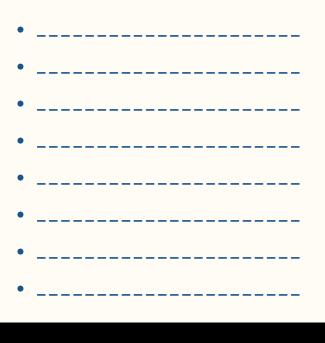


# What do I want to experience (more of) this year?

- Inner Peace
- Acceptance
- Fulfillment
- Creative Freedom
- Fun
- Romance
- Pleasure
- Abundance
- Joy





# What thoughts & beliefs support my goals?

All of me is worthy of I am always in the right place at the right time I expect great things to happen I am wanted and lovable I express my best I am in alignment with universal flow

### Add your own:



### What habits can help me achieve my goals?

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- Socialize, network, cultivate friendships
- Exercise I most enjoy
- Tell the truth with kindness
- Heart-to-heart conversation
- Do 1st things first, 2nd things second
- Celebrate completing tasks on time/early
- Recharge meditation/downtime
- An attitude of gratitude
- Learn new information & skills