

NEW YEAR *PREP*

2023 IN REVIEW
2024 GOAL SETTING & JOURNALING

PMR

YOU GOT THIS

DON'T LEAVE YOUR DREAMS ON YOUR PILLOWS

You are worth the effort ♥ *Chantal*

index

cover page
what went well this past year?
what could've been better?
life evaluation
gratitude
big picture exercise
moving forward
habits
goal setting
vision board

find us:



what went well this year?



what could've been better?



life evaluation

evaluate each area of life - how are each of these areas of life right now?

relationships



family & friends



career & work



health & fitness



finances



home & environment



personal fulfillment



gratitude

grateful for this year...

moments i don't want to forget...



big picture

imagine your ideal life in 5 years, in 10 years... are you on that path?



moving forward

how can i move in the direction of my ideals?



habits are the foundation

current habits that work...

habits i'd like to implement...

where realistically can these habits fit?



5 goals i can set for this year...

1

2

3

4

5

my word of the year...



vision board

