



Things I will doing this year:

1. _____
2. _____

Things I will do for my well-being:

1. _____
2. _____

Things I will do for my well-being:

1. _____
2. _____

Things I want to this year:

1. _____
2. _____

Things I will do to others:

1. _____
2. _____

Please have your favorite beverage available to “toast in” the New Year,
and keep this paper available for a reference.