

YEAR END REFLECTION

PART 1 Reflecting On the PAST Year

QUESTION #1: What are 50 things I am grateful for?

- | | | |
|-----------|-----------|-----------|
| 1. _____ | 18. _____ | 35. _____ |
| 2. _____ | 19. _____ | 36. _____ |
| 3. _____ | 20. _____ | 37. _____ |
| 4. _____ | 21. _____ | 38. _____ |
| 5. _____ | 22. _____ | 39. _____ |
| 6. _____ | 23. _____ | 40. _____ |
| 7. _____ | 24. _____ | 41. _____ |
| 8. _____ | 25. _____ | 42. _____ |
| 9. _____ | 26. _____ | 43. _____ |
| 10. _____ | 27. _____ | 44. _____ |
| 11. _____ | 28. _____ | 45. _____ |
| 12. _____ | 29. _____ | 46. _____ |
| 13. _____ | 30. _____ | 47. _____ |
| 14. _____ | 31. _____ | 48. _____ |
| 15. _____ | 32. _____ | 49. _____ |
| 16. _____ | 33. _____ | 50. _____ |
| 17. _____ | 34. _____ | |

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QUESTION **#2:** What are 3 Life Lessons I have learned?

LIFE LESSON #1

LIFE LESSON #2

LIFE LESSON #3

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QUESTION **#4:** What are 3 things I regret?

REGRET #1

REGRET #2

REGRET #3

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QUESTION **#5:** What are 3 things I accomplished that I feel good about?

ACCOMPLISHMENT #1

ACCOMPLISHMENT #2

ACCOMPLISHMENT #3

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PART 2 Reflecting On the NEW Year

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QUESTION **#3:** What are the top 3 goals I want to accomplish?

GOAL #1

GOAL #2

GOAL #3

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QUESTION **#4:** How do I plan to achieve my top 3 goals?

PLAN FOR GOAL #1

PLAN FOR GOAL #2

PLAN FOR GOAL #3
