

time to reflect

2 THINGS THAT YOU'VE NEVER DONE BUT WANT TO TRY.

ONE THING YOU'VE BEEN THINKING ABOUT A LOT.

ONE PART OF YOUR DAILY ROUTINE/HABITS/LIFE THAT NEEDS TO GO.

3 MOMENTS YOU'RE GRATEFUL FOR OR THAT MADE YOU HAPPY IN 2022

ONE NEW THING YOU WILL DO INSTEAD.

CIRCLE WHAT YOU NEED MORE OF THIS YEAR

- mentors boundaries self-care routines patience friendships rest
discipline fun organization time to grieve laughs gratitude creativity

A QUOTE THAT INSPIRES YOU FOR 2023

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