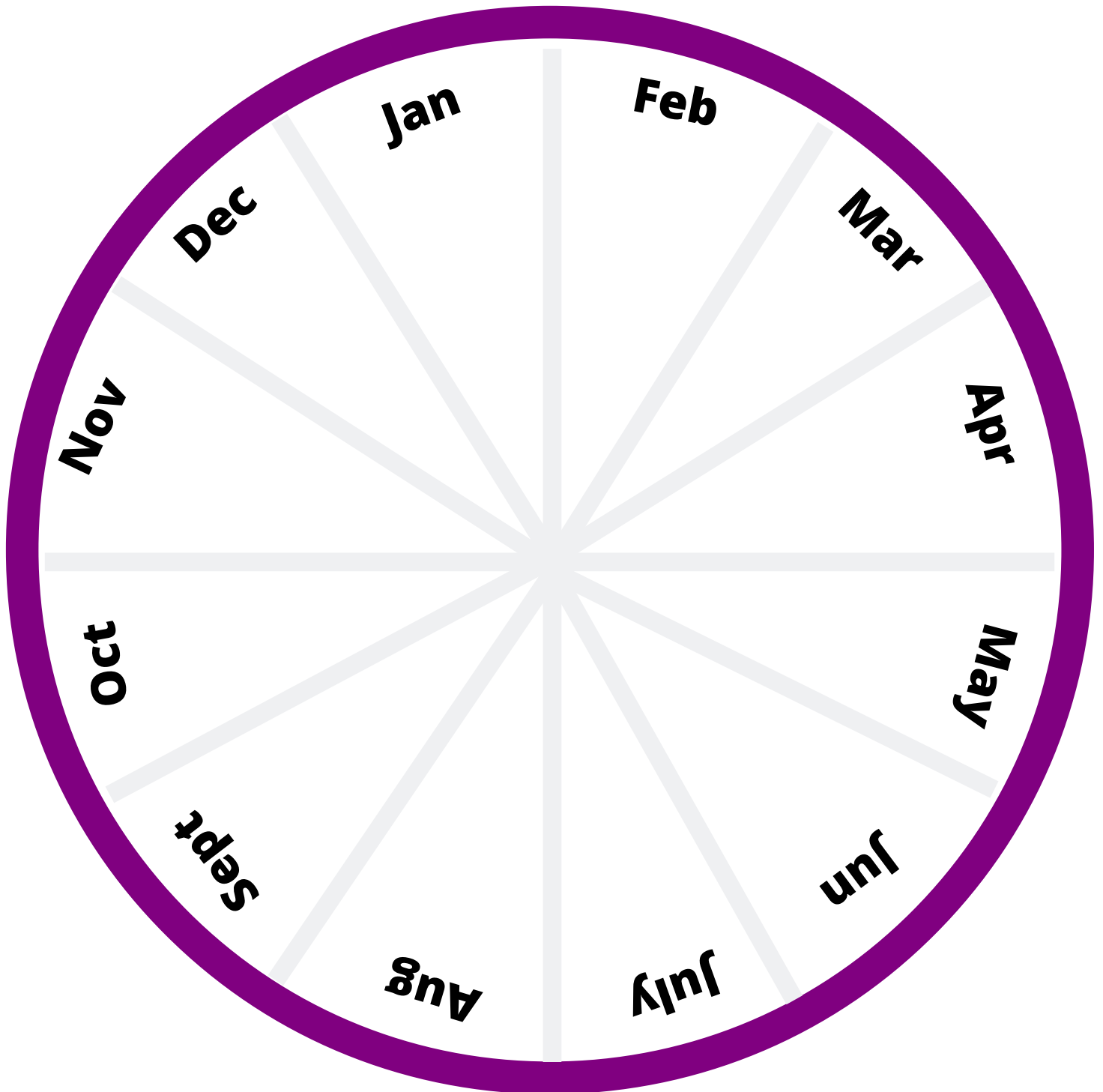
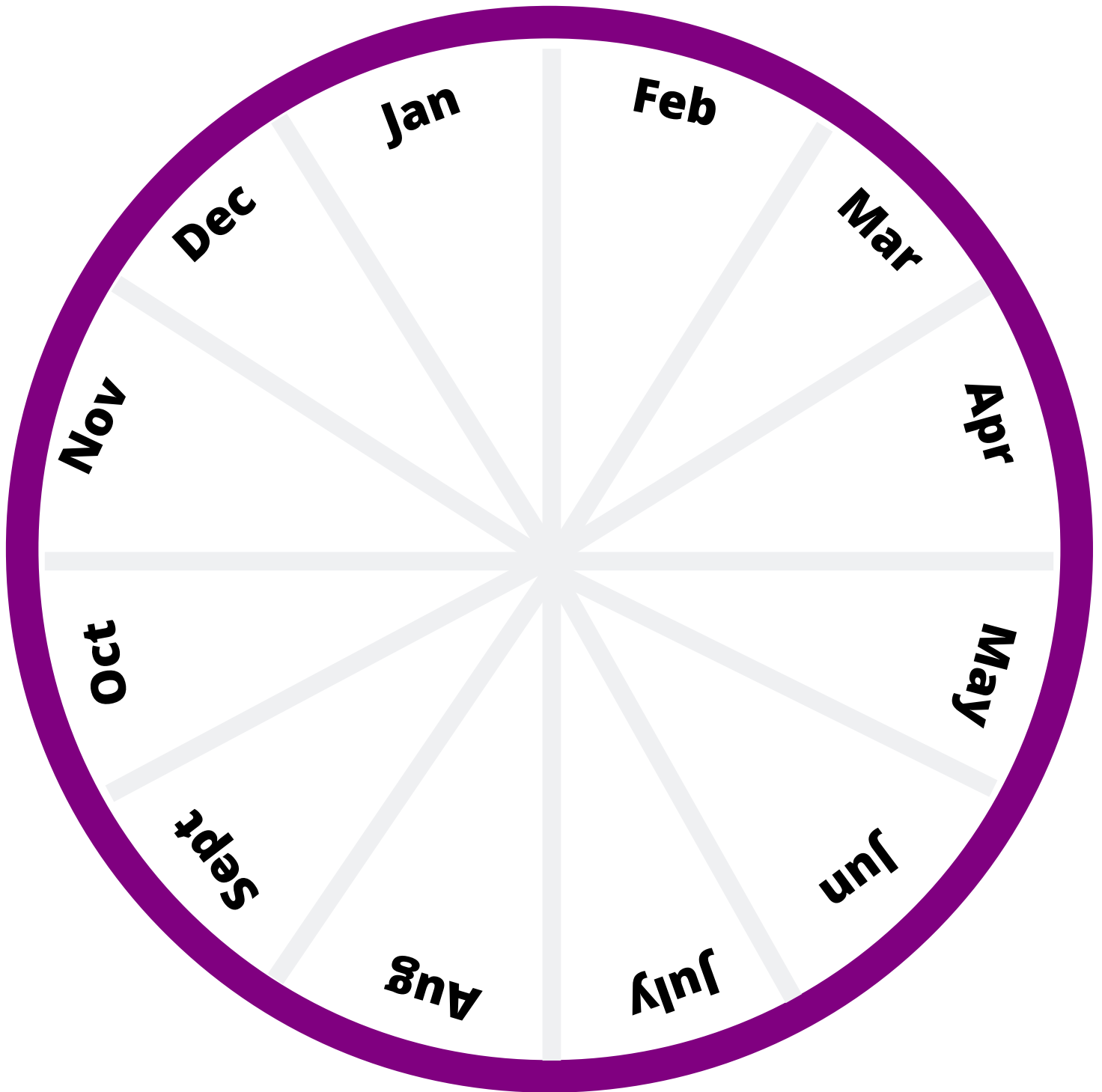


# Celebration Circle



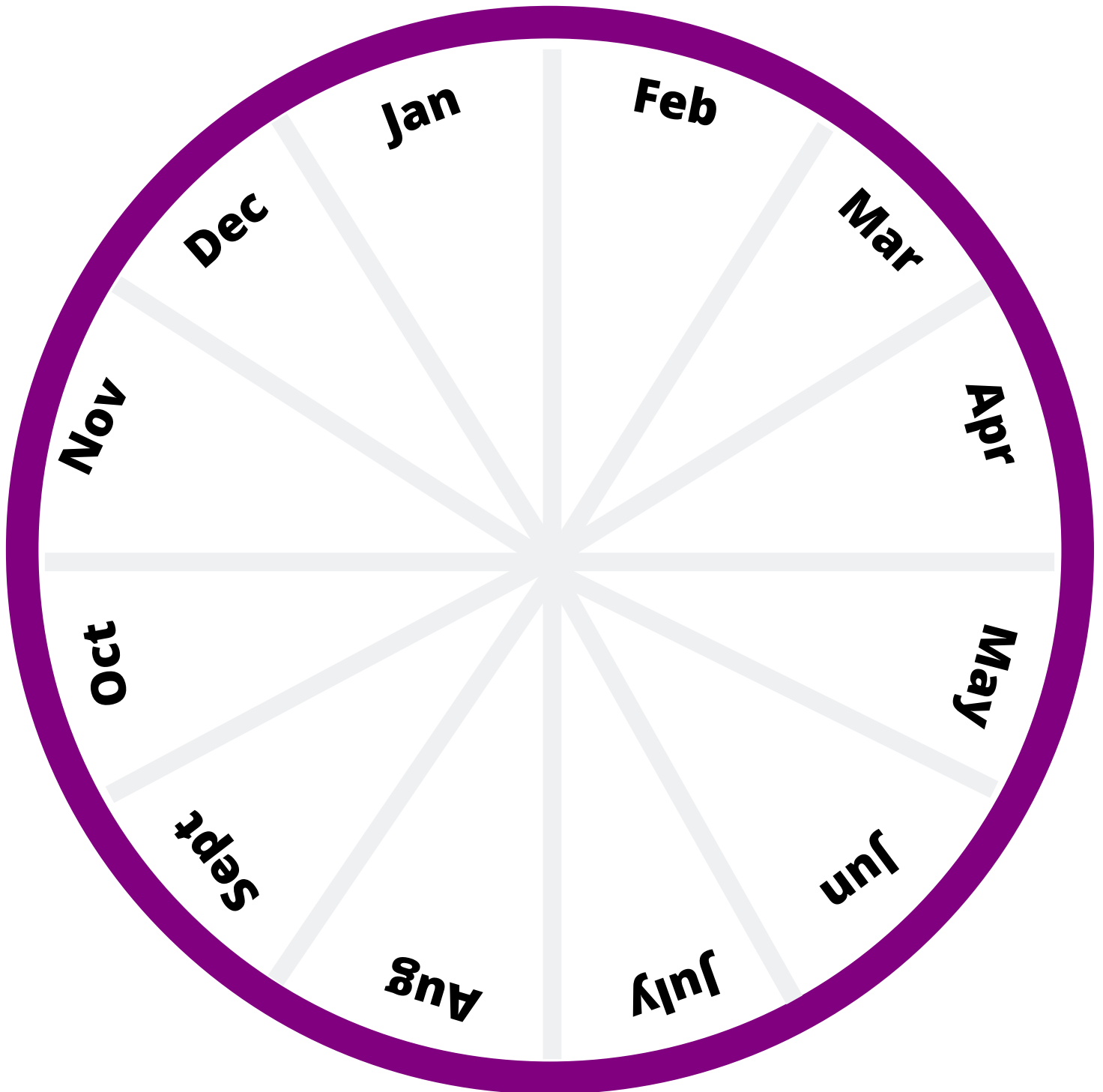
Write in each month one event you are celebrating and the quality about yourself that you embodied

# Let go & Release Circle



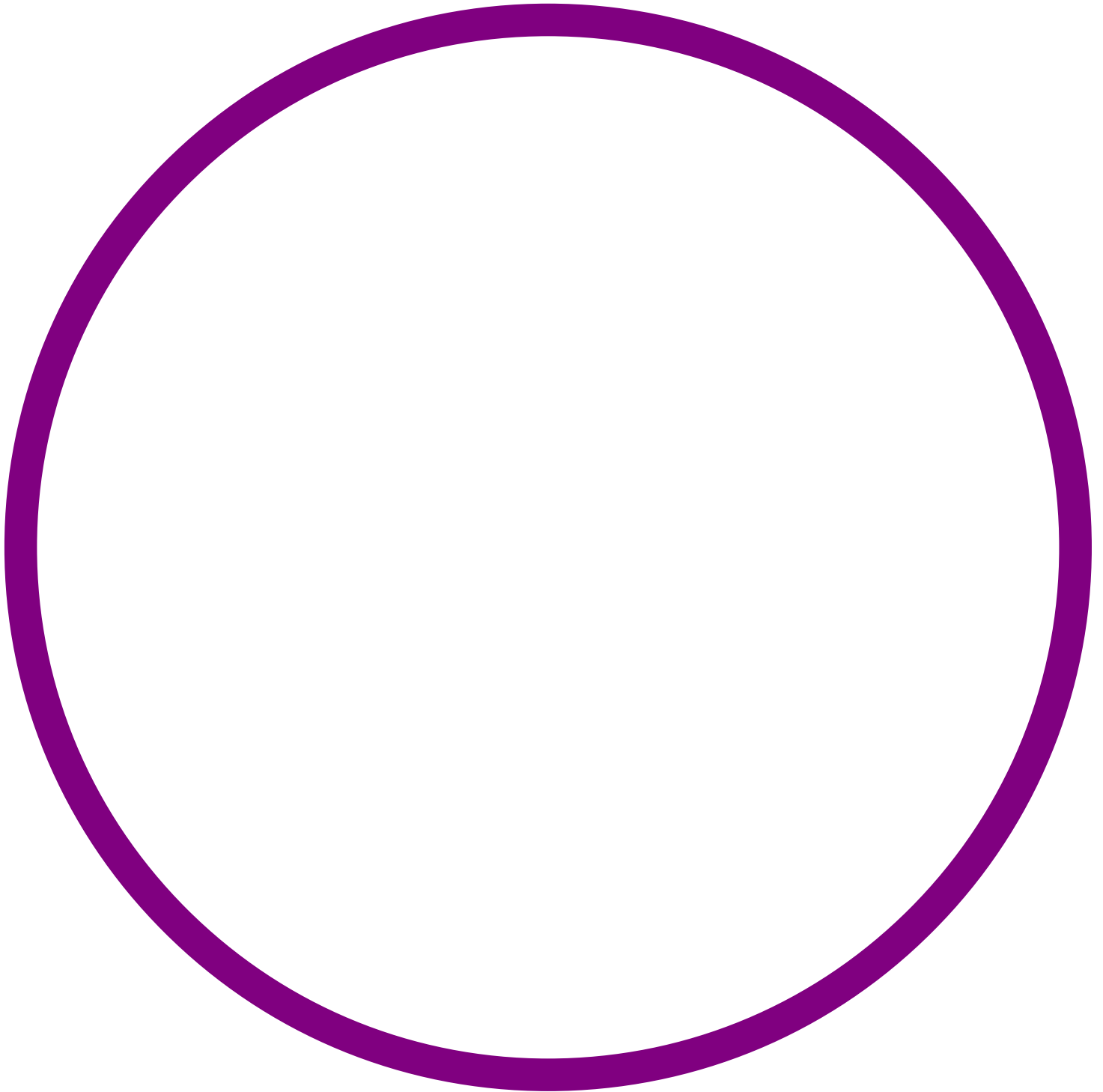
Write in each month one event you are releasing and letting go of. Write a quality you embodied for each event.

# Integration Circle



Take a look at the leg go and release circle and tune into how that event has served you. What quality did it give to you? Write the quality in the corresponding month.

# 2020 Circle



What qualities do you want to embody in 2020?