

# Reflection Through Self-Assessment

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By looking back, you can celebrate your successes and joys but also look at what was maybe not as successful, let that go and then create something new. It's important to complete this worksheet with complete honesty. It is for your eyes only and the more candid you are, the more you can create changes that will have you living your BEST life.

Reflecting on what you accomplish is a great way to guarantee continued progress. This process encourages you to question your longer-term goals to see if they are still a fit with what you truly value, need and want.

## ACKNOWLEDGE LAST YEAR & CREATE THE NEW YEAR

This exercise serves several purposes:

- To remind you of what you've accomplished and created last year
- To recognize and acknowledge your learnings
- To re-evaluate the vision of what you want to create in the coming year

1. What are three things that you are most proud of in your life?

2. What is one of your best memories from the last 12 months? Who was there? What did it involve? What made it one of your best memories?

3. What are the major goals you accomplished last year?

Personal

Business

4. I've elevated or built these qualities this year:



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5. I made a difference in the following way (or on the following person/people) this year for this reason:

6. Is what you have created reflecting the Vision you started last year with? If so, how? If not, why not? What are some of the common challenges/roadblocks that tripped you up?

7. Who came into your life that supported you moving ahead?

8. Who got in your way?

9. Is what you built last year sustainable?

**Finally, what are your 'takeaways' from the above? Review each area and highlight some of the red flags or discoveries that you might want to work on or improve on.**

