

Year in Review

Another year has passed. How was it for you?

Take a moment to pause and reflect on the past 12 months. The gifts that they've brought you, the challenges you've faced and the lessons you've learnt along the way.

From here, connect to what's next for you and how can to bring it to life.

Now let's begin!

LOOKING BACK

What key events have shaped
this year for me?

What am I most proud of since
the beginning of the year?

What was most challenging for
me?

What important lessons have I
learnt along the way?

LOOKING FORWARD

What's next for me?

What I want to work towards in my personal life, at work, socially etc.

How can I make more space
for these things?

For example, is there anything I need to let go off?

How will I support myself
along the way?

What do I need to watch out
for?

YOU'VE GOT THIS

No one can support you better than you.
You're your own best coach.

Before you wrap-up, take a moment to [write a letter of support to yourself](#). A message of encouragement for the coming 12 months. Something you can read time and again, especially at times when you lose your footing or find yourself struggling in any way.

Save this message somewhere you can easily access.

Dear Agnes,

What a year it has been for you!

Well done for...

I know that...

You've learnt that...

Now it's time to...

As you go on, make sure to...

Remember that...

I'm always here for you. I love you.

Agnes



Grow from within.