2019 RESOLUTIONS

This exercise is like a mental vision board. You are not using pictures, but *words* and <u>your</u> personal truths to help you form a path towards your goals.

2018- The Year in Review

Write down a quick summary of what happened during last year. It is helpful to use the months as reference points.

January	
February	
March	
April	
May	
June	
July	
August	
September	
October	
November	
December	

1-What are things I'm proud of?

2- What happened that I want more of?

3-What do I want less of?

4- What is something new I want to add/work on:

5- What do I want my life to FEEL like?

6-Given my answers above, what are some Spring Resolutions I can set for myself that are in alignment with my desires for my life, and will help me reach my personal goals for 2019?