

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.

- 1.
- 2.
- 3.
- 4.
- 5.

What enabled you to reach these highs?

- 1.
- 2.
- 3.
- 4.
- 5.

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

- 1.
- 2.
- 3.
- 4.

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

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

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

- 1.
- 2.
- 3.

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

- 1.
- 2.
- 3.
- 4.
- 5.



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.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

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.

- 1.
- 2.
- 3.
- 4.
- 5.

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.

- 1.
- 2.
- 3.
- 4.
- 5.

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: _____