

Looking Ahead

Now comes the exciting part: what will you do next? Don't be afraid to take big steps: success and failure are both a part of the process and how we learn to grow. Look at some of your above answers and see how much you've already learned. How will you apply those lessons moving forward?

What will you do this year to improve your health and well-being?

What will you do this year to enhance your relationships with others?

What are your professional goals for 2016?

What new experiences do you want to have this year?

Pick three words to set your intention for the year ahead.

Want to share this worksheet with friends?

A printer friendly version is available at Holstee.com/reflection

Please share any thoughts with us at hello@holstee.com.

H O L S T E E

2015

POCKET REFLECTION WORKSHEET

Introduction

Why reflect on these questions? At the end of a year where lots of change has happened and much more is about to begin, we can benefit from thinking about where the last 365 days have taken us and where we'd like the next 365 to go; thinking back can help us think ahead.

Three ways you can use this worksheet:

Personal Reflection. Grab your journal and give yourself time to reflect.

Deep Discussion. Together with your partner or friend, answer each question and talk through them together.

Dinner Party. Pick the questions that speak to you and answer at a group gathering, holiday event or family dinner.

The Good

Looking back on what went well and moments of success can encourage you to do more of the same. So go ahead, talk about your accomplishments: they're something to be proud of!

What are you most grateful for from this past year?

What were some of the best books you read?

What did you do for fun?

What was the most enjoyable part of your work?

How did you manage time spent between your work and home life?

The Bad

Looking at your own shortcomings can be tough, but it is a necessary exercise. If you want to move forward, you must be honest about where you were not successful. Maybe it was a project to which you didn't give your all or perhaps something you said you were going to do but didn't.

What do you wish you had done more of? Less of?

What was the most challenging part of your work?

What opportunities did you pass up?

What was an unexpected obstacle you faced?

What held you back last year?

Change & Growth

Life is changing all the time in big ways and small. Many times, change can be a great thing but that doesn't mean that it's an easy thing. Think back on the many transformations you faced last year.

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

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

What habits did you develop this past year?

Relationships

What would life be without friendships, loved ones and family? A lot less interesting, that's for sure! Think back on the people in your life who have been with you along your journey.

Which relationship in your life improved the most?

Which relationship was the most neglected?

Pick three words your partner or friend would use to describe your year — don't ask them; guess based on how you think they see you.

Summarizing

Two overarching questions about your year as a whole: have fun with it, be honest and invite others to join in the discussion.

Write a short letter to yourself that you would receive exactly one year ago. What advice would you give yourself?

Pick three words to best describe this past year.