



2023 IN FOCUS

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What are you grateful for right now, in this moment? List at least five things, and aim to get to ten.

What did you learn about yourself in 2022, and how can that serve you in the new year?

What lights you up? And how can you bring more of that into your life?

What drains you? And how can you avoid or mitigate this?

Who is / are the most important people in your life? Have you let them know?

Describe your best day in 2022: where were you? What were you doing? Who was with you (or maybe you were alone)? How can get more days like this in 2023?



*“The privilege of a lifetime is to
become who you really are.”*

- Carl Jung

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