



NEW YEAR, ~~NEW YOU.~~ STILL

Every year, as January rolls around, “New Year, New You” becomes a popular phrase. But the world doesn’t need a new you—***the person you are now is exactly who the world needs.*** As the calendar changes to a new year, you are still you—***and that is perfect.*** Instead of working toward becoming a completely new you, give yourself time to reflect on everything you love about who you are and how you’d like to carry that into the new year.

1. Take a moment to write five personal triumphs of 2019. These can be things you accomplished, hurdles you overcame, or qualities you grew to love about yourself.

2. After reflecting on the list above, write down three ways you would like to continue to grow in 2020.
