

2024 Reflection

Prompts:

What are you most proud of?

What brought you the most joy and fulfillment this year?

If you could rewind to the beginning of the year, what advice would you give yourself knowing what you know now? List your biggest lessons and insights.

Reflect on how you spent your time and energy this year. What do you want to spend more and less time doing? Where do you want to focus your time and energy in 2025?

There is no greater journey than the one that you must
take to discover all of the mysteries that lie within you.

MICHELLE SANDLIN