

Dreaming Up the New Year

Finding Your Theme or Guidewords



Take a moment to reflect on the previous year. What are you proud of?

What do you want to leave behind that no longer serves you?

What are you longing for?

What are you known for? What do you want to be known for?

What do you love about yourself now? List at least two qualities or attributes.

Final Question:

(When you are ready for this question, pop me a DM or an email and I will send it over - fun, right?)

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