

# Reflect on the Past Year

*At the start of the year I wanted*

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*What worked?*

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*What didn't work?*

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*If I could go back to the start of the year, knowing what I now know, I would tell myself*

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*I am proud of myself because*

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*I'm looking forward to the New Year because*

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# Set Intentions for the New Year

*This year I want to feel*

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*I am ready to let go of*

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*I am ready for more*

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*The main things I want to focus on this year are*

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*I want to focus on these because*

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*My focus word for this year is going to be*

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