



PEP SHEET
Fall 2018

Take a moment to reflect and prepare for a brilliant Fall 2018 below:

What excites me about this fall?

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What ambitions do I have? What do I want to achieve? Are there any major challenges?

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What are the key actions to make it happen?

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Are there any new habits I want to create this fall? How will I make that happen?

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Do I want to learn something new this fall?

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What about my health? Can I, and do I want to, do anything to improve it?

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