



REFLECTING ON THE ENDING YEAR IS THE FIRST STEP IN CREATING GOALS AND A PLAN FOR NEXT YEAR. COMPLETE THIS WORKSHEET (ON THE SHEET OR IN YOUR JOURNAL) WITHOUT LABORING OVER YOUR ANSWERS -USE YOUR GUT INSTINCT TO WRITE YOUR INSTINCTIVE REFLECTION TO EACH QUESTION WITHIN 90 SECONDS. THEN MOVE ON TO THE NEXT QUESTION. SETTING A TIMER WILL HELP YOU STAY ON TRACK. YOU CAN REFLECT MORE AND ADD MORE LATER!

<p>What were your biggest accomplishments and why were you successful in these?</p>	
<p>What were your best decisions? Your worst?</p>	
<p>What risks did you take and how did they pay off?</p>	
<p>What are the greatest lessons you learned this year?</p>	

What did you learn about yourself this year?

Do you need to forgive yourself for anything?
What do you need to let go?

What are you most grateful for?

Describe your year in one sentence.

Reflect on your answers
and your life vision.
What does your core
focus need to be for
2025?