

Reflection

Thinking back over the past year, answer the following questions. This is where you get to be really honest with yourself – without judgement. You cannot change what you do not acknowledge. Be real with where you' are so you can better plan for where you want to go.

How would you describe this past year?

Did you set goals for this past year? What progress did you make towards achieving them?

What got in the way, slowed you down or steered you off course?

What kept you focused, motivated or moving forward?

What areas did you excel in this past year?

What are you most proud of this past year?

What is something you wish you would have done differently?

What bad habit(s) would you like to eliminate?

What did you struggle with this year?

What is your biggest challenge this year? How did you handle it?

What didn't go as planned this year? How did you handle it?

What regrets do you have from this year?

What lessons have I learned from my mistakes, regrets or challenges this year?

I did that

Reflect back over this past year. Make a list of ALL your accomplishments (no matter how small you think they may seem). There are different categories listed to help you think outside the box. Give yourself credit for everything little thing.

Spiritual

Health/Fitness

Relationships/Family

Career/Financial

Personal Growth

Contribution/Charity

Fun/Adventure/Travel

Hobbies/Interests

What I'm most proud of

Take some time to reflect over your accomplishments (BIG & small). Give yourself credit, celebrate and be grateful for what you have achieved!

Highlight a few of things that you are most proud of.

What is it about these achievements. that make you feel proud?

What did it take for you to accomplish these things?

How did it make you feel to accomplish these things?

This needs to change

After reflecting over any regrets, setbacks or missed opportunities from this past year what patterns, habits, triggers, situations or behaviors should you try to minimize, avoid or eliminate?

| | In order to improve, I need to do much less of this... | |
|----|--|--|
| 1 | | |
| 2 | | |
| 3 | | |
| 4 | | |
| 5 | | |
| 6 | | |
| 7 | | |
| 8 | | |
| 9 | | |
| 10 | | |

After reviewing your list, what comes up for you? What is no longer serving you? What are you willing to let go of?

Let's do more of this

After reflecting over your achievements and accomplishments from this past year what patterns, habits, triggers, situations or behaviors should you try to maximize, increase or improve?

| | To keep the momentum going, I need to do much more of this... | |
|----|---|--|
| 1 | | |
| 2 | | |
| 3 | | |
| 4 | | |
| 5 | | |
| 6 | | |
| 7 | | |
| 8 | | |
| 9 | | |
| 10 | | |

After reviewing your list, what comes up for you? What has been pushing you forward or motivating you? How can you increase or do more of it?