

NEW YEAR, NEW OPPORTUNITIES,
AND NEW PERSPECTIVES.



LIV
Vibrantly
Reflection Journal

Reflection Journal

What did I learn from last year?

What do I need to release?

Reflection Journal



What matters most to me now?

What outstanding qualities did I notice about myself while navigating through the challenges of last year?



Reflection Journal

How can I use my strengths as building blocks in 2021??

What am I grateful for in my life?

Reflection Journal

How can I make a difference each day?

What practices can I put in place to take better care of myself and enjoy life more?
