

WISHFUL THINKING WORKS

Savor your success!

MY AMAZING "TA-DA" LIST FOR 2022

Write everything you have accomplished this year – big or small! Give yourself credit, don't be shy! A "Ta-Da" list is good for your body, mind and soul.



REFLECTIVE/SPIRITUAL

✓	I am so happy that I...



PROFESSIONAL

✓	So proud of myself for . . .



HEALTH & EXERCISE

✓	Wow, I did it! I ...



SOCIAL & FAMILY

✓	I am so excited that I ...



OTHER GREAT STUFF!

✓	Feels so wonderful to have...