

Feel your pulse

2022



PASSION

What passion are you going to pursue or focus on this year?

UPLIFT

How can you uplift others this coming year?

LOVING

What are you going to do (or not do) to be more loving to yourself this year?

STRENGTH

How are you going to use your strengths this year?

ENERGY

What things or people are worth your energy or effort what or who is not?

Check your pulse throughout the year. Are you focusing your energy and strengths on your passion? Are you being loving, uplifting, and positive?

Reflection

2021

What did you do that made you feel proud of yourself this past year?

What is something you learned?

What was a challenge this year and how did you overcome or deal with that challenge?

How did you use your strengths last year? Did you gain any new ones?

Who made you proud this year and why?

What good things happened this past year?