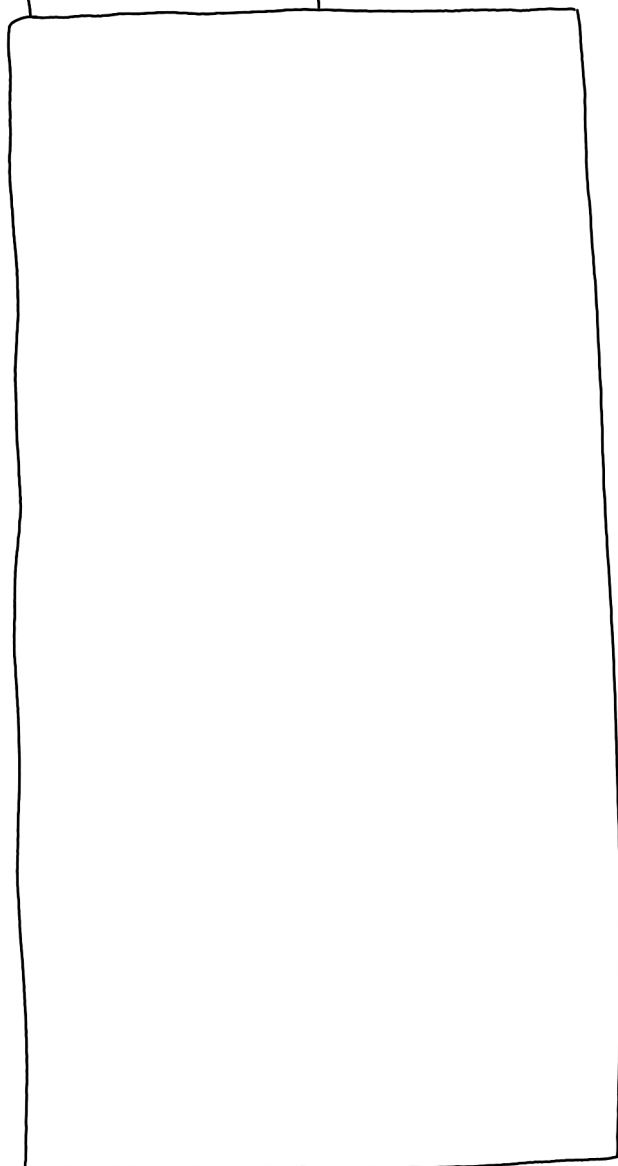


Take a nice deep breath in and stretch your arms up above your head. Lower your arms as you exhale. Imagine a sense of stillness coming over you.

Reflecting back on 2024 may bring up stuff! Whatever feelings get sparked for you here are completely valid. Even the most uncomfortable feelings have a lot to teach us.

WHAT DID YOU TRY WITH YOUR DREAMS IN 2024?

WHAT
WORKED?



WHAT DIDN'T
WORK?

