



2023 Review & Highlights

Name Your Top 7 Achievements in 2023 Big, small, what are you MOST proud of? 1	Name 5 Challenges You Overcame in 2023 What was hard? What did you overcome? 1	What were 3-5 Lessons Learned in 2023? Eg. a skill, aha moment, lesson learned etc. 1
What Did I Learn about Myself? For example strengths, weaknesses, talents, beliefs, values, hopes, fears etc. 1	You in 2023	What New or Existing Relationships Did I Develop? Who did you grow your relationship with? 1
If I could go back and do 3-5 things differently in 2023 it would be? 1	How Did I Make a Difference in the World in 2023? Big or small, how did you help others/the world? 1	Where Did I Have the Most Fun? What did you enjoy most in 2023? This could be anything - at work, home, in life! 1 2 4 5

Here I am! Your 2023 Review & 2024 Preview



2023 Review & Highlights

Smartest Decision I made? 1	Name 2 most caring Services I did in 2023. What was hard? What did you overcome? 1 2	What was the Biggest Risk Taken in 2023?.
What is one word to describe 2023?.	You in 2023	What was the hardest things you tried but did not accomplish in 2023? 1
What are the top 5 things you want to STOP Doing from 2023? 1	Name Empowering Habits That you Stayed Consistent with in 2023? 1	Scale of 1-10 how happy were you all around with your quality of life in 2023? 1

If you were to write a Newspaper Headline that summarized your 2023, what would it say?

Here I am! Your 2023 Review & 2024 Preview



2024 Preview & Preparation

What Top 5 Things Do I Want to Achieve in 2024? Big or small, what would make YOU proud? 1. 2. 3. 4. 5.	Name 5 Challenges You Anticipate in the Year Ahead What do you expect to be hard/difficult? 1	What Do I NEED to Learn in the Year Ahead? What do you NEED in order to grow this year? 1
What Do I WANT to Grow or Learn about Myself this Year? Where will you stretch and grow yourself? 1	You in 2024	What Relationships Would I Like To Grow And Develop? Who inspires, supports & encourages you? 1
3 things I want to do more of in 2024? 1	How Specifically Will I Make a Difference in the World in 2024? Big or small, how will you help others/the world? 1	Where Will I Enjoy Myself & Have Fun in my Life in 2024? How will you play at work/home/in life? 1

If you were to write a Newspaper Headline that summarized your 2024, what would it say?