

Farewell 2015...



What did I intend to accomplish this year and did achieve?

What did I intend to accomplish this year but didn't?

What did I achieve that I didn't set out to or expect to?

What do I want to acknowledge myself for?

What are 20 things I am grateful for this year:

What are 15 characteristics, qualities, emotions or words to describe myself and this year:

Anything else I want to acknowledge and release...

My Aspirations for 2016...

Any areas of my life I want to complete and release (e.g. a habit, behavior, story, relationship)

It is the end of 2016 and I have transformed these areas of my life (Paint yourself a picture):