

Design your beautiful life in
2022

Quick 2021 Review!

Start with 5 things that went right last year!

Even just the little things count.

Where / who e did you get your emotional fuel last year

What time/money did you give to your community?

What is one thing you wish you could have done last year.

What things did you do to feel good?

One paragraph on what you want to feel at the end of 2022

What are 5 things you want in 2022

What top 5 things must you do to achieve your goals?

What location will serve you best while you work on your goals?

What habits will serve you best in 2022.

Who/What will you say NO to in 2022 so you can achieve your goals.

What are your top 5 gifts or talents

What are my top 5 values

How often will you be working on your fitness goals?

What are the top five meals you will focus on for your health this year.