



THE 2022 KICKSTART

A Reflection Exercise
for the New Year

by Leah Orleans

**PRINT THIS OUT, REWRITE IN YOUR JOURNAL ,
OR USE A NOTE APP.**

FIND SOMEWHERE QUIET, TAKE YOUR TIME:

Highs of this year:

Lows of this year:

What Lessons did you Learn?

What were you grateful for?

When did you feel the strongest?

Let go of self sabotage:

What stories are you telling yourself that limit your growth?

Where do you want to be a year from now? Be specific.

What are your relationships like? List 3 people in your life you want to spend more time with in 2022.

1.

2.

3.

What does your body need more of?

What does your body need less of?

What practical action steps can you take now to help achieve the above?

Circle what you need to hear most:

I'm proud of you

You are worthy

You worked so hard today

How can I help?

Take a deep breath, close your eyes,
and count to 10. You made it through 2021.

Think back to January 2021, what was
going on in your life then?

What is one thing you would say to that
version of you?

How do you think you would respond?

Instead of "resolutions" I like to make a
More/Less List. This helps sort out my top
priorities from my less-than-helpful habits

MORE

LESS