# Personal Reflection

# BAD HABITS I WANT TO STOP

#### THINGS I REGRETTED NOT DOING

### THINGS I LEARNED THIS YEAR

## HOW TO BE A BETTER VERSION OF ME



Write a letter to the future self that you want to be. Use the information from your reading and your life wheel to construct a new you. Give someone a stamped addressed envelope with the letter and tell them to mail it back to you 90 days from the date that you gave it to them. Track your progress.

Today's Date			
Dear me,			



