



Quarterly Goals

ENCOURAGING WORDS

WHAT WINS CAN YOU CELEBRATE THIS QUARTER?

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MIND

BODY

SPIRIT

TOP PRIORITIES

HEALTH

RELATIONSHIPS

WORK

PLAY + JOY

I'M SAYING 'NO' TO

I'M SAYING 'YES' TO

**START SMALL AND MAKE A BIG IMPACT.
YOU ARE BEAUTIFUL, DETERMINED, + WORTHY!**