

DATE: \_\_\_\_\_, 20\_\_\_\_

Dear Me:

Hey, how have you been? Is your \_\_\_\_\_ still bothering you? You've gone to the doctor, right? If not, then I will go by \_\_\_\_\_. If so, then my therapy / recovery plan is \_\_\_\_\_.

In 2007 \_\_\_\_\_ (*who / what*) really pissed me off. I'm sure I'm not dealing with it by \_\_\_\_\_ (*date*) anymore.

This is the year I'm going to buy the gear, and actually use it to \_\_\_\_\_.

But I'll never wear the \_\_\_\_\_; at least not unless I get \_\_\_\_\_, like \_\_\_\_\_ 's.

I'm eating/drinking/ingesting way too much \_\_\_\_\_. I will have reduced that by \_\_\_\_\_% by \_\_\_\_\_.

I'm glad I've been able to (cut down on / do more) \_\_\_\_\_. One habit I've not been able to kick this past year was \_\_\_\_\_. I will get help on this from \_\_\_\_\_.

If I could be with anyone in the world, it would be \_\_\_\_\_. She/he will love my greatest asset, my \_\_\_\_\_.

The main goals I will work on and accomplish this year for my own improvement are:

1. [Physical] \_\_\_\_\_
2. [Social / Emotional] \_\_\_\_\_
3. [Mental / Intellectual] \_\_\_\_\_
4. [Spiritual] \_\_\_\_\_

The 3 main goals I will accomplish this year are (address areas such as relationships, family, profession, community, friendship, etc):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Stay in touch and keep me posted on your progress every week,  
Me