



End of Year Reflections: How Was My Year?

Rate your experiences for the year on a scale from 1 to 10 in the following areas of your life:
(1 being the lowest and 10 being the highest)

Professional Life: <ul style="list-style-type: none">What were your successes in your career or professional endeavors this year?Did you face any challenges or setbacks in your professional life? If so, what were they, and how did you overcome them or what did you learn from them?Were you satisfied with your career growth and progress last year? Why or why not?	Rate: ____/10
Personal Life: <ul style="list-style-type: none">What personal goals did you achieve or make progress towards during the year?How did you prioritize self-care and personal development last year?Were there any significant events or experiences that shaped your personal life this year?	Rate: ____/10
Social Life: <ul style="list-style-type: none">How would you describe your social connections and relationships from last year?Did you invest enough time and effort into nurturing important relationships?Were there any conflicts or challenges in your social life, and how did you handle them?	Rate: ____/10
Family Life: <ul style="list-style-type: none">How satisfied were you with your relationships within your family?Did you spend quality time with your family members?Were there any significant family moments that stood out positively?	Rate: ____/10
Mental Well-being: <ul style="list-style-type: none">How did you prioritize your mental health and well-being throughout the year?Were there any stressors that negatively impacted your mental health, and how did you cope with them?What habits or practices did you implement that positively contributed to your mental well-being?	Rate: ____/10
Financial Health: <ul style="list-style-type: none">How would you rate your financial stability and management last year?Did you achieve or make progress towards your financial goals? If not, what hindered your progress?What financial habits or decisions worked well for you, and which ones would you like to improve upon?	Rate: ____/10
Average Overall Rating: <ul style="list-style-type: none">Add up all scores and then divide by 6: $(\text{Professional} + \text{Personal} + \text{Social} + \text{Family} + \text{Mental} + \text{Financial}) \div 6 =$	Average Rating: ____/10

Further Reflections and Action Steps on the Following Page.



Reflecting on the Low Areas:

For the areas you rated lower (scored 1-5), consider the following questions to help identify strategies to thrive next year:

- Do you even want to improve your rating in any/all the low scoring areas?
- What specific actions or changes can you implement to improve your rating in the low-scoring areas?
- Are there resources, skills, or support systems you can tap into to enhance these areas of your life?
- How can you better prioritize or allocate time and energy to address these aspects of your life in the upcoming year?
- What lessons did you learn from the challenges faced in these areas, and how can you apply them to make positive changes?

Reflecting on the High Areas:

For the areas you rated higher (scored 5-10), consider the following questions to help identify strategies to leverage your strengths for next year.

- For the areas that you thrived, how can you double-down on these successes in the upcoming year?
- Through these high areas, are there potential opportunities to impact the world in a positive way?
- Are there others in your life that you can support in these high areas as well?

Goal Setting for New Year:

Based on your reflections, outline a few specific and achievable growth-goals for each area to help enhance your overall well-being and satisfaction in the coming year. Is there a way to hold yourself accountable? Perhaps include a friend or family-member who can help support you on any of your growth-goals.

- **Professional**
- **Personal**
- **Social**
- **Family**
- **Mental**
- **Financial**

Sending You a Very Prosperous Year Ahead!



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