



Reflection 2024

This activity invites you to look back at your year, assess where you've been, and determine where you want to go next.

Step 1: Look Back

Start by thinking about the different "chapters" of your last year, 2024.

Each chapter told a story about what mattered to you, what you worked on, or what you learned. Be as creative as you want to be!

Examples of Chapters:

- **Hustle Chapter:** A time when your career or personal drive took center stage
- **Survival Chapter:** A time when you focused on enduring challenges and making it through difficult situations.
- **Teammate Chapter:** When collaboration and supporting others were central.
- **Starting Over Chapter:** A period of reinvention or healing after a big life change.
- **Trailblazer Chapter:** When you explored uncharted territories, physically or metaphorically.
- **Innovator Chapter:** A time of turning ideas into action or experimenting with new approaches.
- **Caregiver Chapter:** When you focused on caring for others.
- **Protector Chapter:** When you focused on shielding or standing up for those who needed it.
- **Legacy Chapter:** When creating something lasting for yourself or others became your focus.
- Etc.

Your Last Year's Chapters (try to identify at least 3):

1.

2.

3.

(4.)

(5.)



What stands out from each chapter? It could be a memory, an accomplishment, or something you learned. Write one thing next to each chapter number:

1.

2.

3.

(4.)

(5.):

Additional Questions for Reflection:

- What was the most surprising thing that came out of 2024?
- Who or what had the biggest impact on your year?
- Is there something you would have done differently this year?
- What was the toughest moment of this year, and what did it teach you?
- What did you let go of this year, and how did that feel?
- What's one thing you're proud of from this past year, 2024?



Step 2: Be Here Right Now.

Now focus on your current chapter. What's this chapter of your life about as you start 2025?

- If you had to give this chapter a name, what would it be?
- What makes this time in your life impactful or meaningful or unique?
- What's one habit, value, or lesson from 2024 that you want to carry into 2025?

Step 3: Look Ahead to Your Next Chapter.

Imagine what you want your next chapters to be about. This is your chance to dream a little.

Think about a goal, a change, a feeling, or an intention you'd like to focus on.

Examples of Future Chapters:

- **Bold Choices Chapter:** Taking risks and stepping into new opportunities.
- **Savor Chapter:** Slowing down and appreciating the little things.
- **Growth Chapter:** Prioritizing learning, self-care, or personal development.
- **Connection Chapter:** Deepening relationships and building meaningful connections.
- **Resilient Chapter:** Overcoming challenges and proving your strength.
- **Champion Chapter:** Advocating for yourself or others with courage and confidence.

Your Next Year's Chapters:

What will you call them? (Try to come up with at least 3)

1.

2.

3.

(4.)

(5.)



What's one thing you'd love to focus on in each of these chapters? As mentioned above, it could be a goal, a change, feeling, an intention, etc. Write one thing next to each chapter:

1.

2.

3.

(4.)

(5.):

Lastly:

- If you had to describe 2024 in one word, what would it be?

- What's one word you hope describes 2025?

Take your time with this exercise—it's your story to tell!

And remember, "Life can only be understood backward, but it must be lived forwards." — Søren Kierkegaard

Signed:

Date: