

SPIRIT

WHAT	WHY	NEXT STEPS

HEALTH

WHAT	WHY	NEXT STEPS

RELATIONSHIPS

WHAT	WHY	NEXT STEPS

CRAFT

WHAT	WHY	NEXT STEPS

COMMUNITY

WHAT	WHY	NEXT STEPS

WHAT MATTERS MOST: THE BIG THINGS

WHAT	WHY	NEXT STEPS

WHAT MATTERS MOST: THE SMALL THINGS

WHAT	WHY	NEXT STEPS

THINGS TO LET GO OF

WHAT	WHY	NEXT STEPS