

A YEAR IN REVIEW

2019

WHAT SINGLE ACHIEVEMENT
ARE YOU MOST PROUD OF?

WHICH OF YOUR PERSONAL QUALITIES
TURNED OUT TO BE THE MOST HELPFUL
THIS YEAR?

WHICH NEW SKILLS
DID YOU LEARN?

WHICH MENTAL BLOCK(S)
DID YOU OVERCOME?

THE YEAR AHEAD - 2020

What skills do you want to learn, improve or master?

Which personal quality do you want to develop or strengthen?

What do you want your everyday life to be like?