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!