



My Daily Mile

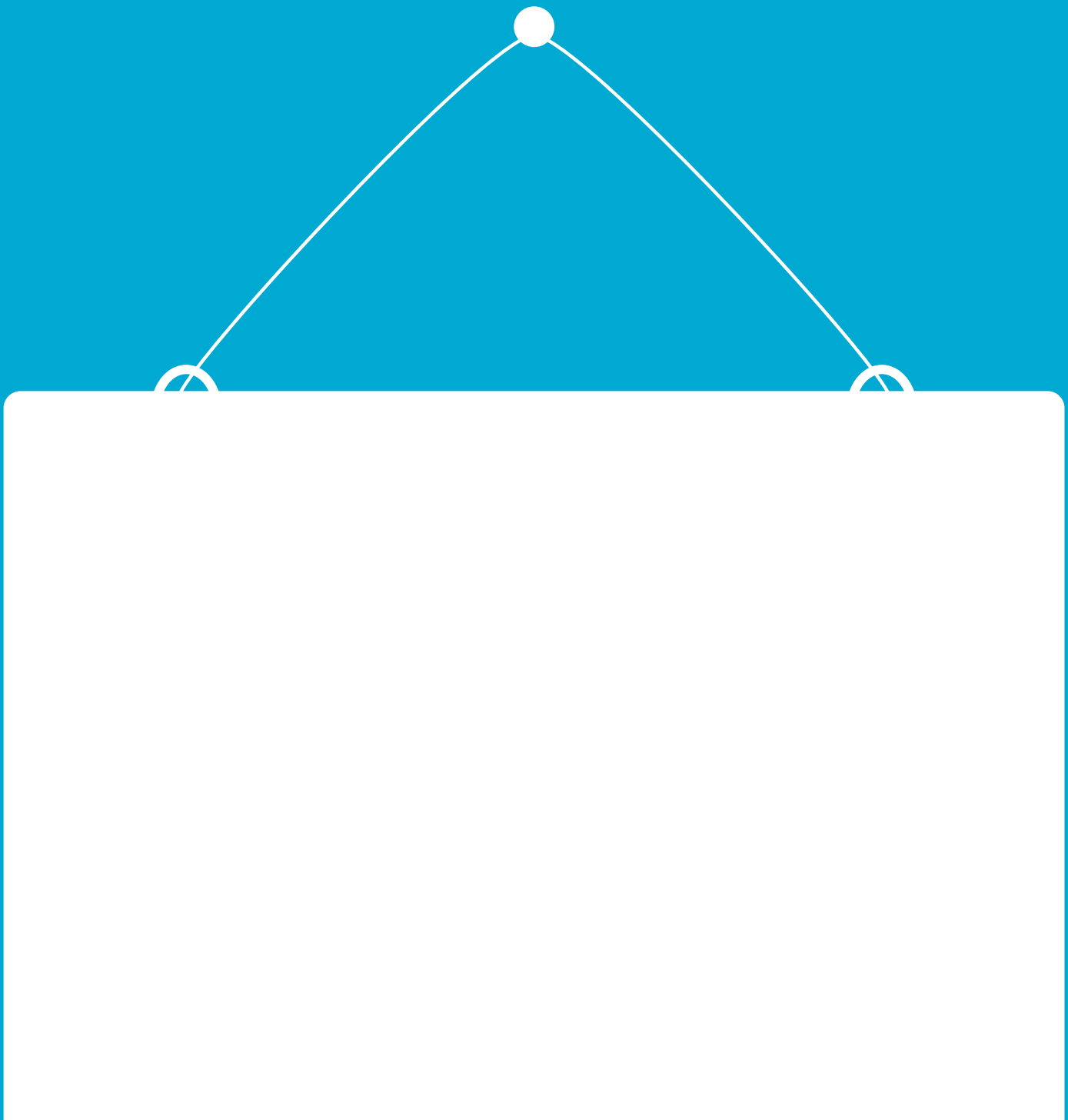
New Year's Board Book

Name



Vision Board of Words

Using magazines and newspapers, cut out words that represent your dreams. Glue or tape them to the space below.



Clipboard of Goals

Use the space on the clipboard to write two goals that you want to accomplish this year.



Example:

Do The Daily Mile



Artboard of Abilities

Use the space on the artboard to draw a new ability you want to learn this year. Example: Run a Mile



Billboard of Balance

To live a happy life we have to find balance. Use the billboard to draw the most important things in your life.
Example: Family, Friends, Health

