

My Organic Diary

Be the Best You in 2017

Simple introspection and reflection exercise to be happier and healthier!

What are your achievements for 2016? List minimum 5

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)

What are your disappointments for 2016? List max 5

- 1)
- 2)
- 3)
- 4)
- 5)

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What are your personal goals for 2017? Between 5 and 10

1)

2)

3)

4)

5)

6)

7)

8)

9)

10)

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What are your relationship goals for 2017? As many as you want

1)

2)

3)

4)

5)

6)

7)

8)

9)

10)