



embrace: goals

What memory or activity do you plan to experience this Christmas season?



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What is one way you personally hope to give a little extra this Christmas season?



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What was the last goal you set (small or large)? Did you achieve it and how?



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On The Prepare Podcast, the guest Colonel Janice Howard shared that she sets goals for *mind, body, soul, & others*. For now, choose one and share a goal you'd like to achieve.