2020 YEAR IN REVIEW

Make this activity special. Set aside some time so you have space to be able to review your year. Pull out your calendar, planner, wherever you have your plans written down. Start making notes of what you spent most of your time on, who you were with, and how you felt.

2020 YEAR IN REVIEW

Did you have a ton of "Hell Yes" activities or more "I feel obligated" activities? What stands out to you?

2020 YEAR IN REVIEW

What do you find yourself wanting more of? What do you want less of? Be sure to check in with yourself to really know what your mind, body & soul are craving in this new year.

2020 YEAR IN REVIEW

What I am most grateful for.....

2020 YEAR IN REVIEW

What I am most proud of.....