

I HAVE DECIDED • 2016

At the end of 2016, I want to have \_\_\_\_\_  
\_\_\_\_\_.

I want to look back and see less \_\_\_\_\_ and  
more \_\_\_\_\_. I want to have cultivated  
\_\_\_\_\_. Specifically, even though  
it feels so big and scary to write out, I want to look  
back and have done this: \_\_\_\_\_.  
I want to have chosen \_\_\_\_\_ over \_\_\_\_\_.  
In order to make these things happen, here's what I  
need to do today to get started: \_\_\_\_\_  
\_\_\_\_\_.

I have decided to \_\_\_\_\_.  
At the end of this year, I will celebrate progress, not  
perfection in all of this by \_\_\_\_\_  
\_\_\_\_\_.

**The person I'm sending this to right now to keep me accountable is:**

My first action step

My second action step

My third action step