



reflect + reassess + refresh

WHAT IS WORKING RIGHT NOW? HOW WILL I CONTINUE THIS? HOW WILL I CELEBRATE?

WHAT ISN'T WORKING RIGHT NOW? WHAT IS MY BIGGEST OBSTACLE? HOW CAN I FLIP IT?

WHAT ARE MY TOP 2 MOST IMPORTANT HABITS TO CULTIVATE RIGHT NOW?

IF I COULD ONLY FOCUS ON ONE OF THESE HABITS, WHICH ONE WOULD IT BE? WHY?
