



2023

END OF YEAR REFLECTION

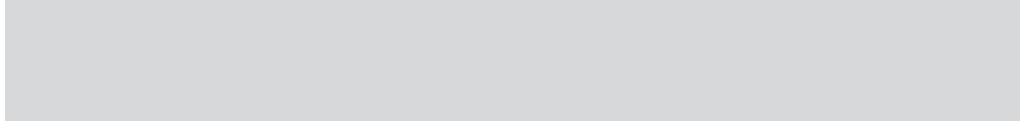
Write it on your Heart,
that every day is the
best day in the year.

- Ralph Waldo Emerson



in 2023

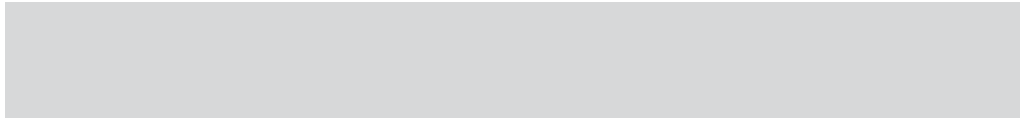
I learned ...



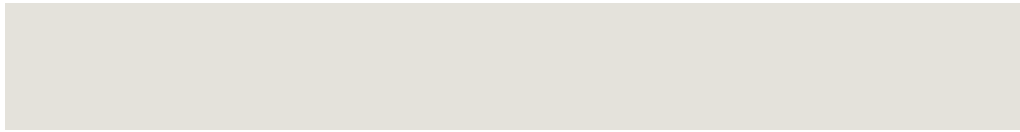
I challenged myself ...



I took care of myself by ...



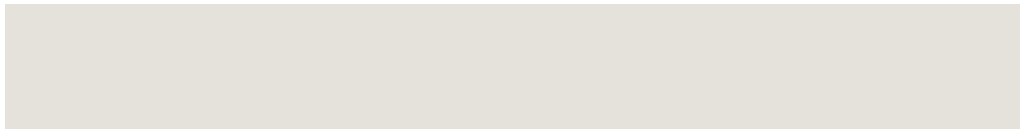
I connected with ...



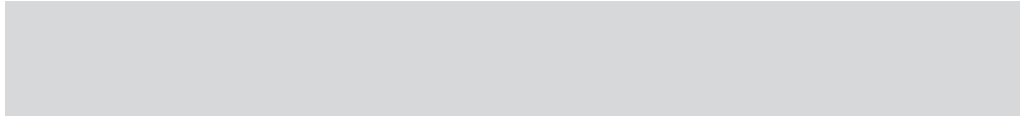
I'll always remember ...



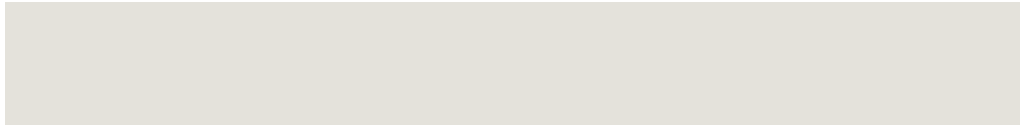
I am most proud of ...



One think I'd like to carry over from this year ...



One thing I'd like to leave behind ...



If I could sum up the year in one word, it would be ...



crush your goals in 2024

affirmations

goals

steps to take

why do i want to reach this goal?
