

FRUSTRATIONS

FRUSTRATION	WHY	NEXT STEPS

DREADS

DREAD	WHY	NEXT STEPS

AM I?

A-HA'S

WHAT	WHY	NEXT STEPS

CELEBRATIONS

CELEBRATION	WHY	NEXT STEPS

OPPORTUNITIES

OPPORTUNITY	WHY	NEXT STEPS

GRATITUDE

THING	WHY	NEXT STEPS

I AM...