



MY PLAN FOR A GREAT YEAR.

REFLECT.

This past year I learned...

What made me feel happy/proud this past year was...

This past year, I am grateful that...

This year I am letting go of...

LOOK AHEAD.

This year I want to learn...

This year I want to start the following habits:



My spiritual goals for this year are...

My health goals for this year are...

My relationship (marriage, family, friends) goals for this year are...

My financial goals for this year are...

My career goals for this year are...

My creative goals for this year are...

My seemingly impossible dream that I hope comes true is...

This year I want to change the world by donating time or money to...
