



## 2018 Reflections Worksheet

***Congratulations!*** By making the decision to reflect on your year and plan for the year ahead, you are among a select group of individuals who realize the importance of reflection & planning, and are willing to take the necessary steps to achieve the success they want.

*This worksheet will help you ask the **right questions** to effectively reflect on this past year, and set you on the path to enter the New Year ready to achieve success.*

*In order to get the most out of this worksheet you should:*

- 1. Be as honest and as specific as possible. (“I saved \$3000 in 12 months” as opposed to “I saved more money.”)*
- 2. Put away all distractions for as long as it takes you to go through the various prompts.*
- 3. Don’t feel confined to the boxes. If you have more words than there is space, grab another piece of paper and reflect away. Writing your answers in a journal is another great way to store them for reference as you go through the course of the year.*
- 4. Don’t stop here. Goal-setting is the next essential step to preparing yourself to enter the New Year on the right foot.*

*“Honest self-reflection opens your mind to reprogramming, change, **success** and freedom.”*

*– Unknown*



*What did I accomplish in 2018?*

*What led to this success?*

*What goals/plans did I come close to achieving but just missed the mark?*

*Why did I miss the mark?*

*In which areas did I fail?*

*What led to my failure?*

*What are 3 things I learned from these failures?*

*What do I regret doing or not doing?*

*How can I rid myself of these regrets in the New Year?*

*In which moments did I feel the happiest or the most fulfilled?*



*What did I spend most of my time on?*

*Is the thing I spent the most time on aligned with the moments that I felt the happiest/most fulfilled?*

*What do I want to change about my current situation?*

*In what areas of my life did I experience growth?*

*In what areas of my life did I stay stagnant or regress?*

*If I could describe 2018 in one word it would be:*

*If I could describe what I want 2019 to be like, in one word, it would be:*

*What is the **one thing** I did not accomplish/start/pursue in 2018 that I **WILL** in 2019?*

**Complete!**

*Before you move onto the next step which is goal-setting, take a good amount of time to reflect on the answers you wrote down in each box.*

*These answers show you where and how you succeeded, areas of your life you need to work on, which parts of your life fulfilled you the most and which areas wasted your time.*

*All of this is valuable information to setting you on a trajectory for success in 2019! Never neglect your past, but rather use it as a way to learn, grow, and as a stepping stone to your future.*

***The CG: [YOUR] Career Guide***