

**CELEBRATE!** Where have you been? And where are you going?

<b>What is Different?</b> <i>What are your successes?</i> <i>What new habits have you developed?</i> <i>What new perspectives?</i>	<b>What are your Challenges?</b> <i>What could derail you?</i> <i>What needs attention?</i>	<b>What's Next: Strategies</b> <i>What do you want to remember?</i> <i>What will keep you going?</i> <i>What practices can you put in place now?</i>