primalYOhd:Users:primal1:Desktop:Kay_Grossman_Holiday_Email_December_2018:FOCUSdammit_Logo.png**Life moves so fast, it’s time to pause!**

Meaningful successes and experiences tend to get buried in the hustle and bustle and distraction of holidays, politics, natural disasters, pestilence, famine, and yes, climate change--you know, the basic impending apocalypse! To help find the buried treasure, spend a few minutes reflecting on the past year. The following prompts might help guide your process. I suggest that you write your answers for greater impact.

**Your three most important successes:**

**Three people who supported you (and specifically what they did):**

**Three things for which you feel gratitude:**

**Three gifts or services you gave to others:**

**What will you celebrate most about 2018?:**

With all these wins in mind (congratulations, by the way!), write **three inspiring action steps that you will take in 2019**. Post them somewhere you will see them!

**Three Inspiring Action Steps for 2019:**

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