



Raise your game by reflecting and setting your goals.

Good goals help you steward what you've
been given well - Lara Casey.

**MY HAPPIEST MOMENT
OF 2018...**

**THE BIGGEST THING I
LEARNT WAS...**

**SOMETHING I WOULD
HAVE LIKE TO HAVE DONE
DIFFERENTLY IS...**

**MY GREATEST
ACCOMPLISHMENTS OF
THE YEAR...**

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**2 OF MY FITNESS GOALS
FOR THIS YEAR ARE..**

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**SOMETHING NEW
I'D LIKE TO TRY IS..**

**MY
TOP 3 WELLNESS GOALS
FOR 2019 ARE...**

1.

2.

3.

**2019
MY WORD FOR THIS YEAR
IS...**
