

2022 IN REVIEW

Write down your 2022 Physical Activity Acheivements.

☀️ What am I most proud of in 2022?

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☀️ What was my most important accomplishment and why?

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☀️ What was my biggest lesson? Why was that important?

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☀️ What am I ready to let go of?.....

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☀️ My physical activity plan for 2023: ☀️

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