

*Overall, the word that
sums up my year is...*

Be

*How do I feel...
Now:
About the year:
About myself:*

Reflection

Do

*What did I...
Achieve:
Progress:
Start:*

Think

*What did I learn...
About work:
About others:
About myself:*

Who did I help to shine?

*My theme word for
this year is:*

Be

It's 31 December, 2018.

How do I feel about...

The year:

Myself:

My life:

Do

It's 31 December, 2018.

I achieved...

I launched...

I experienced...

Intention

Think

It's 31 December, 2018.

I know a lot more about...

I feel more confident in...

The breakthrough

I experienced was...

It's 31 December, 2018.

I helped the following amazing people to shine brighter:

*I will learn these
skills
hobbies
languages
habits*

Share

Learn

Play

*I will spend time with
these people*

*I will enjoy these
activities
games
entertainment*

Action

Explore

Rest

*I will visit these
places
ideas
opportunities
groups*

Achieve

*I will take
these holidays*

*I will produce these
results in
health
wealth
work*