

BELLE AND GRACE BOUTIQUE

+ REFLECTIONS +

As we embark on a new year, filled with endless possibilities, it's time to look back on 2023, the highs, the lows, the growth and what you want to achieve for 2024.

The aim of this activity is to celebrate what went well, leverage what you have learnt and let go of what is holdings you back!

"What you think, you become.
What you feel, you attract.
What you imagine, you create."
-Buddha

Print this PDF and start reflecting on 2023 and what you look forward to in 2024. We would love to see this in use! Don't forget to tag us #belleandgraceboutique @belleandgraceboutique

LOOKING BACK ON 2023

DESCRIBE YOUR YEAR IN TWO SENTENCES	
WHAT ARE YOU MOST GRATEFUL FOR?	HIGHLIGHT OF THE YEAR
	- -
HOW HAVE YOU CHANGED IN 2023?	_
BIGGEST CHALLENGE OF	THE YEAR
OVERALL 2023 WAS	

LOOKING FORWARD TO 2024

WHAT ARE THE TOP THREE THINGS YOU ARE MANIFESTING THIS YEAR?	
WHAT DO YOU WANT TO SEE DISCOVER EXPLORE?	A HABIT I WILL CHANGE THIS YEAR WILL BE
WHAT SKILLS DO YOU WANT TO LEARN, IMP	ROVE OR MASTER?
THIS YEAR I WANT 1	ΓΟ
I AM LOOKING FORWARD TO	