



**MAKE THIS YEAR - YOUR YEAR**  
**SET YOUR INTENTIONS**

**REMEMBER SELF-LOVE**

I Am.....

I Can.....

I Will.....

**BE KIND TO YOURSELF**

Eat Well.....

Exercise Daily.....

Enrich Mind & Body.....

**EXPLORE NEW IDEAS**

A Class/Group.....

A Place or Country.....

A New Skill.....

**BE BRAVE - FEEL CONFIDENT - OWN IT!**