

Gratitude & Growth

|| Looking back on the past year grants perspective on things that can easily be left unconsidered and unacknowledged. It allows us to tangibly connect appropriate pieces of the past to the present **and** intentionally press into areas we'd like to grow in the coming year.

Consider your life over the past year in each of the following categories. For each category, use the first column to ask yourself: **What was I grateful for?** What was good? What was completed? What was hard but beneficial? **Jot down 5-10 things you can declare your gratitude for.**

Then use the second column to ask: **How do I want to grow in this area this year?** What do I want to press into? Improve on? Cultivate habits in? **Jot down 1-3 things you want to put energy towards heading into the new year.**

Use this to create your vision (and subsequent goals!) for where you'd like to be one year from today. ||

PHYSICAL |

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MENTAL |

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Instructions on living a life: Pay attention. Be astonished. Tell about it.

|| Mary Oliver



SOCIAL |

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SPIRITUAL |

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PROFESSIONAL |

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VOCATIONAL |

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All that is important comes in quietness and waiting. || Patrick Lindsay



FAMILIAL/ RELATIONAL |

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FINANCIAL |

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RECREATIONAL |

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