

2017 In Review

LOOKING BACK

THINGS I AM
grateful for

Celebrations + Victories

f a v o r i	1	●	●	●	●	●	●	●
t e m e m	2	●	●	●	●	●	●	●
o r i e s	3	●	●	●	●	●	●	●

WHAT WORKED	
WHAT <i>didn't</i> WORK	
HOW DID I RESPOND WELL TO <i>struggle?</i>	
FACEDOWN MOMENTS + <i>struggles</i> THAT SHOOK ME	

I am saying goodbye to...

My biggest cheerleaders + support systems: [_____]

Hello, 2018

LOOKING FORWARD

I want to continue:

I am saying "NO" to...

I am saying "YES" to...

My (re) Define Health goals:

PHYSICALLY	
MENTALLY	
RELATIONALLY	
SPIRITUALLY	

[_____]
will help me do the above

When I am **struggling**, I will **choose respect** by:

Take a picture and review every 90 days to remind + refocus!