

# PROJECT 52

INDIVIDUAL CHALLENGE



Find a quiet place and take 5 to 10 minutes to think about and answer the following questions:

## 1. Three words that describe my past year:

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## 3. My Top Three Values:

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## 4. One word that will be my motivation reminder for the next year:

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## 5. My Trifecta for the Year Ahead

A. I'll achieve these three goals:

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B. I will do these three things every morning:

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C. I'll focus on my health with these three activities:

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D. I will explore these three skills this year:

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E. I will connect with my loved ones in these three ways:

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F. I'll feel these three emotions when I achieve my three goals:

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What does the year ahead of you look like? What will happen in an ideal case? Why will it be great?

## 1. For the Company

## 2. For My Team

## 3. For Me Personally