

A Year of of Living Intentionally

Reflecting Back - Looking Ahead



Instructions

This workbook is broken down into two sections.

➡ **Part one: Reflecting Back - 2022.** This represents an opportunity to take stock of your year, decide what worked, identify what you'd like to replicate or enhance in 2023, review what didn't work, and the things you'd like to leave behind. "Things" might represent mindsets, beliefs, people, ways of being, etc.

➡ **Part two: Looking Ahead - 2023.** Now that you have clarity about how your year turned out, you can use this data to be intentional in your planning for 2023. I invite you to lean into the people, mindsets, beliefs, activities, etc. that brought you the most joy.

Once you've completed the document, you can start mapping out your year.

Note, there are a lot of questions! You do not need to complete them all (unless you're that go-getter, Type A personality who hates to leave any stone unturned and really, really wants to!)

There is no wrong way to use this document!

You do you and whatever works best for you. Most importantly, I hope you have fun with it and that the answers to the questions provide you with useful insight.

Happy Holidays!

Reflecting Back **2022**



What happened this year?

➡ Events

➡ Milestones

➡ Projects

➡ Clients

➡ What else?



How did I spend my time?

➡ Family, Friends

➡ Learning, Growth

➡ Wellbeing, Inner Fitness

➡ Fun, Creativity, Hobbies

➡ Habits

➡ Contribution (how did I contribute to community or the world around me?)



What were the headlines for my year?

➡ What was the best decision I made?

➡ What was the biggest insight I had?

➡ What was my greatest learning?

➡ What was the biggest risk I took?

➡ What am I most proud of?

➡ What was my most impactful act of service?

➡ Who or what am I most grateful for?



What brought me the most joy this year?

Which of my values were honored this year? Which ones weren't?

*The only thing standing in the way between you and your goal is the
BS story you keep telling yourself as to why you can't achieve it.*

– Jordan Belfort



What were my biggest accomplishments?

➡ What did I do to achieve them?

➡ Who or what contributed to my success?

➡ What did I learn about myself?

➡ How am I applying what I've learned?



What were my biggest challenges?

➔ Who or what helped me through them?

➔ What did I learn?

➔ How am I applying what I've learned?

Authenticity lives where you stand, not where you plan to stand. You can't prepare to be yourself.

– Alan Cohen



What key insights did I have about myself, my work, or my life this year?

What did I intend to do (but didn't)? What got in the way?

He also knew that the key to a full life was taking it. The trick wasn't necessarily having less fear, it was finding more courage.

– Louise Penny



What worked well for me this year?

What didn't work so well?

Who or what do I want to let go of or leave behind heading into next year?

What story am I holding onto that it's time to release?

How will letting this go support me in creating an even better year next year?

What is my six-word headline that sums up my year?

Looking Ahead **2023**



What are my big, hairy, audacious goals and dreams for 2023?



How will I spend my time?

➡ Family, Friends

➡ Learning, Growth

➡ Wellbeing, Inner Fitness

➡ Fun, Creativity, Hobbies

➡ Habits

➡ Contribution



Who do I want to spend more time with?

What do I want to do more of?

What will I say “Yes!” to?

What will I say “No!” to?

What will saying “No!” enable me to do?

Which of my values will I lean into this year?



How will I step out of my comfort zone this year?

What do I want to learn this year?

What habits, new or old, will best support my goals this year?

How will I embrace my wellbeing this year?

What am I no longer willing to tolerate this year?

Where will I need courage this year?



Where will I find joy this year?

How will I celebrate my successes this year?

Which three words sum up my theme for 2023?

What needs to stop, change, or be created for me to reflect back in December and feel that this was the Best.Year.Ever?

You are already that which you want to be, and your refusal to believe it is the only reason you do not see it.

– Neville Goddard