

# Reflect and Act

## REFLECT

- ◆ How did you become a better version of yourself this year?

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- ◆ What was your personal **HIGHLIGHTS** this year?

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- ◆ 3 things you are most **GRATEFUL** for this year?

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- ◆ How did you grow in these areas:

Physically

Spiritually

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Professionally

Financially

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Relationally

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- ◆ What was the biggest **CHALLENGE** you overcame?

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- ◆ Who did you add **VALUE** to and how?

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- ◆ What was your biggest **TIME WASTER**?

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## ACT

- ◆ What is your **WORD** for the year?

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- ◆ What are the **GOALS** you want to achieve?

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- ◆ What area in your life do you need to get out of your comfort **ZONE**?

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- ◆ What are two **NEW** things you want to try?

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### ◆ GOALS ◆

Write down:

Actions you will take:

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When you will act:

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How you will stay accountable to your goals:

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