

Reflections on Your Year

LAST YEAR

THIS YEAR

REFLECTION



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Reflect on Last Year

What went well for you last year?

What specific skills, strengths, values and relationships supported you in succeeding?

If you could change anything from last year, what would it be?

What specific skills, strengths, values and relationships got in your way?

Who was on your personal board of directors last year?

Who showed up and supported you?
Who detracted from your success?

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Reflect on This Year

How did you feel as you reflected on 2022?
How did it show up for you? Physically? Emotionally?

Questions to ponder as you decide on your goals or intentions for 2023:

What am I valuing this year?

What are the most important people, places, things, dreams in my life?

What are the patterns that you tend to get stuck in each year?

What new behaviors and systems can help you get unstuck this year?

Who are the people you need this year to help support you and your goals?

How will you know you are on track with your goals this year?

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Final Reflection

☆☆ What am I most proud of?

☆☆ What are the lessons I've learned this past year?

☆☆ What are the things I need to let go of?

☆☆ What will I say YES to?

☆☆ What will I say NO to?

☆☆ What are my self beliefs that might be holding me back from achieving my goals?

☆☆ How do I express myself authentically?

☆☆ Have I surrounded myself with people who lift me up or drag me down?

☆☆ How am I living in alignment with my values?

☆☆ When do I feel most inspired?