

CLARIFY THE LIFE YOU CHOOSE

Let Go

What are problematic behaviors I want to do less of or reduce in my life?

Growth

What behaviors do I want to grow in my life to improve/maintain who and what is important to me?

Accept

What painful experiences do I choose to accept or make peace with?

Connect

Who or what in my life do I choose to forge new or deeper connections?

How will moving toward these help you be the person you want to be?