

2023 IN REVIEW 2024 GOAL SETTING & JOURNALING

PVR

YOU GOT THIS

DON'T LEAVE YOUR DREAMS ON YOUR PILLOWS

You are worth the effort Chantal

index

what went well this past year?
what could've been better?
life evaluation
gratitude
big picture excercise
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

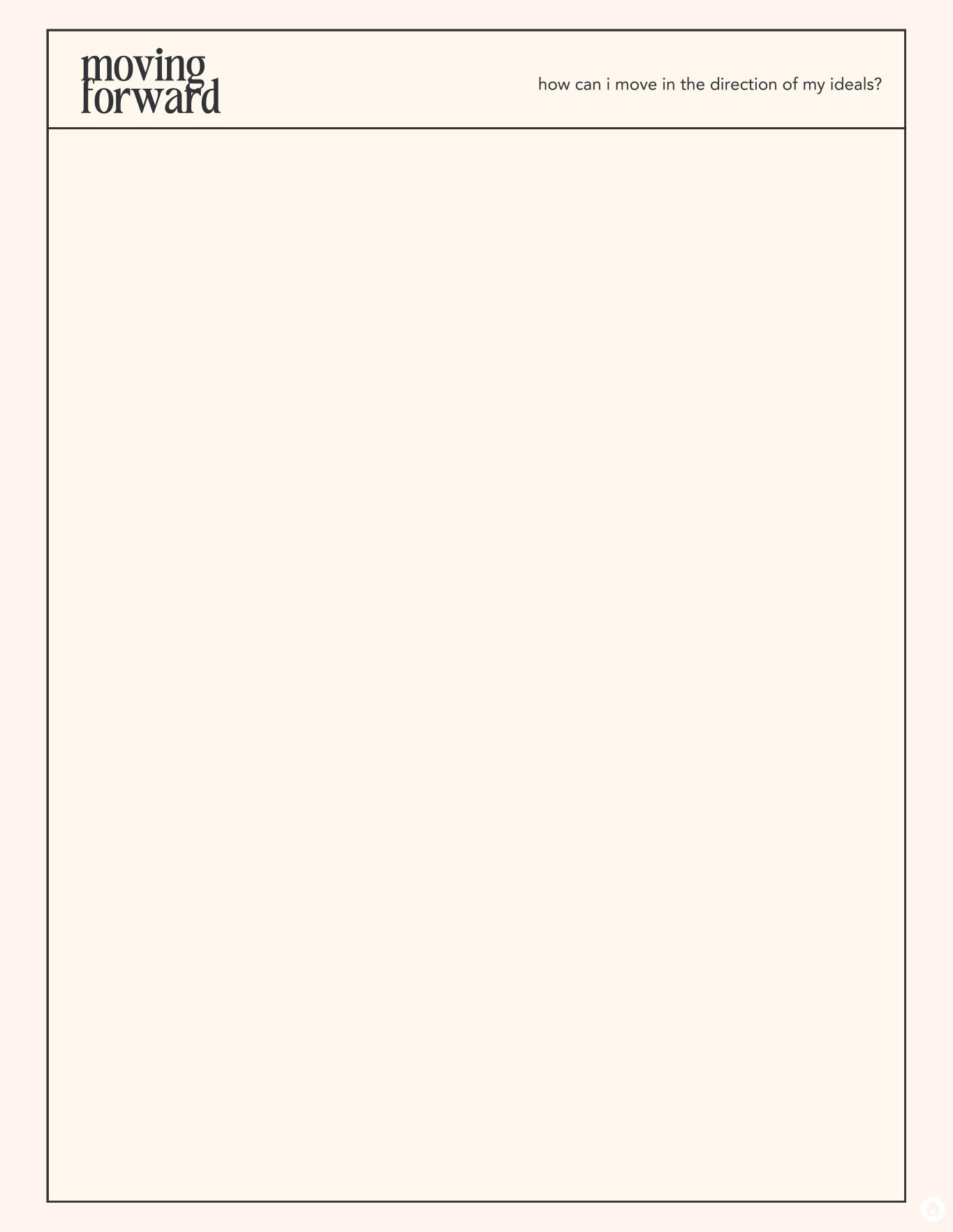


personal fulfillment





gratitude	
grateful for this year	
moments i don't want to forget	



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
2
3
4
5

my word of the year...

