



Reflection

Action

1. Ensure you are in a comfortable space and away from any distractions.

I suggest getting outside, away from your home, away from your work and find a place where you can completely set your mind free.

2. Read through the below and answer the questions in the templates provided.

Close your eyes and cast your mind back to this same month, one year ago. You have now experienced 365 days since this time. Reflecting on your most recent year, answer the below questions openly, thoughtfully and honestly.

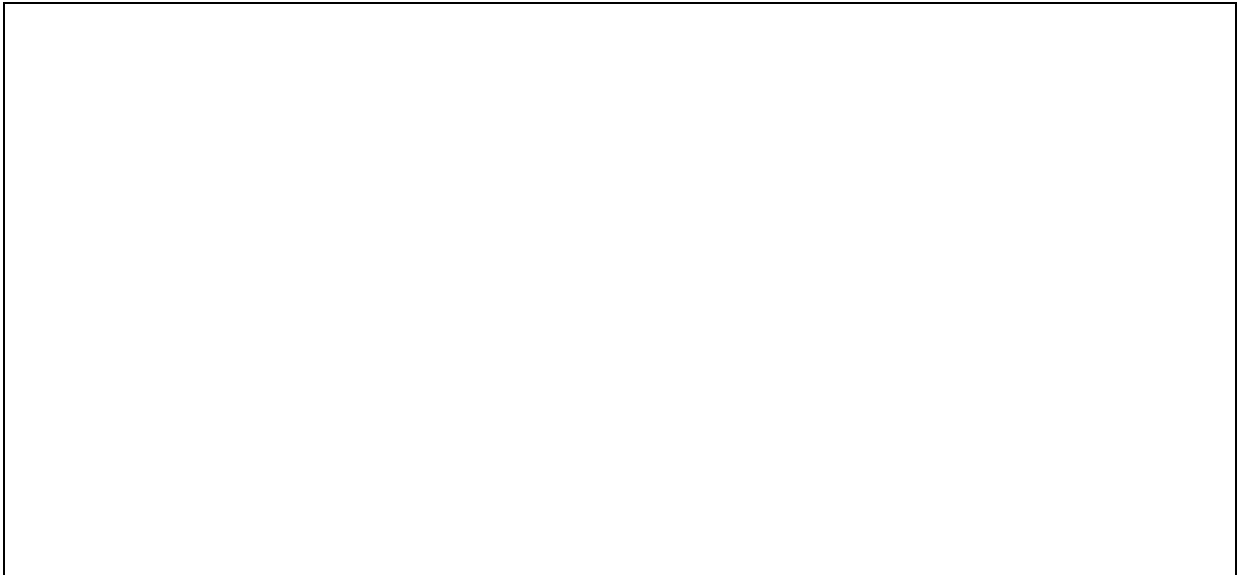
My Reflections on the previous year

What have been the 10 best experiences I have had? Why were these my best experiences and how did they make me feel?

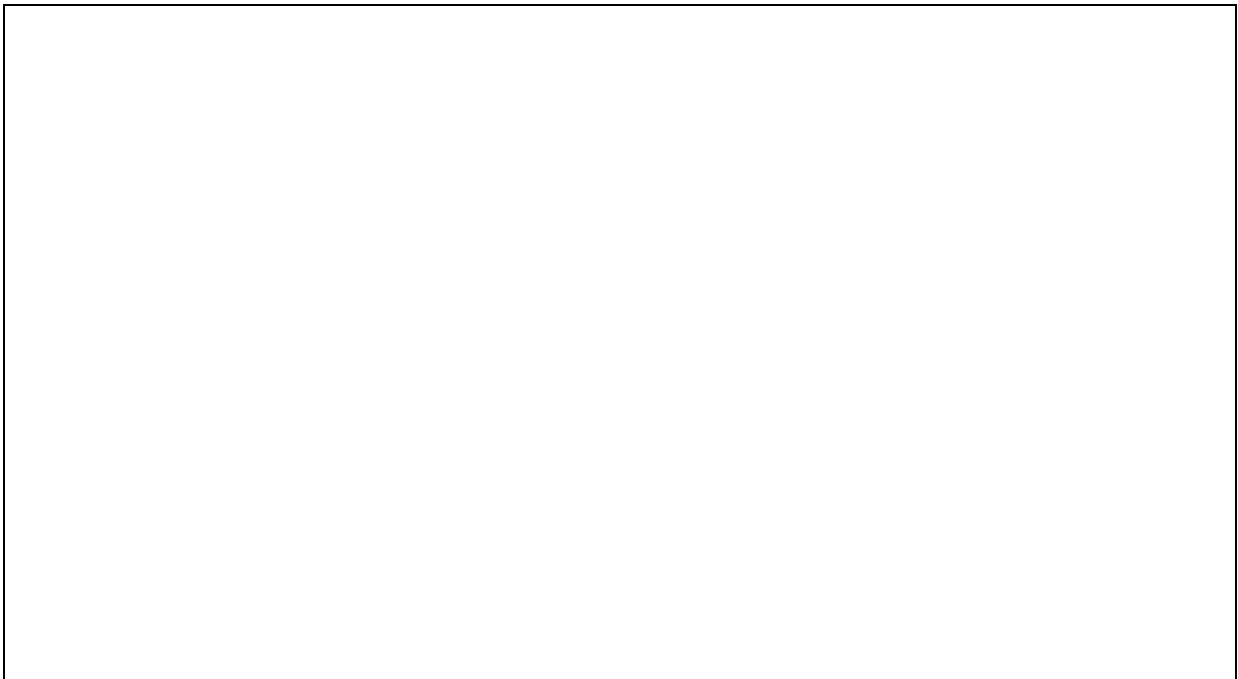
Experience	Why	How did it make me feel?

Experience	Why	How did it make me feel?

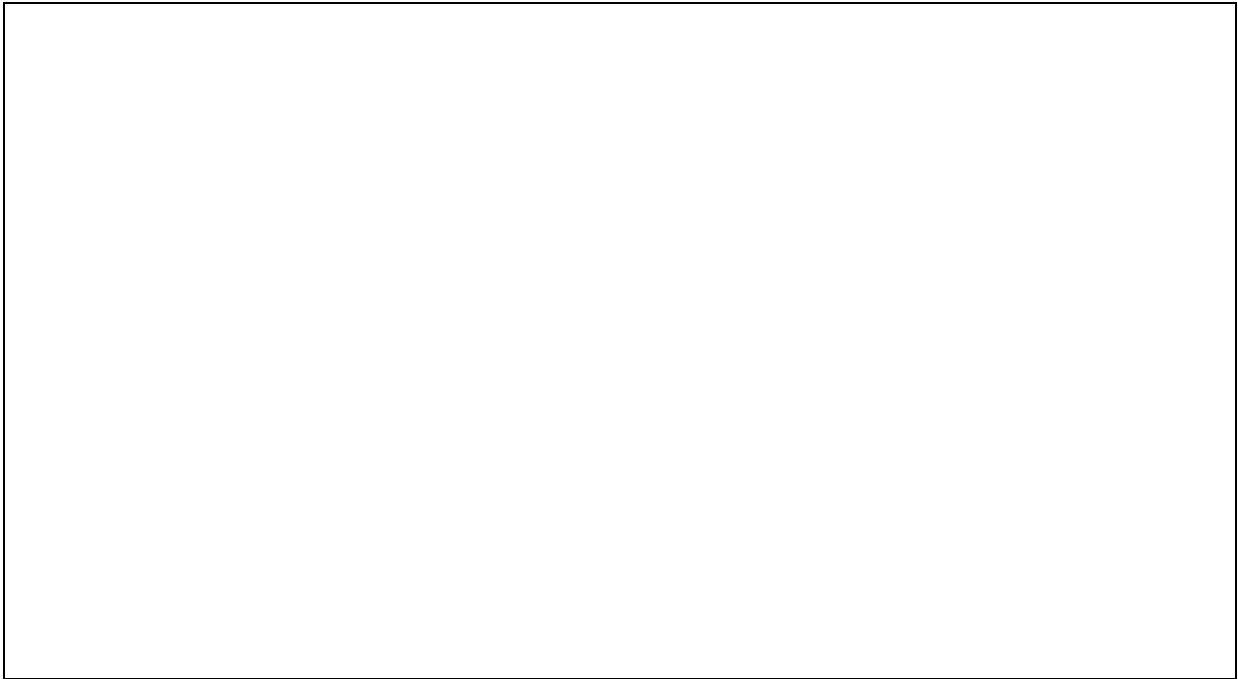
Who else was involved in the above experiences? Is there a common theme?



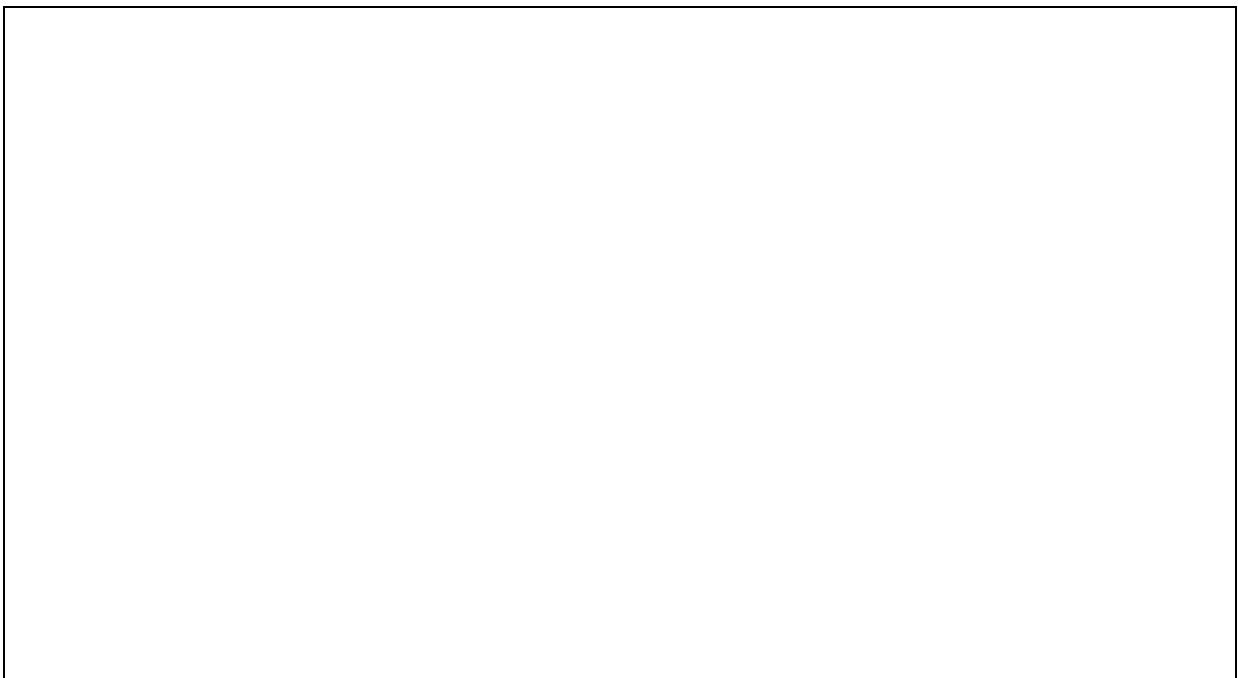
Looking back on the previous year, what was my biggest achievement or accomplishment and why?



How did I feel when I achieved the above? Who else was involved and who supported me?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

If I was to do this (or something similar) again in the next 12 months, what would I do differently?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

What are 10 things that I am very grateful for that have been in my life in the last year?

1.

2.

3.

4.

5.

6.

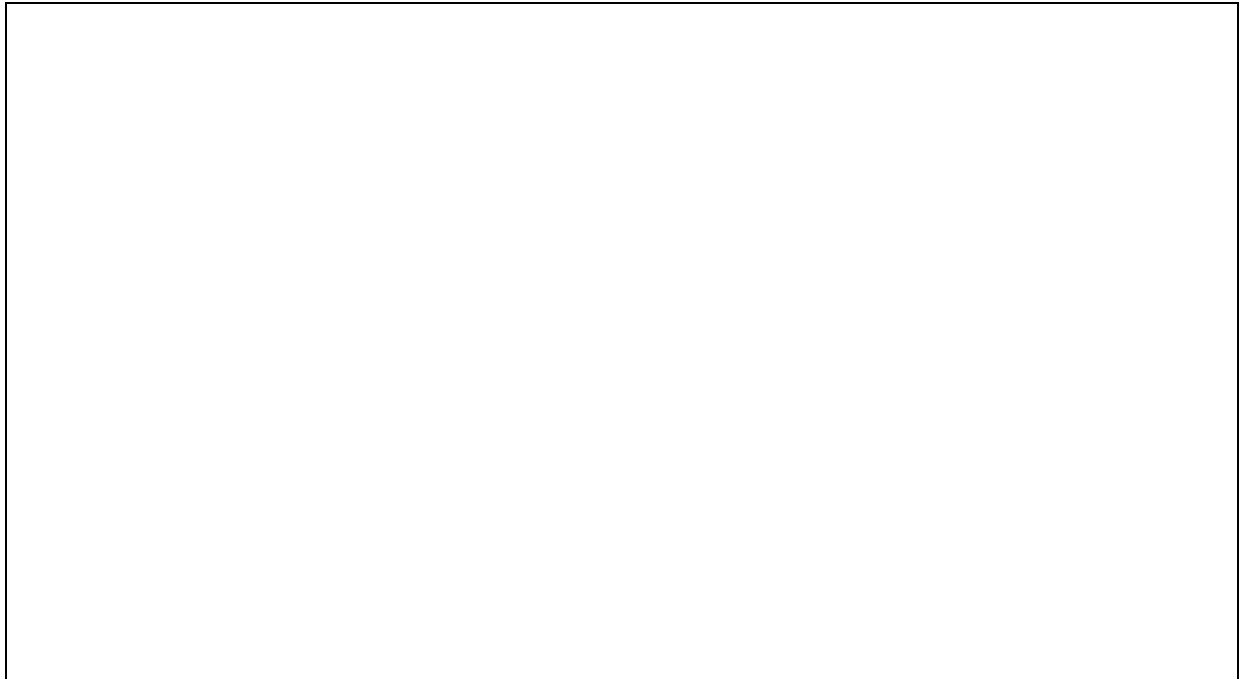
7.

8.

9.

10.

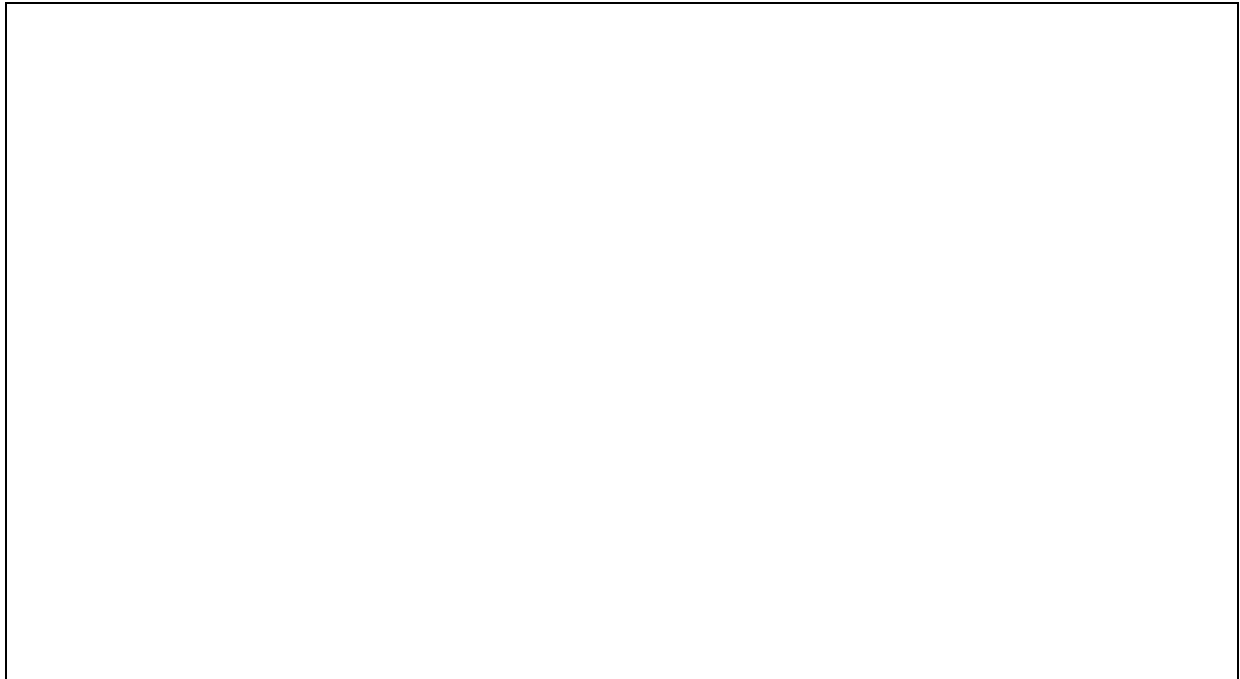
What were my biggest goals for the past 12 months?

A large, empty rectangular box with a thin black border, intended for the user to write their biggest goals for the past 12 months.

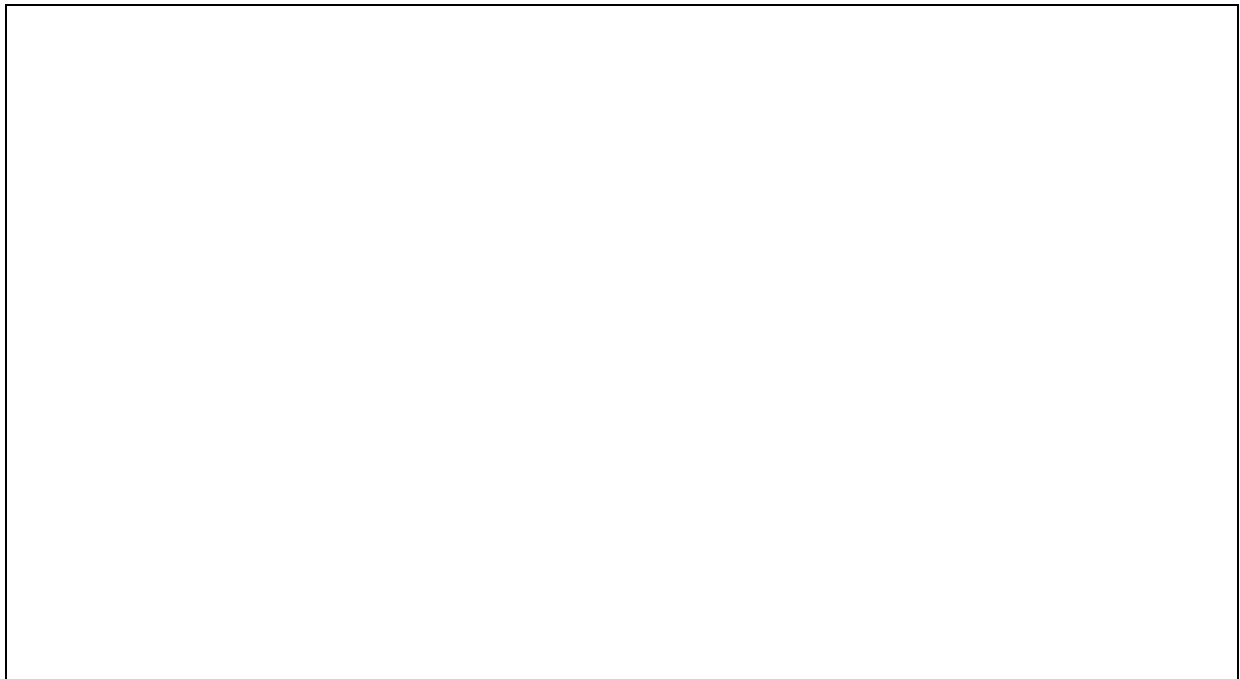
Was I successful in achieving them? Why or why not?

A large, empty rectangular box with a thin black border, intended for the user to write about their success in achieving their goals and the reasons for it.

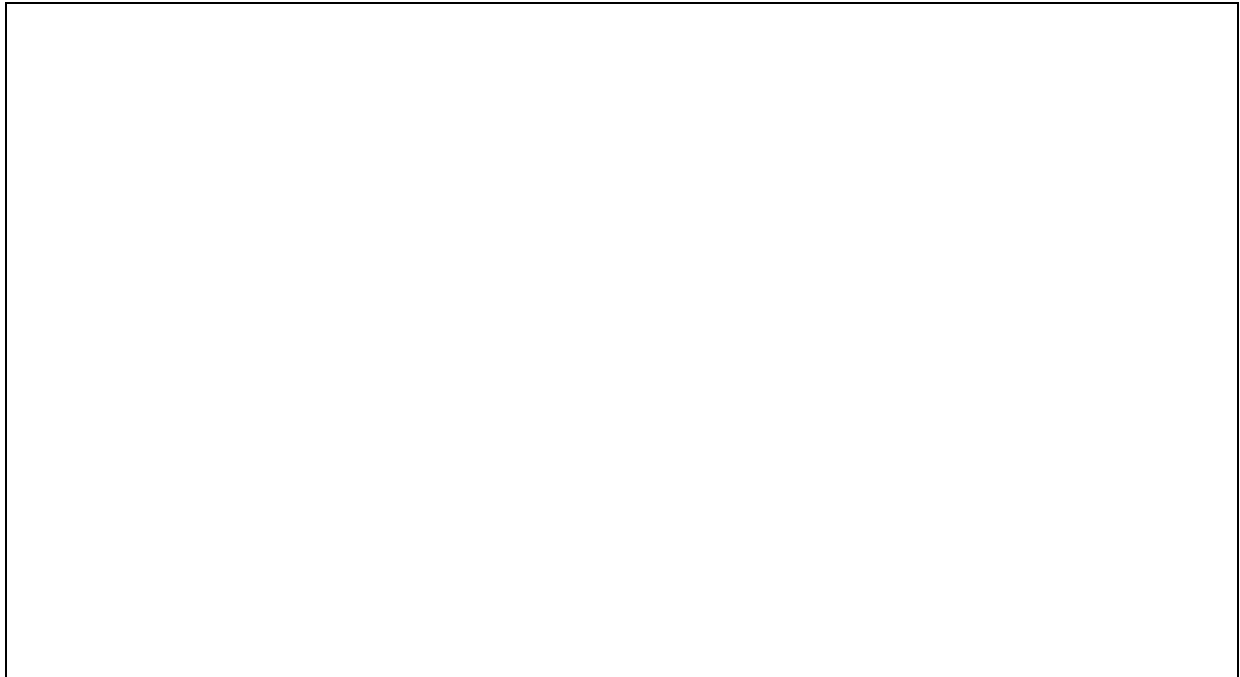
What would I do differently in the next 12 months if I had similar goals?



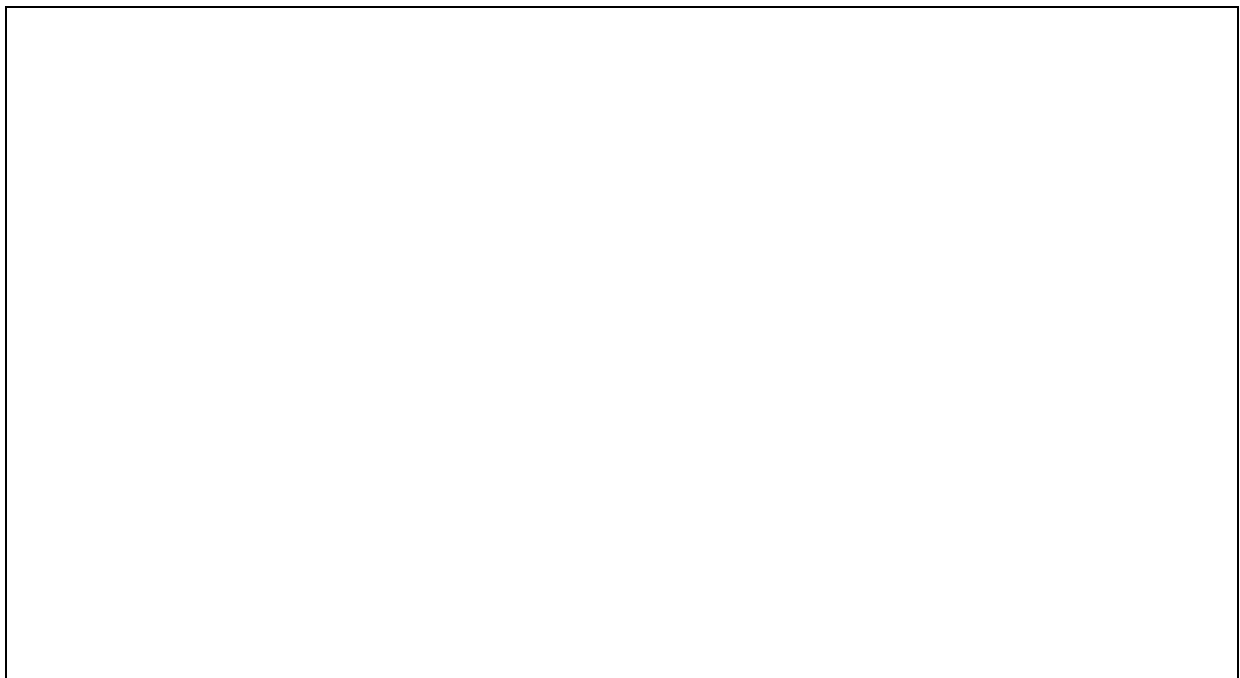
Who has been my biggest support in the last 12 months and why?



How can I show my appreciation for this support and ensure this support continues for the next 12 months and beyond?



Thinking of my career/uni/college/work, what have been my major achievements in the past 12 months?



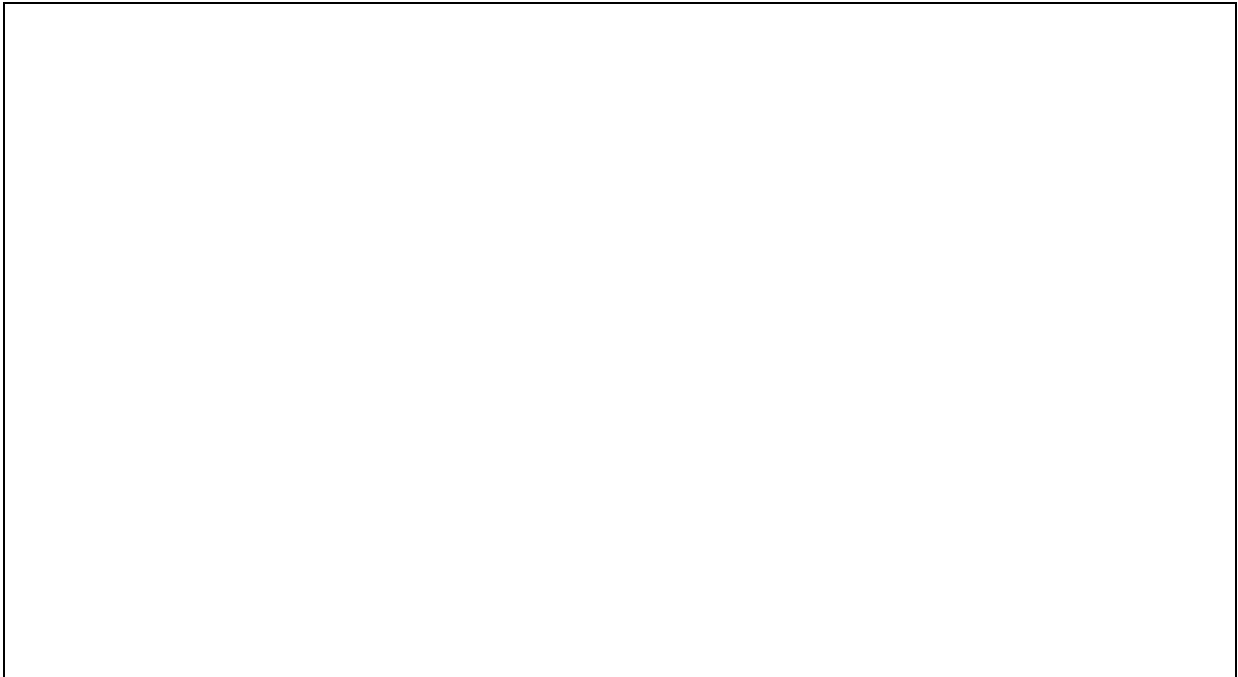
How has the above helped me progress towards where I want to go with my life and career?

--

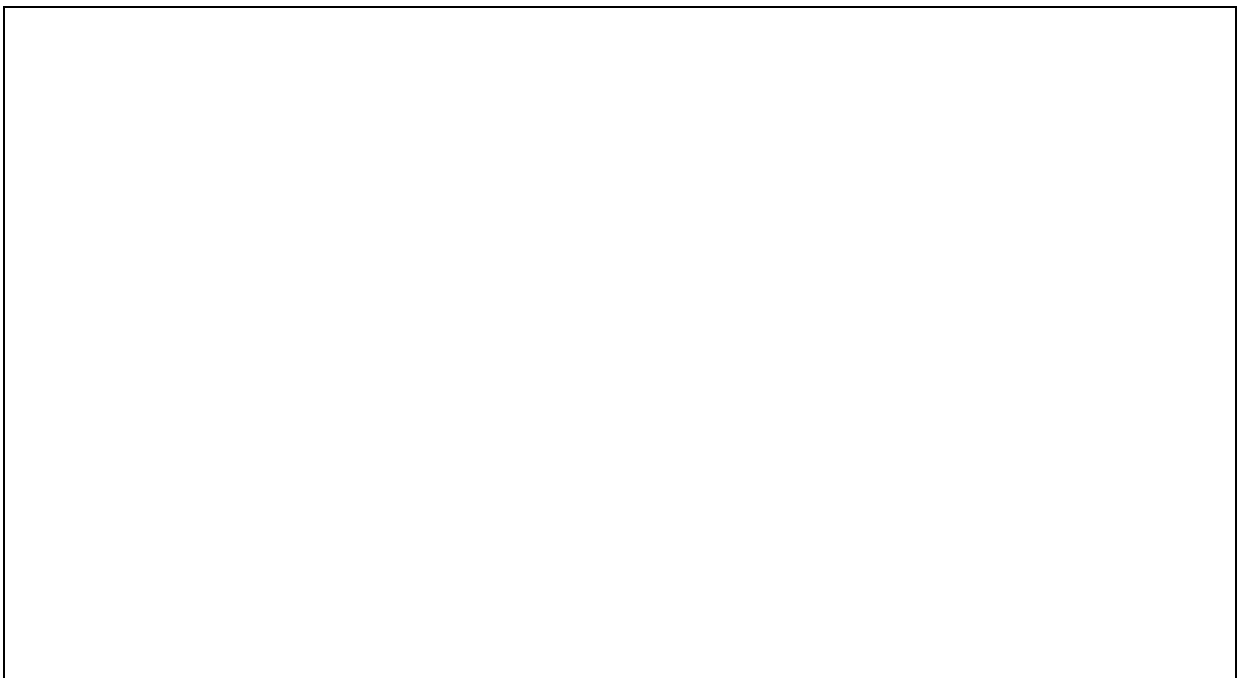
What are three things I would do differently in the next 12 months to help me progress towards where I want to go in my career?

1.
2.
3.

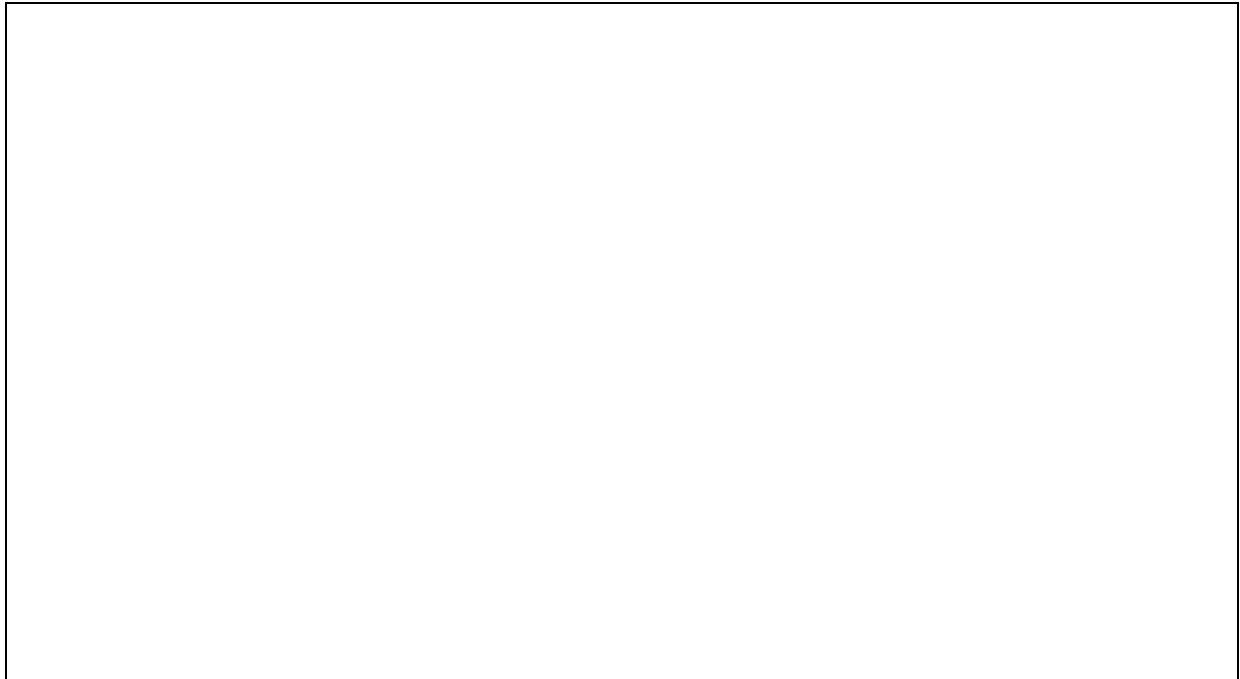
What has made me upset, stressed, anxious or fearful during the past 12 months? Why?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

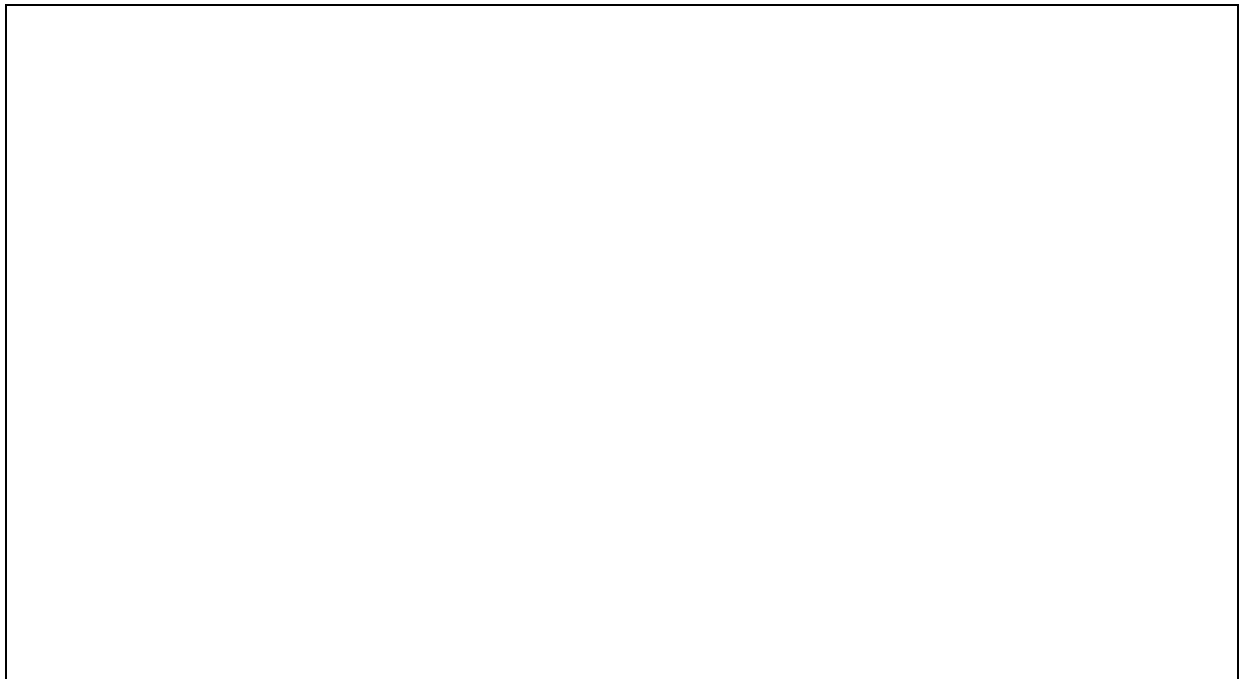
How did I overcome this feeling? What can I do differently in the next 12 months to minimise these feelings?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

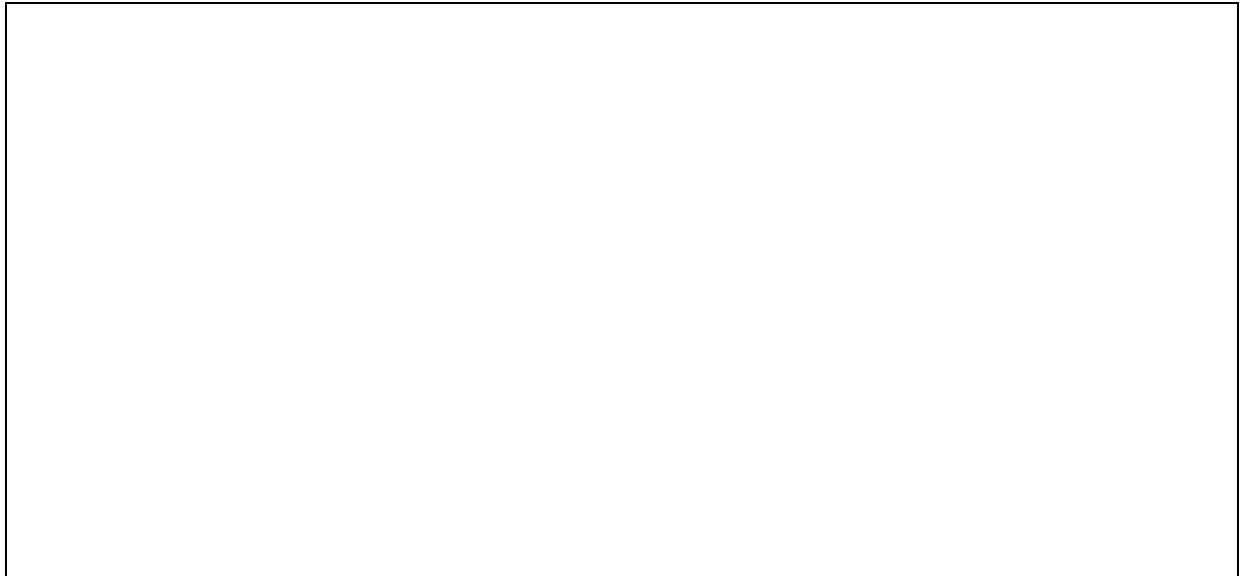
Who or what has inspired me during the last 12 months and why?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

Who or what has challenged me in the last 12 months and why?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

Who or what has held me back and prohibited me from achieving my goals in the last 12 months?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

What was the most time-wasting habit or activity I did during the last 12 months? What can I do differently in the next 12 months to minimise or eliminate this?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

How have I grown emotionally during the last 12 months?

How have I grown spiritually during the last 12 months?

How have I grown financially during the last 12 months?

How have I grown physically during the last 12 months?

What hidden strength did I uncover in the last 12 months?

What are three words that can sum-up or describe my last 12 months?

What are the 3 most significant things I have learned in the last 12 months?

1.

2.

3.

What would I do differently in the next 12 months and why?

The Launch Your Life Academy

This document is part of the Launch Your Life Academy.

Please feel free to share with others and use within your own coaching programs or provide to friends or relatives, but please give credit where credit is due.

For more information, please visit www.launchyourlifeacademy.com