

LIFE GOALS 2023

YOU DON'T HAVE TO WONDER
IF 2023 WILL BE BETTER?
YOU GET TO DECIDE.

YOU ARE EMPOWERED TO CREATE THE LIFE YOU WANT TO LIVE

INSIDE YOU KNOW WHAT IT WILL TAKE TO GET YOU THERE, BUT PERHAPS
YOU NEED A LAUNCHING PAD, A CLEAR FOCUS OR THE
ENCOURAGEMENT TO DREAM BIG?

CONSIDER THESE QUESTIONS FOR 2023

I WANT MORE OF THIS _____

I ACTUALLY NEED THIS _____

I WILL NOT ACCEPT _____

I LOVE _____

I'M HOPING FOR _____

I WANT TO IMPROVE MY SELF CARE DOING THIS _____

MY BIGGEST CHALLENGE(S) THIS YEAR IS _____



LIFE

- 1
- 2
- 3
- 4
- 5

INSPIRATIONS



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