

2016

THE GOOD

TOP 3 GOODIES!

Three horizontal lines for writing inside a blue cloud shape.

THE BAD

Four horizontal lines for writing inside a grey box with a scalloped edge.

TOP 3 RE-DO'S (BOOO!)

THE UGLY

One horizontal line for writing inside a grey box with a scalloped edge.

ONLY 1 - JUST TO GET IT OUT...

REMEMBERING & REFLECTING ON THE GOOD, THE BAD, & THE UGLY IS THERAPEUTIC, BUT SET FORTH TO



2017

Rise UP TOGETHER IN 2017...

GOALS

- 1) _____
2) _____
3) _____
4) _____
5) _____
6) _____
7) _____

STRETCH

- 1) _____
2) _____
3) _____

PUSH IT, LIVE IT, SURE IT

#KISETOGETHER2017