

- Check and number your top 3 plans for 2022, or you may write your own ideas in the blanks below.
- Interview a partner to see what their top 3s are and try to get your partner talk more.
- Report your partner's top plan to group members.

	My answers	Partner's answer	Notes
1. Spend more time with family and friends			
2. Lose weight or get better physical shape			
3. Quit smoking			
4. Enjoy life more			
5. Quit drinking			
6. Get out of debt			
7. Learn something new			
8. Help others			
9. Get organized			