



# *This Year*

Hang onto your truth,  
and respect the truth of others.

Forgive those that you can forgive  
and seek the forgiveness of someone who deserves it.

*Do something outside of your comfort zone.*

Be the voice for someone who has no voice.

*Be quiet strength.*

Be the type of kindness that is strength.

*Remember that love is a verb.*

*Choose healthy foods, activities and people.*

Turn off the tv, put down the phone  
and set screen-time controls.

*Fail forward. Learn from every mistake you make.*

Sweat every day to boost your mood.

*Choose one skill you want to cultivate,  
and put all of your effort into developing it.*

Know that this life is a gift,  
and all we have for certain is “*now*”.