

NEW YEAR'S MANTRAS

DREAM A LITTLE.

LIVE A LOT.

CHERISH EACH DAY.

EXPRESS GRATITUDE.

BE PRESENT.

VALUE WELL-BEING.

LOVE UNCONDITIONALLY.

SMILE.

NEW YEAR'S MANTRAS

ONE DREAM I WANT TO PURSUE:

ONE WAY I PLAN TO LIVE OUT MY DREAMS:

WHAT "CHERISH EACH DAY" MEANS TO ME:

ONE WAY I PLAN TO EXPRESS GRATITUDE:

ONE CHANGE I NEED TO MAKE TO BE PRESENT:

ONE WAY I PLAN TO VALUE MY WELL-BEING:

ONE PERSON I NEED TO LOVE
UNCONDITIONALLY:

ONE REASON I HAVE TO SMILE: