

"One of the most courageous things you can do is identify yourself, know who you are, what you believe in and where you want to go.

*-Sheila Murray Bethel*

What is something that I'm holding on to that I need to let go of this year?

What do I love most about the person I am today? How can I cultivate that this year?

How do you envision your life at the end of this year?

What limiting beliefs or fears are holding me back from pursuing my dreams?  
How can I release these beliefs and fears?

What's one thing I can do in 5 minutes a day to support my mind, body and soul?

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How can I cultivate more gratitude and appreciation in my daily life?

How can I make space for more fun, play, imagination and creativity this year?

what's something I've always dreamed of doing but haven't? if i couldn't fail, how would I make this dream come true this year?

What is one physical goal you can make for yourself? one thing you are unable to do or unable to do comfortably? how can you accomplish it this year?

"How can I be more intentional in my relationship with \_\_\_\_\_?"