

Happy New Year!

REFLECTIONS

1 As you think back on the past year, what do you feel good about and what went well?

2 Brag about any accomplishments, no matter how small. What allowed you to do these things well? What strengths of yours came into play?

3 What have you learned about ADHD this past year?

4 What have you learned about *your* ADHD and how it presents on a daily basis?

5 What tips, tools, or strategies for success can you share with the group?

INTENTION

😊 What would you like to be able to say about your life one year from now?

[Contact Cheryl](#) today for your complementary coaching session!