

January / New Year

-  What part of myself do I want to understand better this year?
-  What am I proud of carrying with me into this new year?
-  Which expectation about myself am I ready to let go of?
-  What would a kinder version of my goals look like?
-  Where have I been measuring my worth by productivity?
-  What do I want to make more room for this year?
-  What boundary would make this year feel healthier for me?

