

# HEART

THE CORE OF YOUR IDENTITY

**WHAT WAS THE MOST IMPORTANT THING  
IN MY LIFE LAST YEAR?**

# SOUL

THE SEAT OF YOUR EMOTIONS & PASSIONS

**WHAT DID I GIVE MY ENERGY & PASSION  
TO LAST YEAR?**

# MIND

THE INTENTIONAL DIRECTION OF  
YOUR THINKING

**HOW DID I GROW LAST YEAR?**

# STRENGTH

THE EXPRESSION OF YOUR ENERGY

**WHAT DID I DO TO PUT MY FAITH  
INTO ACTION LAST YEAR?**

# HEART

THE CORE OF YOUR IDENTITY

**WHAT WILL BE THE MOST IMPORTANT THING  
IN MY LIFE THIS YEAR?**

# SOUL

THE SEAT OF YOUR EMOTIONS & PASSIONS

**WHAT WILL I GIVE MY ENERGY & PASSION  
TO THIS YEAR?**

# MIND

THE INTENTIONAL DIRECTION OF  
YOUR THINKING

**HOW WILL I GROW THIS YEAR?**

# STRENGTH

THE EXPRESSION OF YOUR ENERGY

**WHAT WILL I DO TO PUT MY FAITH  
INTO ACTION THIS YEAR?**