My Year Reflections & Resolutions MEF1RST₆

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?

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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?

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2024 Magical triplet

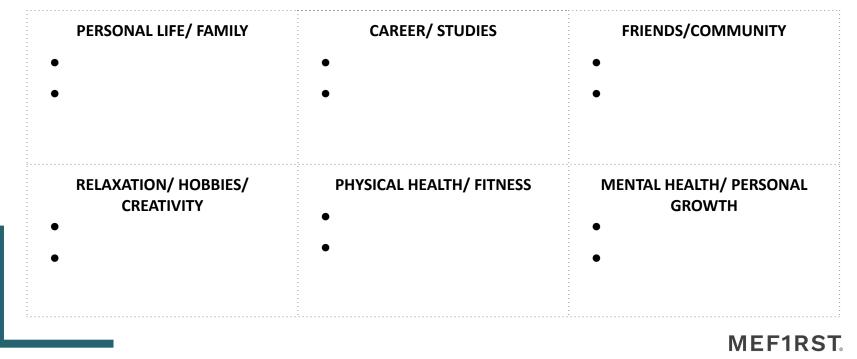
New Year's Resolutions

- Pick 3 words to symbolize and define the year ahead. You can look at this 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...

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This is what my year will be about...

New Year's Resolutions



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,

