

# Quarterly Goals

### **ENCOURAGING WORDS**

WHAT WINS CAN YOU CELEBRATE THIS QUARTER?

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# **TOP PRIORITIES**

#### HEALTH

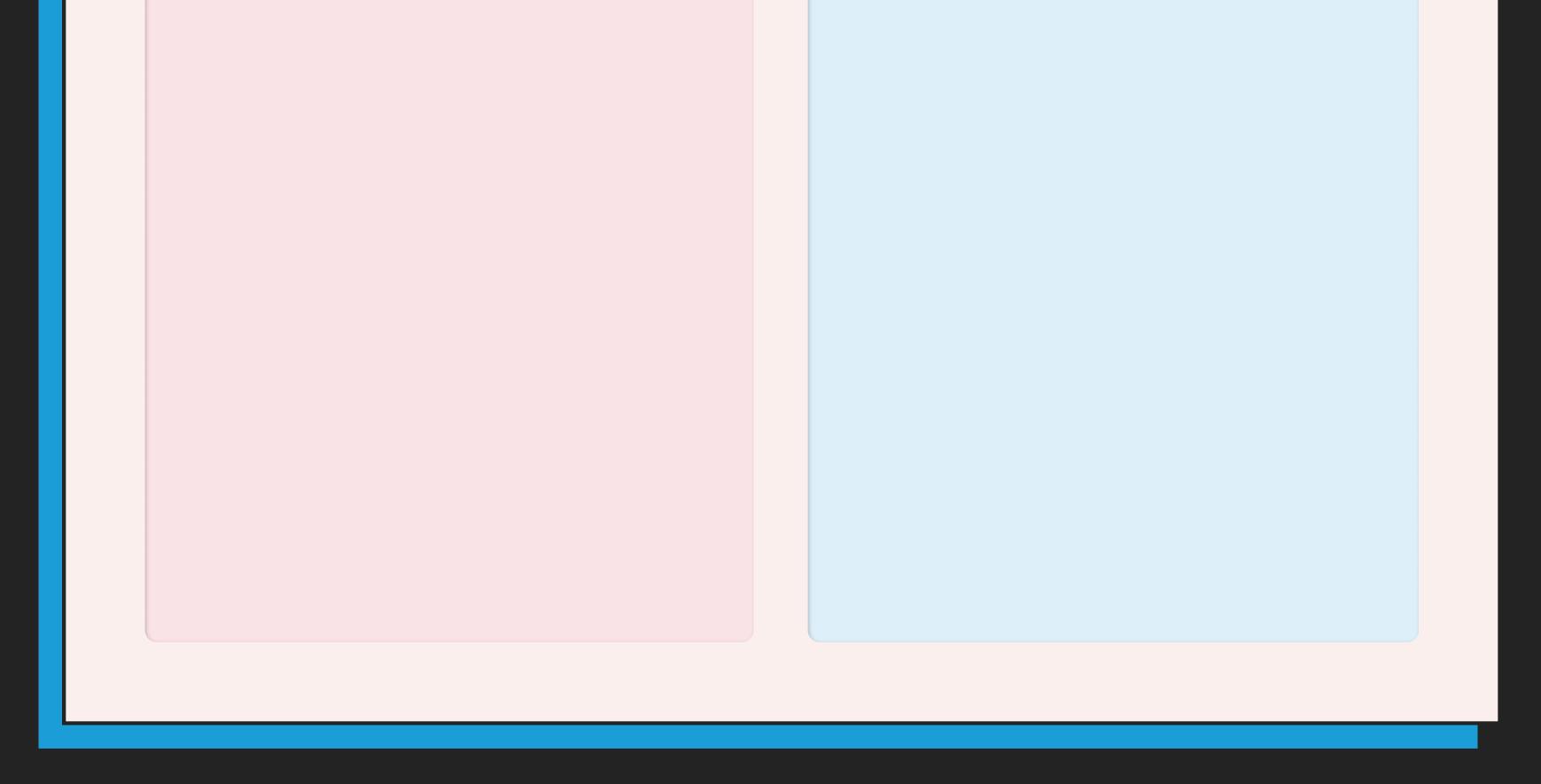
#### RELATIONSHIPS

#### 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!