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.

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

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