



## *reflect + reassess + refresh*

WHAT IS WORKING RIGHT NOW? HOW WILL I CONTINUE THIS? HOW WILL I CELEBRATE?

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WHAT ISN'T WORKING RIGHT NOW? WHAT IS MY BIGGEST OBSTACLE? HOW CAN I FLIP IT?

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WHAT ARE MY TOP 2 MOST IMPORTANT HABITS TO CULTIVATE RIGHT NOW?

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IF I COULD ONLY FOCUS ON ONE OF THESE HABITS, WHICH ONE WOULD IT BE? WHY?

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