



INSPIRED BY TOPIC

AWARENESS

INTENTION TO SET

I ALLOW MYSELF TO BE
UNIQUE IN MY THOUGHTS
AND ACTIONS

PROMPTS TO REFLECT

AM I AWARE OF WHERE I AM PLACING MY ENERGY AND FOCUS?

WHAT IS SERVING ME IN THIS NEW YEAR AND WHAT CAN I TAKE WITH ME?

WHAT DO I LOVE ABOUT MY OWN THOUGHTS AND ACTIONS?