

12 ANNUAL REFLECTIONS

PART OF THE WELLBEING GYM
LIFE NAVIGATOR TOOLKIT

12 ANNUAL REFLECTIONS

01 Recognition

What are you most proud of in the last year and why? What new dream did you achieve?

02 Peace of Mind

What loose ends do you need to tie up before the year's end, e.g. relationships, apologies, unfinished goals etc.?

03 Courage

When did you take a risk, have a pleasant surprise or exceed your own expectations?

04 Clarity and Purpose

When were you most excited about life in this past year? When did you feel most yourself, i.e. 'energised' or 'in flow'? What were you doing? Who were you with?

12 ANNUAL REFLECTIONS

05 Experimentation

What did you begin in 2017 that you will stick with? What might you abandon? What did you find boring this year? How will you change this next year?

06 Connection and Value

Who did you help? What value did you bring to others - paid or unpaid?

07 Continuous Improvement

In hindsight, what would you have done differently this past year? What was your best decision? What advice would you give yourself going into next year?

08 Overcoming Challenges

Where did fear - or any other hidden belief - prevent progress towards your goals? How will you overcome this next time?

12 ANNUAL REFLECTIONS

09 Inspiration and Influence

What inspiring people did you meet in the last year? Who had the most influence or biggest impact on you in 2017 or might you want to get closer to in the year to come?

10 Gratitude

List the top 10 (at least) things you're most grateful for looking back at last year? What simply brought you the most joy in 2017?

11 Fun. Always!

What gave you the most pleasure in 2017? When did you have a good belly laugh? Who were you with?

12 New Experiences

What new experience, adventure or trips did you enjoy most and why? What new skills did you acquire?