

END OF YEAR REFLECTION



JOY

SUCCESS

DISSATISFACTION

FLOPS

HOW FAR HAVE YOU COME
OVER THE PAST 12 MONTHS?

GIVEN YOUR CURRENTLY TRAJECTORY, HOW DO YOU FEEL ABOUT
WHERE YOU COULD END UP BY THE END OF 2018?

END OF YEAR *REFLECTION*



CONSIDERING ALL AREAS OF YOUR LIFE,
LIST THE POSITIVES.



PROMPTS

- 1.** What went well and what brought you joy?
- 2.** What do you want to do more of in the year ahead - in work and play?

WHAT DID YOU LEARN THIS YEAR?



PROMPTS

- 1.** What did you learn about yourself?
- 2.** What new skills have you developed?
- 3.** What new insights do you have?
- 4.** What didn't work and what sucked your energy?
- 5.** What will you reject and let go of in the year ahead?

WHAT WERE YOUR **KEY MOMENTS**?

PROMPTS

- 1.** List your biggest achievements and successes.
- 2.** Figure out which events became significant milestones (and why)?
- 3.** Identify your turning points and aha moments.

HOW FAR HAVE YOU COME OVER THE LAST 12 MONTHS?

PROMPTS

- 1.** Looking back to this time last year, how has your life changed in 2017?
- 2.** What have you let go of?
- 3.** What's new in your life?
- 4.** How have things shifted for you - in all areas of your life?

END OF YEAR **REFLECTION**



WHAT IS YOUR **CURRENT TRAJECTORY**?

PROMPTS

- 1.** If you continue along your current path, where will you be in 12 months time?
- 2.** How do you feel about that path - what's working and what isn't?

WHAT DO YOU NEED TO COMMIT TO NOW TO MAKE 2018 **YOUR BEST YEAR** YET?

PROMPTS

- 1.** Given everything you've learnt about yourself as a result of this reflection, what commitments will you make to yourself so you can keep moving forward?

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