

# HONOR

## WHERE YOU'RE AT

We invite you to be with yourself and honor where you're at today.

Here are a list of things worth thinking about at the start of the New Year.

List 5-7 words that describe you when you are at your best.

What three actions or choices surprised you about yourself in a positive way last year?

1

2

3

Describe a time when you showed up for yourself in a powerful way?  
What did that experience show you?

Which three personal values do you want to honor and focus on this year?

1

2

3