

JUST ADD COLOR

2018 CHEAT SHEET

1

What adjectives would you use to describe your perfect 2018?

2

What mindset do you hope to have in 2018?

3

What are your top goals for 2018?

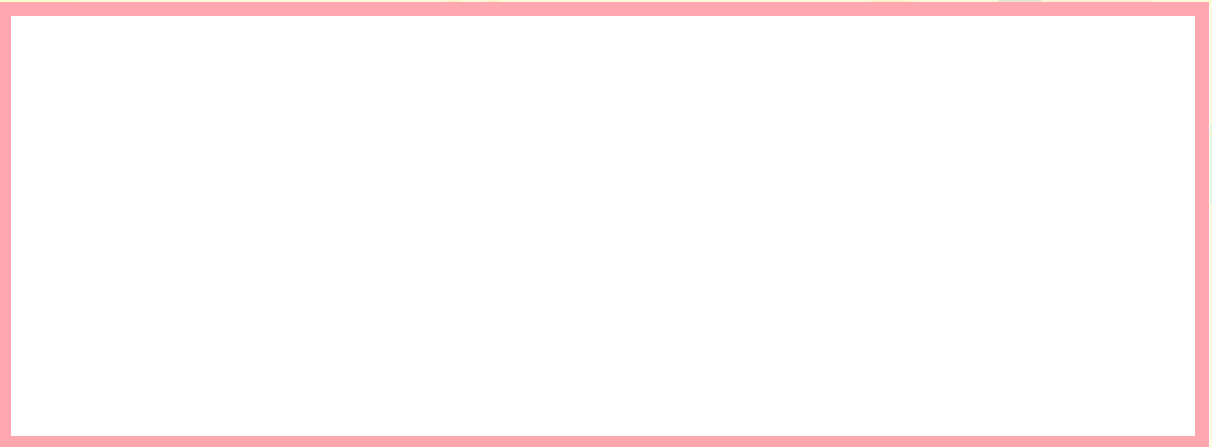
4

Why do you want to achieve these goals?



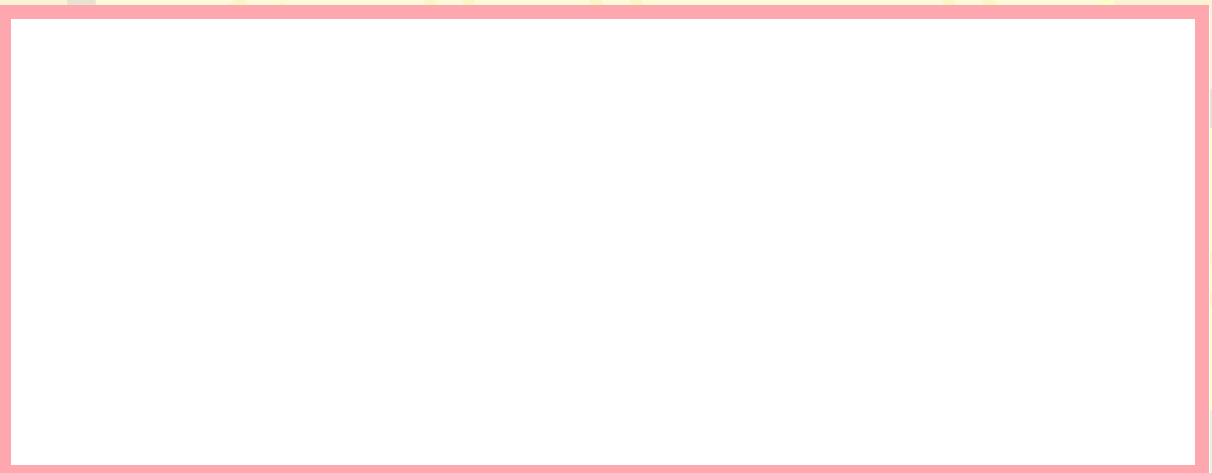
5

Who or what will help you achieve your goals?



6

Who or what won't help you achieve your goals?



7

Who or what are your triggers?



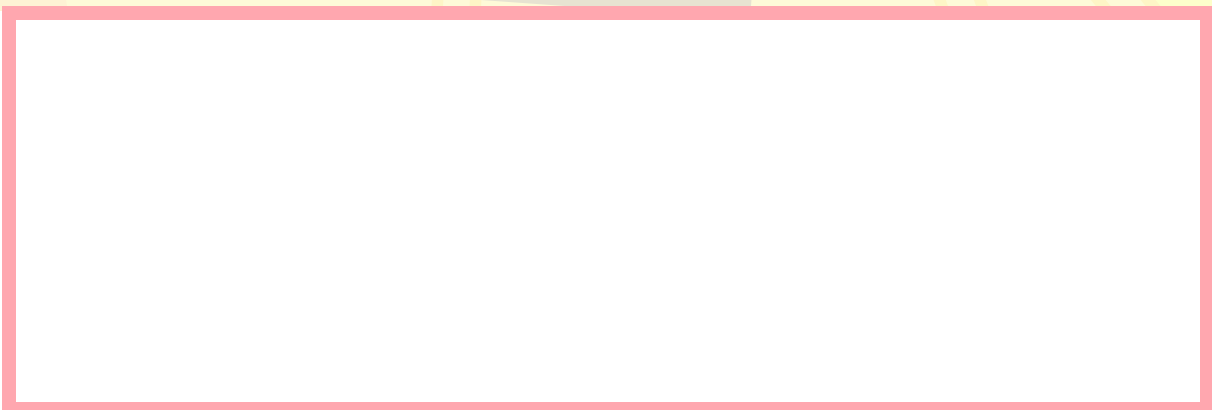
8

Why are they triggering to you?



9

What new habits do you need to create to protect yourself from triggering situations?



HAPPY 2018!