



2023 • 2024

REFLECTION GUIDE



GIFTS



GRIEF



When you look back at this past year, what were some of your greatest gifts? Moments that were special, relationships that were meaningful, memories you'll hold onto for a long time, unexpected joys. Take a few minutes to write those in the "gifts" column. These are things to celebrate.

When you look back at this past year, where did you experience grief? Losses, places of pain or hurt, struggles, unexpected hardships, difficulty, heartbreak. Take few minutes to write those in the "grief" column. These are things to grieve.

As you close out reflecting on both the gifts and grief of this past year, take a moment to capture the year in one sentence that encapsulates your biggest "take away" from the past year...the primary insight you gained.

MY "TAKE AWAY" 

What are your hopes for next year? What are a few of your focus goals? What dreams do you have for this next year? Write them wherever you want on this page.

HOPES
DREAMS
GOALS

REVERSE ENGINEER

When you imagine yourself a year from now, what will you wish you had focused on, grown in, and prioritized. List those next to the words “what’s important” below. Then consider how you will prioritize and make those things happen. List your plan of action next to the word “how” below.

WHAT’S IMPORTANT:

HOW:

WHAT’S IMPORTANT:

HOW:

WHAT’S IMPORTANT:

HOW:

WHAT’S IMPORTANT:

HOW:

WHAT’S IMPORTANT:

HOW: