



HOW DID LAST YEAR (OR OTHER PERIOD OF TIME) GO?

If this question feels too broad, consider breaking to down into relevant areas of your life, like mentioned in the podcast episode related to this worksheet.



WHAT DO YOU WANT TO KEEP DOING?

WHAT DO YOU WANT TO LET GO OF OR PUT DOWN?



THIS YEAR (OR OTHER PERIOD OF TIME), I:

I AM:

I AM RELEASING/PUTTING THIS DOWN:

THANK YOU FOR WHAT YOU'VE TAUGHT ME.