisely and then listen to the words you use, sort of like a coach reviewing game footage.

Catch the subtle phrases that keep you small. Then, replace them with language that expands, uplifts, and opens doors. When you speak in ways that will give the life you actually want to live, you reprogram your brain for thriving.

**Put all this
into action!**

RECORD A VIDEO: Show us how you're thriving by reframing your words.

POST IT ON SOCIAL: Tag @juliankissa on IG! Be sure to use #12daystothrive so we can celebrate your wins.

BE CONSISTENT: Show up for yourself—you deserve to thrive!

GET SUPPORT & BUILD COMMUNITY: [Join one of our Accountability Groups so you can get support and stay on track.](#)

YOU KNOW THE ANSWERS

How to tap into your intuition so you can cut out the noise and actually hear what your soul is saying to you (because your soul is always right!)

Most of us spend our days flooded with noise—listening to endless opinions, unsolicited advice, and trending headlines. We rarely get quiet and listen to *ourselves*, so it's no surprise we feel disconnected from our dreams, unsure of what we really want. The cool thing, though?

YOU ALREADY HAVE THE ANSWER, AND YOU ALWAYS HAVE. IT'S CALLED YOUR INTUITION.

Intuition is your gut feeling that says “this is right” before your mind starts overthinking. It's based on your values, your lived experiences, and your deepest knowing, and it guides you to where you need to be. Think of it as your internal GPS.

But like a muscle, intuition weakens when ignored... Every time you dismiss a gut feeling, stay in a situation you know doesn't feel right, or make choices just to please others, you override your inner voice, making it quieter. Yet, even if you don't tap into it often, your intuition never disappears completely! So, the work here is to figure out how to start trusting your soul *first*—before you rely on the outside world for advice.

5 SIMPLE PRACTICES TO HELP YOU TUNE IN TO YOUR INTUITION:

- 1 Daily quiet time.** Even 5 minutes of stillness—no phone, no music, no distractions—gives your intuition room to speak up. Notice what thoughts float up without judging them.
- 2 Body check-ins.** Your body often knows before your mind does. Notice how you physically feel when you think about a decision. For example, when you're tapping into your intuition, your shoulders should relax, not tighten.
- 3 Journal without editing.** Free-writing your thoughts before making a choice often surfaces truths you didn't realize were there.
- 4 Limit outside input.** Before polling your friends or Googling for answers, *ask yourself first*: What do I already know? How do I feel?
- 5 Trust small decisions first.** Intuition builds through reps. Start with little things—what to eat, which route to take, whom to spend time with—and notice how it feels when you follow your inner guide vs. ignore it.

Keep reading to understand why your soul knows best...



YOUR SOUL KNOWS BEST

Here's the thing: nobody else is living your life. Not your family. Not your colleagues. Not the media. You. So it makes sense that the best guidance won't come from out there - it'll come from *in here*.

When you learn to trust yourself, decisions stop feeling like endless debates. You stop chasing validation or waiting for permission. Instead, you move through life with clarity, confidence, and a sense of alignment that no external advice can give you.

This doesn't mean you ignore wisdom from others—it means you stop letting it drown out your own. You become the final authority.

YOUR INTUITION ISN'T HIDING. IT'S JUST WAITING FOR YOU TO LISTEN!

The more you tune in, the louder and clearer it gets. And when you follow it, life starts to flow in ways that logic alone can't explain.

So here's your challenge: This week, carve out 5 minutes of real quiet. No distractions. Ask yourself a question you've been wrestling with. And then...listen. It might not be the loudest voice, but your intuition will always be the truest one. It's time to trust it... and thrive!

**Put all this
into action!**

RECORD A VIDEO: Show us how you're thriving by listening to your intuition.

POST IT ON SOCIAL: Tag @juliankissa on IG! Be sure to use #12daystothrive so we can celebrate your wins.

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10

THE #1 THING TO INCREASE YOUR HEALTHSPAN

The proven power of community and how to build a supportive network so you can be less lonely and regain your sense of purpose and belonging

The number 1 factor in determining how long you will live healthfully isn't how much you exercise or how well you eat. It's not how much money you make or the location or size of your home...

LONGEVITY IS MOST AFFECTED BY THE QUALITY OF YOUR COMMUNITY.

Yep, the strength and quality of the people you surround yourself with have a bigger impact on your healthspan than nearly anything else.

And the flip side? Loneliness can be devastating. Research shows it has the same impact on your body as smoking 15 cigarettes a day. Fifteen! It's a biological fact: Chronic loneliness cranks up inflammation, weakens your immune system, and can literally shorten your life.

The trouble here is that, as we get older, our circles naturally shrink. We spend more and more time alone, and many of our meaningful interactions happen remotely. **To truly thrive, we must nurture and build relationships that lift us up.** The good news is that you can build community starting today, no matter your age, no matter where you live...

EASY, REAL-LIFE WAYS TO BUILD COMMUNITY

The key here is quality over quantity. You just need a handful of people who see you, support you, and bring out your best. (Think: 4 quarters > 100 pennies.)

Join a group activity: Think hiking clubs, book circles, or a coffee meet-up.

Take a class: Build connection over learning something new.

Volunteer: Bond with people who share the same purpose.

Host low-pressure gatherings: Think potlucks or neighborhood walks.

Many people are waiting on someone else to take the first step!

Reconnect intentionally: Finally call that friend you've been meaning to.

Put all this
into action!

RECORD A VIDEO: Show us how you're thriving spending time with people who lift you up.

POST IT ON SOCIAL: Tag @juliankissa on IG! Be sure to use #12daystothrive so we can celebrate your wins.

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STOPPING THE SELF-SABOTAGE

What self-sabotage looks like, why you're doing it, and a proven blueprint to stop getting in your own way.

DO YOU EVER WONDER: WHY DID I DO THAT?

How many times have you found yourself standing in your own way? How many times have you known exactly what you wanted, yet you somehow derailed your chance of getting it? You said yes to something you didn't actually want (or no to something you did). You said something horrible to your partner. You procrastinated on the thing that matters most.

It's called self-sabotage, and the truth is, it isn't random. And it's not because you're lazy or broken. It's usually because, on some level, your brain is trying to *protect* you.

WHY WE SELF-SABOTAGE

Self-sabotage isn't a lack of discipline. It's a nervous system issue. When you've spent years (maybe decades) operating in "survival mode," your brain starts to equate comfort with safety. Growth, change, or stepping into a bigger version of yourself? That feels unfamiliar. And 'unfamiliar' often gets interpreted as dangerous.

So the moment you get close to something meaningful, like a new relationship, a business opportunity, a personal milestone, **your subconscious fires off alarms:**

- ★ What if I fail?
- ★ What if I get judged?
- ★ What if I can't handle it?

Your body wants to bring you back to what it knows, even if that's painful.

And that's when the sabotage kicks in: picking unnecessary fights, ghosting opportunities, distracting yourself with dopamine hits, or convincing yourself "now's not the right time."

SELF-SABOTAGE IS ALSO REINFORCED BY DEEPER PATTERNS LIKE:

- ★ **Fear of success:** Stepping up might mean new responsibilities, expectations, or visibility you don't feel ready for. (HINT: You *are* ready!)
- ★ **Fear of failure:** If you don't try fully, you can't fail fully. (Reality check: failure is a part of life. So get comfortable making mistakes... and better at dealing with them!)
- ★ **Low self worth:** If deep down you don't believe you deserve something, you'll unconsciously push it away. (Reminder: Refer back to Chapter 8 on reframing.)
- ★ **Unresolved past:** Old emotional wounds can make good things feel "unsafe" because they don't match the chaos your nervous system got used to. (Keep doing work here! **And keep reading to see how to interrupt the cycle...**)



HOW TO INTERRUPT THE SABOTAGE CYCLE

Next time you're about to self-sabotage, break the pattern by walking yourself through these five steps:



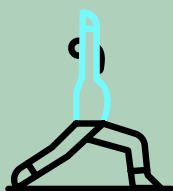
PAUSE

Do nothing for a moment. Don't send that impulsive text, don't ghost that job interview or second date, don't pick that fight that doesn't need to happen. Just hold.



DROP THE SHAME & NEGATIVE SELF TALK

Beating yourself up won't help. Remember, you are amazing, and you are certainly not broken. You're just stuck in some old patterning. Recognize that you're ready to move forward.



GET CENTERED

Take a few deep breaths. Slow everything down so your nervous system can recalibrate. (Go back to Chapter 5 if you need a quick grounding exercise.)



GET COMFORTABLE WITH DISCOMFORT

This isn't about being fearless. It's about doing things while your body still remembers fear. When you come through the other side, you're showing yourself you can handle that newness and, more importantly, it's safe to do so.



REINFORCE YOUR WORTH

Tell yourself—out loud if you can—that you deserve good things and that you don't need to create your own roadblocks. Their *will* be bumps in life, and you're completely capable of handling them!

BOTTOM LINE: Self-sabotage isn't a personal flaw; it's a protective reflex. But protection isn't always what you need. Sometimes, what you need is to hold steady while your brain catches up to your potential. Once you start recognizing these moments and responding differently, the grip of old patterns loosens. You stop being the obstacle, and you start being the ally. And that's when you begin to thrive.

Put all this
into action!

RECORD A VIDEO: Show us how you're thriving by stopping the self-sabotage.

POST IT ON SOCIAL: Tag @juliankissa on IG! Be sure to use #12daystothrive so we can celebrate your wins.

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THE POWER OF PERSONAL ACCOUNTABILITY

Real talk on owning your choices and how looking in the mirror is the key to unlocking your power, rewriting your story, and leading the life you dream about

WHEN THINGS DON'T GO OUR WAY:

We usually take the easy path and blame other people, bad luck, or “the system.” We point fingers at our boss, our partner, the economy, the algorithm, Mercury in retrograde... anything to avoid looking in the mirror.

The hard truth is that when we constantly look outward for the reason why something isn't working, we get further and further away from thriving.

We get stuck in the same loops of feeling powerless, resentful, and frustrated because we're waiting for someone else to change first.

Here's what it might look like:

- ★ You stay in a job you hate because “your boss is terrible.” But really? You've avoided setting boundaries or having hard conversations. You've also not looked for a new job.
- ★ Your fitness goals keep falling apart because “you don't have time,” but your calendar is actually full of things you could say 'no' to or don't need to do.
- ★ You keep attracting the same relationship drama because “other people always let you down,” but you've never examined your own patterns or lack of boundaries.

When you don't take ownership, life starts to feel like it's happening to you. You're stuck reacting, rather than leading.



Leaders must own everything in their world. There is no one else to blame.

- Jocko Willink, former Navy SEAL & author of *Extreme Ownership*

WANT A DIFFERENT OUTCOME?

Understand that nothing changes until *you* do.

Now, this does not mean blaming yourself or feeling shame. **This is simply about taking radical responsibility for your choices, your habits, your responses — the good, the bad, and everything in between — so you can finally shift what's not working.**

This is about looking in the mirror and saying, “This is mine to change.” When you hold yourself accountable, you reclaim your power. This is when you start to thrive.

YOU DON'T HAVE TO DO THIS ALONE.

Accountability works best in community. Having trusted people, whether it's a friend you check in with weekly, a coach who won't let you hide behind excuses, or a community that calls you up (not out), **accountability partners keep you honest when your own mind tries to take the easy way out.**

Think about it: What would happen if you set a goal to run a 5K but you never told anyone? It'd be so easy to let your training slide when you felt tired. But tell a friend who texts you every morning to ask how training went? Different story.

Want to know when the real magic happens? Keep reading...



WHEN THE REAL MAGIC HAPPENS

When personal ownership and external accountability work together, real change happens. One gives you clarity and power. The other gives you structure and support. Together, they turn “maybe someday” into “definitely today.” They turn “why me?” into “I got this.”

So here's my challenge to you: the next time something doesn't go the way you want, don't immediately blame the world. Pause. Look in the mirror. Ask, “What's my part in this?” Then, find someone who will lovingly keep you on track — and do the same for them. That's how you rewrite your story and build a life that actually reflects who you want to be. **That's when you start thriving.**

GO DEEPER WITH YOUR GROWTH.

We've given you 12 powerful tools to thrive. While we hope you use them to feel clearer, stronger, and more in control of your life, we know those steps are just the beginning. There's more greatness ahead for you, and we want to help you have it.

So, we've created The Beyond Tomorrow Accountability Groups — a thoughtful community that provides loving support, honest yet nonjudgemental conversation, and encouragement to achieve goals.

It's a space to help you live better in this crazy world. When you join, you'll get entry into expert-led accountability groups PLUS:

- ★ Weekly 'coffee hour' with Julian Issa
- ★ Private live workshops with Julian and top thought leaders
- ★ Small group private dinners in various cities, hosted by Julian
- ★ Forum discussions and live chats with experts and one another
- ★ A safe space for receiving constructive and honest feedback
- ★ More mindset tools for feeling good, emotionally and physically
- ★ Early access to in-person Beyond Tomorrow events
- ★ Special discounts from our carefully vetted wellness partners

Thrive today, tomorrow, and beyond. Take action now...

JOIN OUR ACCOUNTABILITY GROUPS & THRIVE EVERY DAY

