

## LOOKING BACK at 2024

| INNER GOALS 2024 | OUTER GOALS 2024 | Completed                | In Progress              | Abandoned                |
|------------------|------------------|--------------------------|--------------------------|--------------------------|
| _____            | _____            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
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### Biggest Challenges I Faced

### What I Learned About Myself

### What I'll Do Differently in 2025

## LOOKING FORWARD to 2025

What values or personal qualities do you want to cultivate this year?

What fears or limited beliefs do you feel are holding you back?

What inner strengths will you rely on to overcome your challenges when things get tough?

What strategies will you use to stay motivated and ensure you'll hold yourself accountable?

**Create a "Year in Focus" vision statement.**  
*(Write how you want to feel, act and grow throughout the year.)*

### MAIN INNER GOALS FOR 2025

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### MAIN OUTER GOALS FOR 2025

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