

Welcoming 2019
Ring in the New Year Mindfully

Things to Release from 2018:

- 1- _____
- 2- _____
- 3- _____
- 4- _____

In 2018, I accomplished:

- 1- _____
- 2- _____
- 3- _____
- 4- _____

My Proudest Moment Was:

The Best Things that Happened:

- 1- _____
- 2- _____
- 3- _____
- 4- _____

I Am Most Grateful For:

My Biggest Struggles/Challenges Were:

- 1- _____
- 2- _____
- 3- _____
- 4- _____

Lessons I Learned:

- 1- _____
- 2- _____
- 3- _____
- 4- _____

My 2018 Described in 1 Word:

Things to Bring into 2019:

- 1- _____
- 2- _____
- 3- _____
- 4- _____

In 2019, I am most looking forward to:

- 1- _____
- 2- _____
- 3- _____
- 4- _____

In 2019, I will be:

- 1- _____
- 2- _____
- 3- _____
- 4- _____

In 2019, I'd like to do more:

- 1- _____
- 2- _____
- 3- _____
- 4- _____

In 2019, I'd like to do less:

- 1- _____
- 2- _____
- 3- _____
- 4- _____

Physical Goal(s):

Career/Academic Goal(s):

My hope for 2019 Described in 1 Word:
