

KOKOKREATES PRESENTS

**REFRESH AND
RECOMMIT: A 90 DAY
PLAN TO FINISH 2019
STRONG**

October 3rd - December 31st

REFLECT

THIS SPACE WILL ALLOW YOU TO BRIEFLY
REFLECT ON THE PAST 9 MONTHS

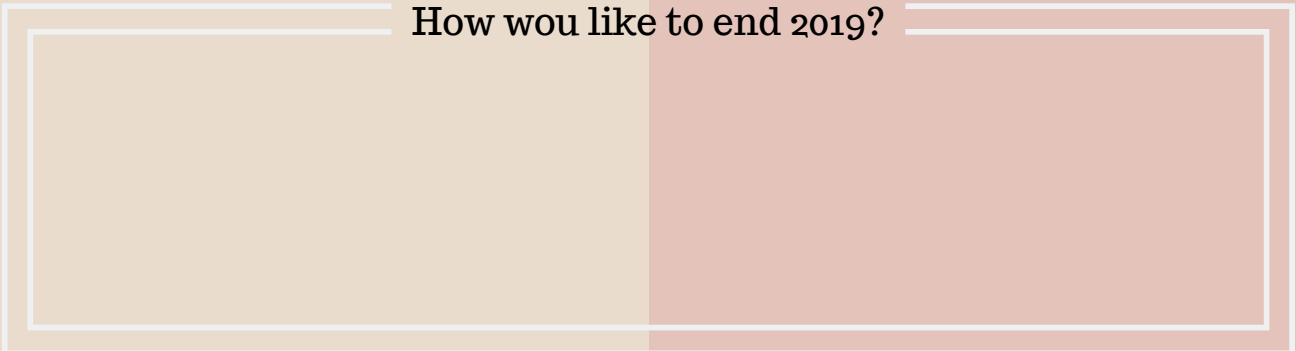
List some of your wins



Your biggest lesson so far?

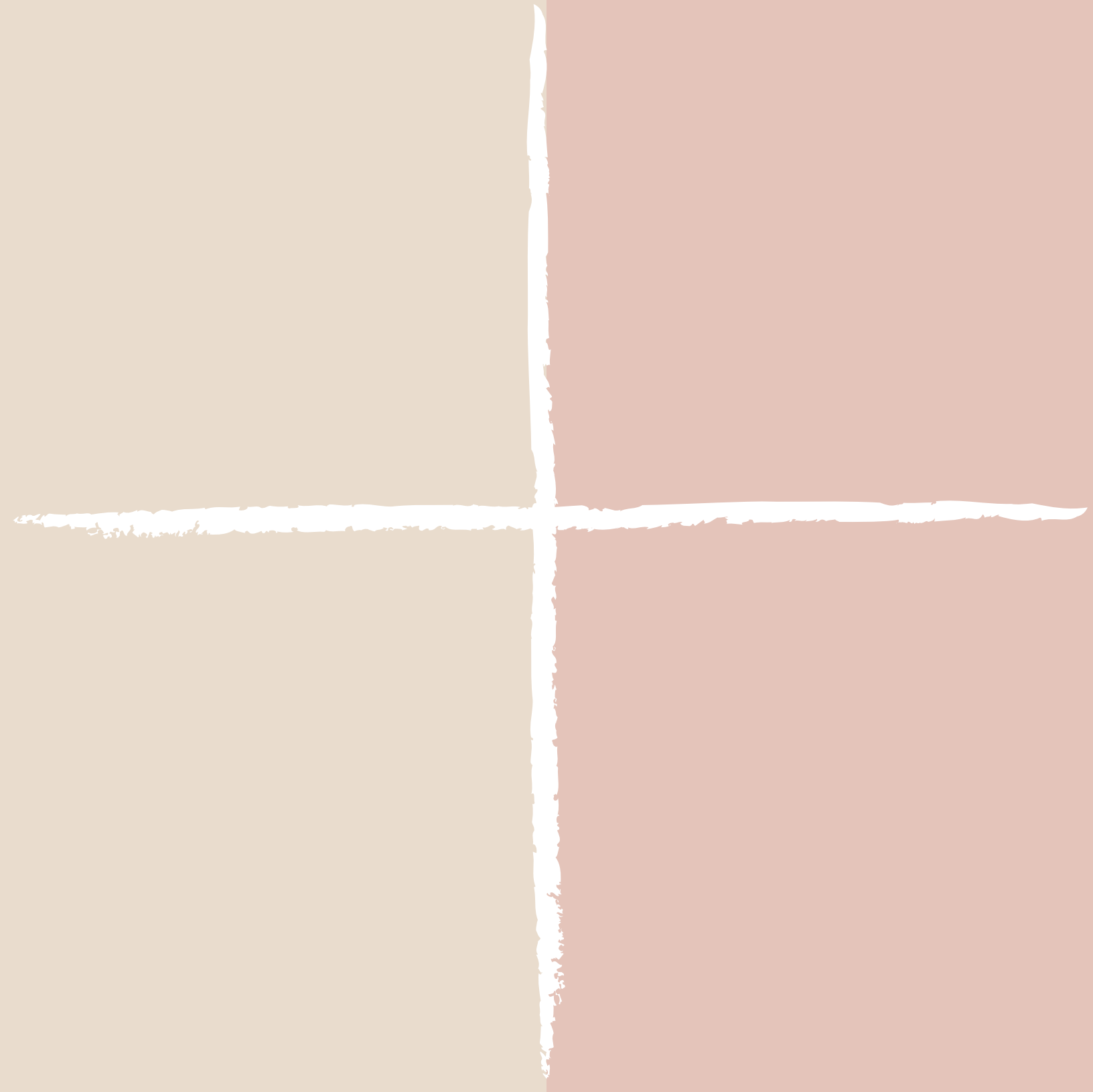


How would you like to end 2019?



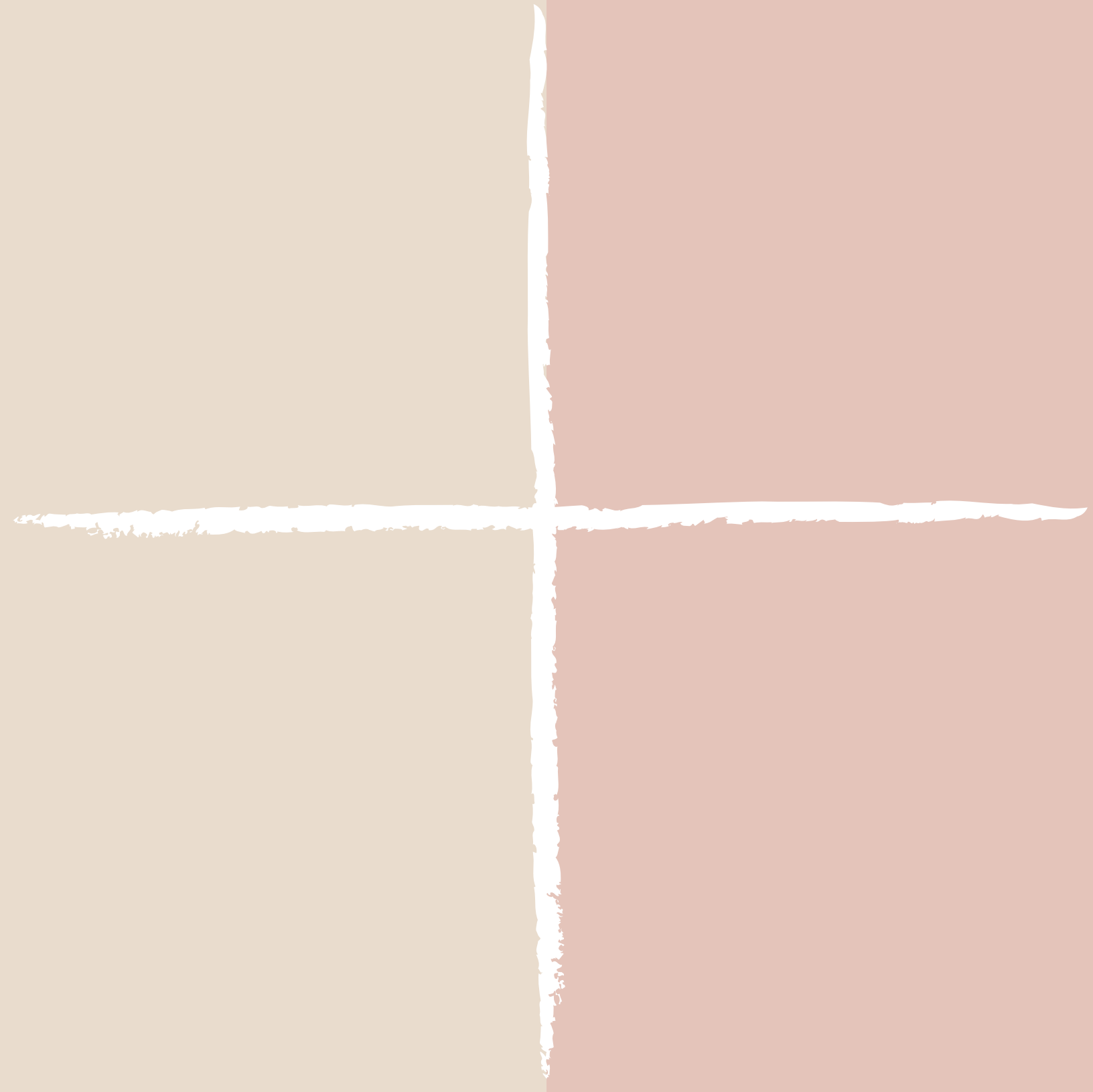
REFRESH

IN EACH QUADRANT IDENTIFY AN AREA OF
YOUR LIFE YOU'D LIKE TO REFRESH AND
WHY



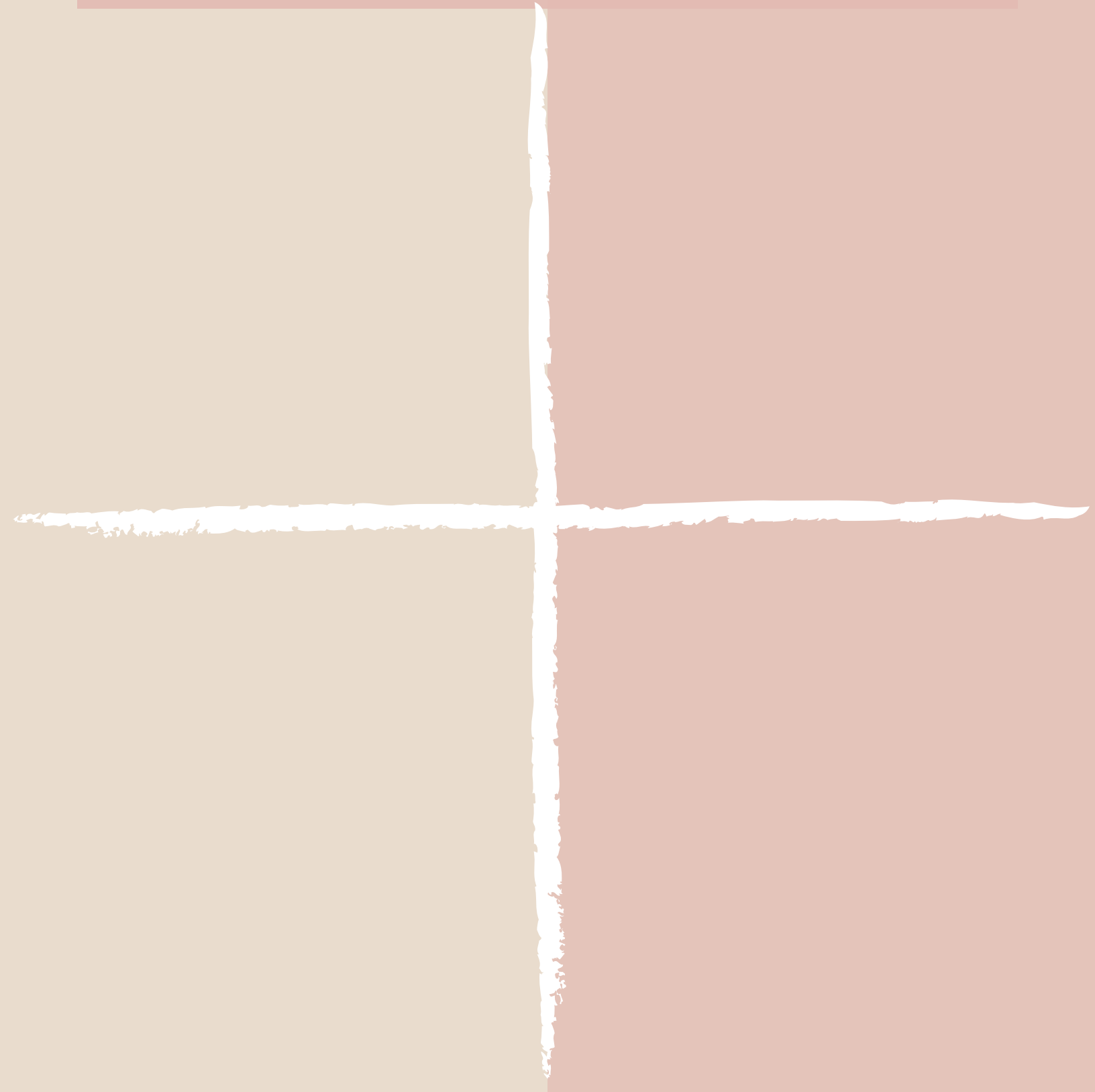
RECOMMIT

NOW THAT YOU'VE CHOSEN YOUR AREAS,
IDENTIFY HOW YOU WILL RECOMMIT. BREAK
IT DOWN INTO MANAGEABLE PIECES



REVISIT

AS IMPORTANT AS IT IS TO WRITE AND SET GOALS, YOU MUST REVISIT AND REFLECT ON THEM REGULARLY. USE THIS SPACE TO DO JUST THAT.



A NEW DECADE

2020

01

Go big (or go home).

You've made it to the end of the year and I hope you're proud of the steps you have taken to ensure 2020 is great. Take this time to celebrate, hug your loved ones and get in gear for the start of the new year. It's yours for the taking.

Love,
Koko

