REFLECTION WORKSHEET

Accountability,
Mindfulness & Growth

be you & thrive

LIVE AS YOU INTEND

be you & thrive

REFLECTION

ACCOUNTABLITY • MINDFULNESS • GROWTH

- Download or print this worksheet. Write your answers using your computer, separate journal or within the worksheet space given.
- Schedule adequate time for reflection. (This can be done in more than one sitting).
- Put thought into this exercise and discover more about yourself–specifically how you've grown this year.

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3 word description

Use three words to describe your year.

Life transitions

What were the major transitions in your life this year? (job, relationships, personal). And did you initiate them or did 'life' initiate them?

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Self discovery

What did you discover about yourself in 2016? Be specific and reflect on your strengths and weaknesses discovered.

New experiences

Highlight a few of your positive experiences in 2016? Specifically ones that were not planned.

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Daily habits

Did you begin, strengthen or end any habits in 2016 that have created positive or negative change within your life? How are they helping or hurting your progress?

In hindsight

Is there something that you wish you would have 'taken the risk' to do? What about something you wished you would have done differently?

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New connections

Did you become acquainted with new people this year? Who of these do you feel have positively impacted your life? Describe why.

Your impact on others

How did you play an important role in others lives in 2016. Recollect a few examples.

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Achievements

What achievements are you most proud of?

Advice

What advice would you give to others from what you have learned in 2016?

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