

End of Year Reflections (Personal)

What are you most proud of over the past year?

What are your biggest regrets over the past year?

In what areas of your life are you settling?

Are you surrounding yourself with the right people?

Identify the best and worst version of yourself (what are the habits, personality traits etc?)

Are you appreciating where you're at in life? Why?

Do you believe in yourself? If not, what's holding you back?

What would you do if you weren't scared and knew you couldn't fail?

What type of person would you be if you only had one year to live?

Imagine your life as it is today and project forward to age 90 (simply continuing on your current path). What will you be most happy about and what will you regret the most about the way you lived your life?

What is your vision for retirement? (describe it like a painting or movie vs dot points)

What is your vision for the next 5 years? (describe it like a painting or movie vs dot points)

What are some experiments you can run over the next year to validate your long-term desires? (i.e. rent a motorbike instead of buying one, go tandem skydiving before signing up to a course skydive solo)

What can you do now which will make your future self proud and not regretful?

What is your vision for next year?