

“I am glad that in such a raw reality you stand courageous, belonging to yourself. May the year that lies before you strengthen and sustain you.”

—Rainer Maria Rilke

### Three things I loved in 2022:

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

### Three things I want to do in 2023:

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

My word for 2023 is: \_\_\_\_\_

