

# Start Where You Are

Beginnings are a good time to check in, to think about where you've been, what you've learned, and how you are feeling. Take time to reflect and write some notes to the questions below. Where will you go next? Dream big!

**"START WHERE YOU ARE, USE WHAT YOU HAVE, DO WHAT YOU CAN." ~ARTHUR ASHE**

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If you could talk to the **You** from a year ago, what advice would you give yourself?

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How have you grown or changed in the last year? Month? Week?

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What are you most grateful for from the past year?

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Now that you've checked in with where you are, what's next? What do you want to learn, feel, or do?