
**Let's take a
moment to
reflect.**

**HOLSTEE
GUIDE**

The Good

What went well this year? What were your greatest moments of success? Looking back on **POSITIVE** experiences can encourage you to do more of the same. So go ahead, be proud of what you've accomplished!

What or who are you most grateful for from this past year?

1. _____
2. _____
3. _____

What is your fondest memory (the first one that comes to mind)?

What books or movies did you read/see this year that will stick with you?

1. _____
2. _____
3. _____

What did you do for fun?

What accomplishment are you most proud of?

The Bad

Facing our flaws can be tough, but is a necessary part of how we grow. If you want to move forward, you must **BE HONEST** about where you hope to improve.

What do you wish you had done more of?

What do you wish you had done less of?

What mistakes have you learned from?

What was an unexpected obstacle you faced?

What was your biggest challenge that you have yet to overcome?

Career & Work

We recognize that work plays a big part of our day-to-day existence and **FULFILLMENT**. Evaluate your time at work this year. Think back on any professional changes, big or small.

What was satisfying about your work this year?

What was challenging about your work this year?

What new responsibilities did you take on?

Write three new skills you learned:

1.

2.

3.

Change & Growth

Life is changing all the time in big ways and small. Many times, change can be great, yet that doesn't mean that it's easy. Think back on the many **TRANSFORMATIONS** you've experienced.

What habits did you start?

What habits did you stop?

What's been your biggest personal change from this past year?

What was the most significant insight you learned from this change?



**How we spend
our days is, of
course, how we
spend our lives.**

- ANNIE DILLARD

Friendship & Love

What would life be without friendships, loved ones and family? Think back on the **KEY PEOPLE** in your life this year. What roles did you play in each others' lives? How did your relationships change and evolve?

Which relationship in your life grew the most?

Which relationship needs more time, love, or attention?

Pick three words you think your partner or friend would use to describe your year
(Don't ask them; guess based on how you think they see you!)

1.

2.

3.
