

FACE YOUR CHALLENGES AND PAIN POINTS
(LIST ALL THINGS THAT HAVE CAUSED YOU DISTRESS)

A large rectangular area with a light pink border and horizontal lines, intended for writing a list of challenges and pain points. The area is empty and ready for text.

WHAT WAS THE WORST THING ABOUT LAST YEAR? RANT AWAY!
(THEN REFLECT ON WHAT YOU LEARNED FROM THE EXPERIENCE)

A large rectangular area with a light pink border and horizontal lines, intended for writing a rant about the worst thing of last year and reflecting on the experience. The area is empty and ready for text.