



REFLECT & RESET

Go confidently in the direction of your dreams! Live the life you've imagined
Henry David Thoreau

OUT WITH THE OLD - REFLECT

3 THINGS I AM PROUD OF

2 FAVOURITE MEMORIES

1 HARD LESSON LEARNED

IN WITH THE NEW - RESET

5 SMART GOALS

4 THINGS I AM LOOKING FORWARD TO

3 NEW THINGS I WANT TO TRY

2 WAYS I CAN HELP OTHERS

1 THING I WANT TO GET BETTER AT