2023-2024 End of Year Reflection

and New Year Seeding

1. What were your favorite moments of the year and why?
2. What achievements, accomplishments, or wins are you most proud of – personally, professionally, what did they mean to you?

Personally

*What did the above mean to me?*

Professionally

*What did the above mean to me?*

1. Who were your favorite people in your life this year? Why? Did you learn from them, did they support you, make you laugh, make you feel loved…?
2. What were the 5 biggest personal lessons you learned this year?
3. What were the 5 biggest career, professional lessons you learned
4. What 3 things did you wish would have happened that did not happen or did happen, and wish had not happened, and what can you learn from them?
5. What 3 positive things happened that you did not anticipate that you are grateful for?
6. What is the main positive takeaway you want to take from this year?
7. How can you finish this year, rested, refreshed spiritually, emotionally, physically and what can you build into the new year to ensure you build in rejuvenation?
8. What your top 5 goals for next year that you want to be able to say you achieved? (What do you want to learn and why? What social causes are important to you that you may want to consider? How do you want your health to evolve? What relationships do you want to nurture? What would be exciting for you to look forward to? What impact do you want to have overall? How do you want to evolve overall, that looking back a year from now, you will know you have progressed?)
9. To achieve your goals, what do you need to learn, stop, start or differently?
10. To live into the coming year with fulfilment and satisfaction, what mindsets, thoughts, behaviors, actions, do you commit to making part of your daily life for the next year?

Notes

Schedule: