

2024 Reflection

This worksheet is designed to help you pause, reflect, and celebrate your growth over the past year. Take your time with each question, and approach it with honesty and self-compassion.

What risks did I take?

What experiences did I have?

What meaningful connections did I make?

What impact did I make?

2024 Reflection

How did I take care of myself?

What challenges did I overcome?

What new skills did I learn?

What fear did I conquer?

What am I grateful for?

2024 Reflection

What was my favorite moment?

What brought me joy?

Who impacted me the most?

What have I been holding on to that I need to let go of?

What other reflections do I have from 2024?