

Reflect on the Past Year

At the start of the year I wanted

What worked?

What didn't work?

If I could go back to the start of the year, knowing what I now know, I would tell myself

I am proud of myself because

I'm looking forward to the New Year because

Set Intentions for the New Year

This year I want to feel

I am ready to let go of

I am ready for more

The main things I want to focus on this year are

I want to focus on these because

My focus word for this year is going to be
