

# The 4 C's to make 2019 your best year yet!



**1: CONTINUE:** *What WORKED WELL for me in 2018?*

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**2: CULTIVATE:** *What was OK, but could have been better? (What will I do differently this year?)*

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**3: CEASE:** *What DIDN'T work for me in 2018? (If I haven't already, when will I STOP this??)*

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**4: CREATE:** *What's MISSING? What ELSE do I want to achieve in 2019 - my NEW goals?*

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