

REMEMBER, THIS IS FOR YOU

Tips to prepare

1. Find a comfortable place to sit and relax.

Try to not do it at your work desk or somewhere messy.

My personal favourite place is a coffee shop or a nice shaded garden or park.

2. Switch off your phone or put it in airplane mode

3. Close your eyes, take 20-30 deep breaths, calming yourself with each breath

4. Have a blank piece of paper or a small notebook and your favourite pen. It is very important to write your reflections, not just play them in your head. Many studies show that the act of writing helps with clear thinking.



Remember to be honest with yourself!

- In what ways did I grow this year?
- What big challenges did I overcome?
- Did I put myself in uncomfortable situations with the intention of testing my boundaries?
- What were the top 3 things that were at the top of my mind?
- If I had to list 10 people who made the biggest impact on my life this year, who are they? How can I thank them?
- How could I have better helped my loved ones accomplish their goals?
- What moments stand out for me?
- If someone I met this year for the first time, what 3 words would they use to describe me?
- If I learnt something entirely new, what was it? Why did I learn it?
- What am I most grateful for?
- What was the most wasteful thing I did?
- Which is my favourite song of the year?
- If I had to name this year what would it be? E.g., 2020 is my year of...
- Am I finishing the year with any unfinished projects or work? Do I want to still pursue them? Why?
- If I were to lose next year that would cause me pain, what can, and will I do to avoid that?
- Assuming it was easy, I would do it this year...What is it?
- Am I happy with my body's health? (Don't bother about looks, but rather how you feel about it etc.) What will I do to make it better?
- My 90-year self comes knocking on my door and tells me to do in the next year because they regret not doing it
- If ... person would talk to me, it would change my life. They give me a chance to ask 5 questions. What are they?
- What is the name of the next year? E.g., 2021 is my year of

