



**Becoming more YOU**

What must I do in 2012 to stand out from the crowd? Be unique?

**Reduce a self-imposed limit**

What fear must I challenge this year? Do I have assumptions that are limiting my success that I must eliminate?

**Grow**

Be able to do more because I learned more. Where do I want to grow this year?

Write down your goals and be able to say "all is well in 2012."

**Keeping strong**

What must I do this year to take care of myself and stay strong...physically, emotionally, spiritually and intellectually?

**Gain control**

What must I master this year? Where can my pain motivate me to change?

