



# ME/CFS Self-Help Guru

Holistic Life Coaching supporting you towards better health, happiness and rediscovered dreams!

## Ending the Year Constructively

**3 things that worked for you this year:**

1.

2.

3.

**3 things you achieved:**

1.

2.

3.

**3 things you're grateful for:**

1.

2.

3.

**3 things you're leaving behind:**

1.

2.

1.

**Commitment:** *As I leave 2021 behind me, I joyfully let go of all that did not serve me and open myself up to a new year full of opportunities for fresh healing, growing peace, expanding love, profuse gratitude, flowing abundance and blissful joy.*