

GOAL PLANNING

MY GOAL IS:

WHY DO I WANT TO ACCOMPLISH THIS GOAL?

WHAT HAS KEPT ME AWAY FROM THIS GOAL IN THE PAST?

WHAT/WHO WILL HELP ME ACHIEVE THIS GOAL?



PEAKS & PITS

BEST THINGS THAT HAPPENED LAST YEAR :

WORST THINGS THAT HAPPENED LAST YEAR :

THESE ARE THE MOST IMPORTANT THINGS I LEARNED LAST YEAR:

THESE ARE THE THINGS I WANT TO BE DIFFERENT THIS YEAR:

