

**My Year  
Reflections & Resolutions**

**MEF1RST®**



# Going through the year

## Past Year Reflections

### Write down the important events during 2023

- What comes first?
- Who is there?
- What makes you smile?
- What is still moving you?

### 3 sentences about my past year

- The wisest decision I made:
- The biggest lesson I learned:
- The biggest risk I took:

### 3 questions about my past year

- Who are the three people who influenced you most?
- What is the best thing you have discovered about yourself?
- Which 3 words would describe your year?



# The best moments

## Past Year Reflections

### 3 of my best moments

- List them, how did you feel?
- Who was there with you?
- What were you doing?
- What was the smell? The sound?

### 3 of my biggest accomplishments

- List them, what did you do?
- Who helped you achieve these success?
- How?

### 3 of my biggest challenges

- List your three biggest challenges, who and what helped you overcome them?
- What have you learned about yourself by doing so?

### 3 of my deepest gratitudes

- List the three things you are more grateful for?
- Which of your values are behind them?
- How are you planning to repeat those moments?



# 2024 Magical triplet

## New Year's Resolutions

- Pick 3 words to symbolize and define the year ahead. You can look at these words if you need some extra energy so you remember not to give up on your dreams.
- I will love 3 things about myself...
- I want to achieve these 3 things the most...
- I will have the power to say no to these 3 things...
- I will do these 3 things every morning...
- I will pump myself with these 3 things regularly...
- I will visit these 3 places...
- I will not procrastinate anymore over these 3 things...
- I will connect with my loved ones with these 3 ways...

# This is what my year will be about...

## New Year's Resolutions

<p><b>PERSONAL LIFE/ FAMILY</b></p> <ul style="list-style-type: none"><li>•</li><li>•</li></ul>	<p><b>CAREER/ STUDIES</b></p> <ul style="list-style-type: none"><li>•</li><li>•</li></ul>	<p><b>FRIENDS/COMMUNITY</b></p> <ul style="list-style-type: none"><li>•</li><li>•</li></ul>
<p><b>RELAXATION/ HOBBIES/ CREATIVITY</b></p> <ul style="list-style-type: none"><li>•</li><li>•</li></ul>	<p><b>PHYSICAL HEALTH/ FITNESS</b></p> <ul style="list-style-type: none"><li>•</li><li>•</li></ul>	<p><b>MENTAL HEALTH/ PERSONAL GROWTH</b></p> <ul style="list-style-type: none"><li>•</li><li>•</li></ul>

**MEF1RST.**

My recommendation is to write short and measurable goals (Read more (NO) → Read 2 books per month (YES :))

**Happy New Year  
I wish you a lot of selfcare**

**Love,  
I**

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