



In the next few days, take some time to think about the following questions as they relate to the past year. You can answer them from a professional or personal perspective. Write down your responses in a notebook or journal.

- 1 What did I do well last year?
What am I proud of?
- 2 What did I not do so well?
Where do I feel disappointed?
- 3 On a scale of 1-10, with 10 being the best rating, how well did I manage to accomplish the goals and intentions I set for myself last year?
- 4 What goals and intentions did I achieve?
- 5 What goals and intentions did I not achieve, and why?
- 6 What strengths did I discover or develop during the previous year?
- 7 What skills did I learn, acquire or develop during the previous year?
- 8 What habits do I need/want to: change, eliminate, nurture, and/or create?
- 9 What am I most grateful for?
- 10 What do I regret most?
- 11 What passions, priorities or meaningful activities did I WANT to focus on or include in my life, but didn't? How do I feel about that?
- 12 What passions, priorities or meaningful activities DID I focus on or include in my life, and how do I feel about that?
- 13 What do I want or need to give up in the upcoming year?
- 14 What do I want or need to add in the upcoming year?



*Adapted from:
Reflect and Refocus
Compass Life and
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