

# PUTTING IT ALL TOGETHER



## PERSONAL 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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### 2. My Top Three Values: *refer back to your My Values worksheet*

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

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### 4. 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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