

Simply Finish Well

- Remember what knocked your socks off
- Make a gratitude list
- Take microsteps forward

• Work with a timer

• Rest and relax and breathe

• Start a "next year" notebook

• Don't blink - see amazing

• Look forward

• Acceptance

*The secret weapon... Stir a
revolution of kindness. Assume
best intentions. Refuse to
engage in gossip or negative
talk. Just show up
with kindness for
yourself and
others.