



A simple review of my year.

Grab your favorite beverage, find a quiet spot, and set your timer for 10 minutes to complete this simple and powerful ritual.

WRITTEN BY _____

IN THE YEAR _____

1. What am I most proud of? What was my most important accomplishment and why?

2. What was my biggest lesson? Why was that important?

3. What am I ready to let go of?



**Make this the year you stop scrolling
through life — and actually LIVE it.**



**Create your next level life
starting right now!**