HIGHLIGHTS & ACHIEVEMENTS

Take time to celebrate your successes—no matter how big or small they may seem. Recognizing your achievements can boost your self-esteem and motivation for the year ahead. **Ask yourself:**

01. What were my proudest achievements this year?

02. What moments brought me the most joy and satisfaction?

03. How did I grow personally and professionally over the past year?

04. Did I achieve the goals I set for myself at the beginning of the year?
LESSONS LEARNED & CHALLENGES OVERCOME

Recognizing the lessons learned from difficulties can help you grow and prepare for future challenges with greater resilience. Take a moment to reflect on the challenges and setbacks you faced during this past year. **Ask yourself:**

01. What were the most significant challenges or obstacles I encountered?

02. How did I handle these challenges, and what did I learn from them?

03. What new skills or healthy coping strategies did I develop because of these experiences?

04. What advice would I give to my past self to navigate these challenges more effectively?
Assessing whether you’re living in alignment with your true self provides insights into areas of your life that may need adjustment or growth. Reflect on your values, priorities, and the direction you want to take in your life. **Ask yourself:**

01. Are my current life choices and actions aligned with my core values and long-term goals?

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02. Have there been any changes in my values or priorities over the past year?

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03. What aspects of my life do I want to prioritize or change in the coming year?

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04. What steps can I take to live a more authentic and fulfilling life in alignment with my values?

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