

— READY, GET SET, GOAL! —

YEAR IN REVIEW:

TOP 3 THINGS THAT HAPPENED TO ME IN 2022

1. _____
2. _____
3. _____

MY WORD FOR 2023 IS...

BUCKET LIST:

PLACES TO VISIT



HOBBIES TO TRY



FOODS TO TRY



GOOD DEEDS TO DO:



DECLUTTER:



HABITS TO BREAK:



SKILLS TO LEARN



OTHER:



BOOKS TO READ



DAILY WALKS



HYDRATION GOALS




FAMILY TIME




— READY, GET SET, GOAL! —

NEW YEARS RESOLUTIONS GOALS:

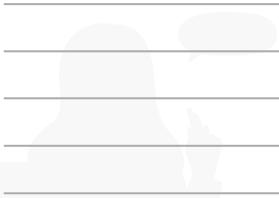
PHYSICAL



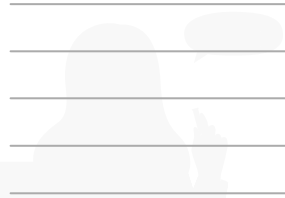
EMOTIONAL




FINANCIAL




SPIRITUAL



SOCIAL



WORK



FAMILY:

PERSONAL
DREAMS:

NOTES:
