



Reflect + Shine

2016/2017

Brain dump: what are all the wonderful things that happened in 2016?

A large, empty rectangular box with a thin black border, intended for a user to write their 'brain dump' of wonderful things that happened in 2016.

What's 1 thing you're really proud of in 2016?

A smaller, empty rectangular box with a thin black border, intended for a user to write one thing they are really proud of in 2016.

What's 1 thing you learned (perhaps a mistake or something that didn't go the way you would have hoped):

What are you ready to let go of as you move into a brand new year?

How do you want to feel in 2017?

What's ONE AWESOME THING you want to do in 2017?

You have a choice now. You can choose to let go of some of the habits or thought patterns that may have caused you to feel upset in 2016 and CHOOSE to create a 2017 that feels good for YOU!

May 2017 bring more joy, friendship, peace + adventure into your life as you continue to SOAR like the beautiful bird that you are.

Lots of love,
Amanda, Brylie, Leah + the rest of the Shine from Within team.
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