End of Year Retrospective

Reflecting on the past helps us move forward in a positive and healthy way. Use the questions below to review the past year, assess your current state, and envision your future goals.

# Looking Back - A Reflection

It’s important to remember all of the good that we experienced this year. List the top 3-5 highs you had this year.

What enabled you to reach these highs?

Challenges are opportunities to learn about ourselves and others. List the top 3-4 challenges you encountered this year.

What did you learn from these challenges? How did you navigate through them?

Life brings lots of unexpected things into our path. What surprised you this year?

Experiencing joy and excitement are important to feeling fulfilled in life. List 3-5 things that brought you joy or excitement.

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# Looking Ahead

Gratitude lets the universe know what we want to see more of in our life. List 5-10 things/people/places/events for which you are grateful today.

Carrying things we no longer need keeps us from experiencing things that may be better aligned with ourselves. List 3-5 things that no longer align with you and can be released this year.

Following our passions and engaging in activities that bring us joy cultivates happiness in our life. List 3-5 things that you want to experience more of this year.

A mantra or theme is a great way to summarize and remember our intentions for the year. You can use your mantra/theme to help guide you in your decisions that come up this year. For example when faced with a decision to make, you can ask yourself, “Does this align with my mantra/theme”?

Here is an example: *Joy - I will seek out things that bring me joy*

Mantra/Theme: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_