

TRUE WOO

2023

Ignite The New You

an exercise to move *forward*

2022

Before you get into the New You,
Reflect on the year that was

JANUARY	FEBRUARY	MARCH	APRIL
MAY	JUNE	JULY	AUGUST
SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER

Steps

Take a moment to reflect on your life during each month of 2022, choose three words that describe what you were doing, how you were feeling, or an energy.

Get a pen, fill in each month with those three words.

What are you proud of?

What do you want to let go of?

Circle what do you want to do more of in 2023?

2023

List a few goals

PERSONAL

HEALTH

RELATIONSHIPS

FAMILY

CAREER

LIFESTYLE

Vision

Assess your level of satisfaction for each of these areas on a scale from 1 to 10.

Get a pen, fill in each section:

What are you proud of?

What do you want to let go of?

What do you want to do more of?

Do you have a goal here?

2023

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Steps

Call in the energy you want for the new year without overthinking.

Get a pen, fill in each month with one powerful, affirming word. Get inspired:

What are you looking forward to ?

What goals are you setting?

How do you want to feel?



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visit us for support along the way



www.truewoo.com