



1. Three words that describe my past year: 3. My Top Three Values: 4. One word that will be my motivation reminder for the next year: 5. My Trifecta for the Year Ahead A. I'll achieve these three goals: C. I'll focus on my health with these three activities: D. I will explore these three skills this year: E. I will connect with my loved ones in these three ways: F. I'll feel these three emotions when I achieve my three goals:	Find a quiet place and take 5 to 10 minutes to the	hink about and answer the following questions:
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	F I will connect with my loved ones in these three	wavs.
F. I'll feel these three emotions when I achieve my three goals:	L. I will conflict with my loved ones in these times	ways.
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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?

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For the Company		
2. For My Team		
5. For Me Personally		