

year transition canvas

transitions are a great time to reflect - on what you're grateful for and what you're looking to change in the future. this canvas will help you to check in with yourself and the different life areas that make your life so exciting. feel free to discuss and share with your loved ones. because when you share you grow.

- health
- family & friends
- love & romance
- job & career
- fun & hobbies
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2021 wrap-up: satisfaction score & gratitude list

/ 10	/ 10	/ 10	/ 10	/ 10	/ 10
Grateful for...	Grateful for...	Grateful for...	Grateful for...	Grateful for...	Grateful for...

2022 outlook: one thing I want to...

...start	...stop	...continue

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here's some additional space for your thoughts, notes and reflections. did you know that journaling correlates with greater goal achievement, self awareness and communication skills? Just give it a try and pour it all out on paper.

My thoughts on 2021...



My hopes for 2022...

