

WINTERTIME REFLECT & RE-START

Reflect on your journey this year, and consider the changes you want to create for the year ahead.

Reflect: 2023

Q1: Think about your achievements over the last year - list 3.

Q2: What moments are you most proud of?

Q3: What were the challenges? How did you overcome them?

Q4: What did you learn about yourself?

Q5: What mattered most in 2023?

Q6: What will you be taking forward?

Q7: What beliefs can you let go of in 2023?

Q8: If last year was a book or song, what would be the title?

Restart: 2024

Q1: What do you want for your self in 2024?

Q2: How do you want to show up?

Q3: What changes do you need to make to enable your personal and professional growth?

Q4: Are there structures, boundaries you want to put into place to help?

Q5: What do you want to experience more of?

Q6: Where do you want to focus your attention?

Q7: What is your intention for the year.

Q8: What affirmation will support your vision?

Q9: Choose an affirmative word for 2024.

Journal

Take a moment to write or draw whatever is coming up for you right now.

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