

2019 Winter Solstice
Word for the year:

Page 1: What feelings or images would you like to create in these areas?

Health

Career

Finances

Relationships

Spirituality



Seattle
Sparkle

2019 Winter Solstice
Word for the year:

Page 2: What goals are you working towards in these areas?

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Word for the year:

Page 3: What processes or tasks will you implement in these areas?

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Word for the year:

Page 4: Create Your Own Habit Tracker.

Use this space to jot down notes for setting your actionable tasks.

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