

# Taking Stock

## *Moments of Reflection*



1. If I had to summarize the year in one word, what would it be? Was it aligned with my word of the year?

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2. What surprised me most about this year?

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3. What are the 3 things I achieved that make me feel proud?

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4. What are the 3 things I feel I fell short of my expectations and consider I have failed?

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5. What was my biggest “aha” moment this year?

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6. What resources, habits or people helped lifting me up?

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7. What challenges or habits brought my energy down?

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8. What do I wish I did more of?

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9. What do I wish I did less of?

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10. What was the most meaningful connection I made or deepened this year?

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**Bonus:** What would I tell myself if I could go back to 1<sup>st</sup> January 2024?

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