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Reflect & Restart

Being able to reflect is a great and important skill to have. It gives us the opportunity to look back, evaluate and understand where we were, where we are now and how we can move forward to make positive changes for the future. This reflection sheet will help you think about where you have been so you can plan where you want to be in the near future and how to get there.

CELEBRATING THE WINS

What has made your year great?

Write a list of everything that has gone well and what you have achieved.
(Also think about the small things that have gone well. e.g. being able to wake up early, eating more healthily)

What are you most proud of yourself for?

(*What made it your proudest moment?)*

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What are you grateful for?

Where could you have given yourself more grace?

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What makes life meaningful for you?

What can you do to celebrate your wins ?

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MAKING IMPROVEMENTS

What could have been improved?

Why did it not go well and how did you handle them?

What have they taught you about your strengths and difficulties?

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How can you start to implement these changes now?

Overall, what have you learnt about yourself during this time?

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Where did you spend most of your energy?

What would you like to spend more of your energy on?

Are there any patterns in your life that keep repeating, and if so, what is triggering them?

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How have you been responding to stress and pressure, and what does this reveal about your coping mechanisms?

Is there anything you need to forgive, either in yourself or others, to release resentment, guilt, or shame?

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Has your actions aligned with your core goals and values?

What beliefs, habits, or patterns do you need to let go of to move forward?

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How can you use the knowledge you've gained from recent experiences in the future?

If you had to sum up this past period in one word, what would it be? And why?

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What has been your biggest obstacle?

Why has this been an obstacle?

Moving forward, What can you do to work through this obstacle?

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GETTING BACK ON TRACK

What does success look like to you, and how closely are you aligned with that vision?

What could help you become more aligned with yourself and your dreams?

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How can you start implementing these things from now?

Are there any beliefs you've outgrown and that you need to let go of?

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What would you do if you knew you couldn’t fail?

(personally, professionally, socially, wellbeing, relationships)

Write down all the things you would like to achieve, accomplish, experience, work towards.

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Letter To Me

Based upon your reflections, write a letter to yourself.
What would you want someone to say to you? What will you choose to let go of in this next season?
What encouragement do you need to give to yourself?

To _____ ,