

The background of the entire image is covered in a dense, scattered pattern of small, rectangular gold confetti pieces. The confetti is most concentrated around the edges and corners, with some pieces overlapping the text and graphics.

Seasonal Reset

A decorative frame composed of three overlapping, slightly offset gold-outlined squares. The lines of the squares are thin and have a subtle shimmer or texture. The frame is centered on the page and encloses the central text.

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Your
Best Life
Now*

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Step 1: Seasonal Reflection

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Seasonal Reflection



We don't learn by experience, we learn by reflecting on experience. John Dewy



Things to Celebrate

What went well? what things will you take forward into the new year?

Things to Grieve

What did not go well? what things will you leave behind?





Stay true to your Season

What is your current season? (marital status, kids and ages, work status, financial status, joys, concerns...)

What are the most important things to you and your family right now?

What are your primary roles?

What does your schedule look like right now?

What is your family schedule like right now? extra curricular, empty nest?

How much free time do you actually have?

List 3 words that describe you.

List 3 characteristics that you value.

What are your gifts?

What is your passion? What fires you up?

In this season of life, how can you best fulfill your roles and purpose with passion?
