



Year End Reflections

Celebrate my top 10 achievements this year

1. _

2. _

3. _

4. _

5. _

6. _

7. _

8. _

9. _

10. _

What did I learn this year?

What were my 5 happiest/empowering moments?

1. –

2. –

3. –

4. –

5. –

10 Questions

What were the most challenging situations this year and how did I grow from them?

What were my biggest strengths and weaknesses this year?

What little things did I enjoy the most during my day-to-day life?

How did I give or contribute this year to myself and others?

What do I still want to release, or let go of? What or who do I want to forgive?

What is my most important goal for next year?

What will I improve or do differently next year?

What books, seminars or online courses do I want to learn from?

Which habits do I want to change, cultivate or get rid of?

What morning or evening routines can I follow to have more success and joy?