

The Recalibration Pages

Before you set anything new, look back.

We tend to measure ourselves against the goal, not against where we actually started. That's not fair to you. Give yourself the real credit first.

What did I nail this year?

What did I get close to?

What might need a fresh perspective?

Does this still fit the vision I had for this year in the first place?

This is the win column. Fill it in before you touch anything else.

Now Look Ahead

In want, not need.

Notice the difference between "I need to" and "I want to." One comes from pressure. The other comes from curiosity, and curiosity is something you can actually sustain. Use "want" for everything below.

1 A wellness want

I want to _____ because _____ .

One small first step I'll take this week:

2 A want that's just for me

Something for the brain, the fun, the "just because." Not a task. A want.

I want to _____ because _____ .

One small first step:

3 A starter want

Something that's really just a trigger to begin. You don't need to finish it. You just need to look into it.

I want to look into _____ .

One small first step:

We provide the tools, resources, systems, encouragement. You provide the motivation and effort.

Ready for more structure? [The 21 Day Reset](#) picks up right where these pages leave off.