

2022 End of Year Reflection & Planning

Looking Backwards	2
Looking Forward	2
Deep Dive Reflection & Planning	3
Relationships (Self)	3
Relationships (Friends, Family & Partner(s))	3
Work & Business	4
Growth & Learning	4
Wealth (Money & Finance)	4
Purpose (Hobbies & Creativity)	5
Connection (Community & Society)	5

Looking Backwards

How have you lived your life in the past twelve months? What residual feelings do you have about the past year?

What were your 2021 highlights?

When did you feel your heart most open this year? What moment did you feel most alive this year? What are you most proud of? Why? How have you grown and developed last year? What were your three biggest work accomplishments? What contributed to them? Are there other goals apart from the work you achieved that you are proud of? For which people in your life are you most grateful?

What were your 2021 lowlights?

What was most challenging for you, and how did it make you feel? What made you feel hurt, angry, or sad? Why? Which person had the biggest negative impact on your life? Why? Are there any toxic friends in your life? How have you signalled your boundaries in the past year?

What have your highlights and lowlights this year taught you?

What are the life lessons you want to remember? What was the best decision you made all year? What did you learn from it? What risks did you take, and what were the rewards?

Is there anything else you want to reflect on that hasn't been asked yet?

Looking Forward

We are now in December 2023. You integrated all your experience and learning from 2022, and 2023 was the most incredible year of your life—surpassing even your wildest expectations. With all your energy, write about your year—what happened, and how did you feel?

What happens when you show up in the world? What are you longing for? What would a dream year look like for you in 2023?

Deep Dive Reflection & Planning

The following section is designed for diving deep into specific life areas. How do your reflections and dreams translate into actionable habits and processes?

Adjust and change the categories as you see fit. The prompts underneath each area are meant to inspire you. Ignore whatever does not feel helpful for you.

Health

Physical health (movement, nutrition, sleep, stress level, drug use, mind-body connection)

Emotional health (awareness, understanding, acceptance, and expression of all feelings)

What Went Well +	What Didn't Go Well -	Next Year Focus ¹ →

Action Items

- ☐
- ☐

Relationships (Self)

How has your relationship with yourself changed over the year? What did you learn about yourself?

Alone time

Religious and/or spiritual practice, connecting with your inner self

Mindfulness, meditation

Alone time

Journaling and self-reflection

Pleasure

What Went Well +	What Didn't Go Well -	Next Year Focus →

Relationships (Friends, Family & Partner(s))

Relationship with parents/partner

Finding and nurturing love

Deep conversations

Sexuality

Creating new friendships, deepening old friendships

Joining nurturing communities

Making time & mental space for friends

¹ What habits, behaviours, or attitudes will you need to develop or adopt next year? What things or habits do you need to stop doing? Have you developed any healthy habits you want to keep? What helped you learn them?

Which qualities about relationships do you value most personally and professionally? Which person has inspired you the most? How? What new relationships enhanced your life? Who? How?

What Went Well +	What Didn't Go Well -	Next Year Focus →

Action Items

- ☐ .
- ☐ .

Work & Business

Work performance
Career growth
Relationships with coworkers

What Went Well +	What Didn't Go Well -	Next Year Focus →

Action Items

- ☐ .
- ☐ .

Growth & Learning

Online courses & books
Getting mentorship and/or coaching
Therapy
Making space for learning
New areas of knowledge

What Went Well +	What Didn't Go Well -	Next Year Focus →

Action Items

- ☐ .
- ☐ .

Wealth (Money & Finance)

Salary & recurring revenue

Spending
Investing
Paying off debt
Rent or mortgage

What Went Well +	What Didn't Go Well -	Next Year Focus →

Action Items

- ☐ .
- ☐ .

Purpose (Hobbies & Creativity)

Creative expression; arts and crafts
Undirected play time
Learning an instrument
Manual skills (cooking, gardening...)
Have you fostered any interests outside of work? Which passions have you developed?

What Went Well +	What Didn't Go Well -	Next Year Focus →

Action Items

- ☐ .
- ☐ .

Connection (Community & Society)

Giving back to society or contributing to a greater good
How have you given back to society?

What Went Well +	What Didn't Go Well -	Next Year Focus →

Action Items

- ☐ .
- ☐ .