

JANUARY 2024

# EMPOWER YOUR TOMORROW

BY CELEBRATING YOUR YESTERDAYS

WHAT WERE THE

# HIGHLIGHTS

FROM THE PAST YEAR OF YOUR LIFE?  
*Get some help from your camera roll, journal or calendar*

JANUARY

JULY

FEBRUARY

AUGUST

MARCH

SEPTEMBER

APRIL

OCTOBER

MAY

NOVEMBER

JUNE

DECEMBER

WHAT WERE THE

# GROWING MOMENTS

OF THE PAST YEAR IN EACH CATEGORY?

HEALTH AND  
WELLNESS

RELATIONSHIPS

MONEY

CONTRIBUTION

RECREATION  
& FUN

PURPOSE,  
SPIRITUALITY  
& MEANING

WHAT DO YOU WANT TO

# START, STOP & CONTINUE

IN EACH OF THE CATEGORIES BELOW

	START	STOP	CONTINUE
HEALTH AND WELLNESS			
RELATIONSHIPS			
MONEY			
CONTRIBUTION			
RECREATION & FUN			
PURPOSE, SPIRITUALITY & MEANING			