



RESONANCE: A YEAR-END PERSONAL REFLECTION RESOURCE FOR LEADERS

We've designed Resonance to be simple and flexible so you can use it in whatever way works best for you. Here are 3 easy options:

1. **Save it to Google Drive**
 - Click **File > Make a Copy** to save the guide directly to your own Google Drive. From there, you can fill it out digitally and return to it as often as you'd like.
2. **Copy and Paste into a Notes App**
 - Highlight the entire guide, copy it, and paste it into the notes app of your choice. This option allows you to personalize and access your reflections on any device.
3. **Print it Out**
 - For those who prefer pen and paper, simply print out the guide. Writing by hand can be a meaningful way to connect with your thoughts and revisit them later.

Choose the method that feels most natural for you, and take your time reflecting on the year past as you prepare for what's ahead.

BEST MEMORIES of 2024

Best meal:

Most meaningful moment:

Most meaningful new experience:

Favorite trip:

Experience/situation that I'm most proud of:

Best new habit:

Most meaningful difficult thing I participated in:

Person I am most thankful for:

Best hard-fought lesson I learned:

Favorite new friend/relationship:

Best experience serving others:

Best resource (i.e. podcast, article, book, etc.) I gleaned from:

Favorite mistake I made – and what I learned from it:

Most meaningful event I attended or participated in (i.e. conference, retreat, meetup, concert, meeting, gathering, sporting event, etc.):

Favorite quote:

Best risk I took:

Favorite new idea or thought:

LOOKING BACK on 2024

What Do I Need to Celebrate?

Career

- What went well this year?
- Why?
- What did I learn?

Relationships

- What went well this year?
- Why?
- What did I learn?

Faith

- What went well this year?
- Why?
- What did I learn?

Health (Physical, Emotional, Mental)

- What went well this year?
- Why?
- What did I learn?

Personal Growth

- What went well this year?
- Why?
- What did I learn?

Finances

- What went well this year?
- Why?
- What did I learn?

Community

- What went well this year?
- Why?
- What did I learn?

**What top 1 or 2 habits or disciplines accounted most significantly to my effectiveness?
Why?**

What were/are the beneficial ways I spent my time?

How might I devote more time to these areas in the future?

Who brought me the most joy this year?

What brought me the most joy this year?

How could I spend more time with these people and/or activities?

Who had the greatest impact on me?

How could I thank/bless them?

How could I potentially spend more time with them?

What Lessons Did I Learn and How Can I Grow From Them?

Career

- What didn't go so well this year?
- Why?
- What did I learn?

Relationships

- What didn't go so well this year?
- Why?
- What did I learn?

Faith

- What didn't go so well this year?
- Why?
- What did I learn?

Health

- What didn't go so well this year?
- Why?
- What did I learn?

Personal Growth

- What didn't go so well this year?
- Why?
- What did I learn?

Finances

- What didn't go so well this year?
- Why?
- What did I learn?

Community

- What went well this year?
- Why?
- What did I learn?

What projects or goals did I want to finish in 2024, but didn't?

Are these projects still important to me?

What could I do to make this a priority in the coming months?

What are the least valuable ways I've invested my time?

What can I learn from this?

How and where can I reinvest this time in other more productive and valuable areas?

What do I know now that I wish I knew a year ago?

If I could only make one change for next year based on these lessons, what would it be?

LOOKING TOWARD 2025

Personal

What are the most important values in my life?

If I could only see one goal, mission, or project happen this year, what would it be?

Why is achieving this important to me?

What will success look like? (How will I know if I have succeeded?)

Action Steps

What are the next 2-3 small, specific actions I will need to take in order to move toward seeing this goal accomplished?

Spiritual

What are the most important values in my life?
If I could only see one goal, mission, or project happen this year, what would it be?
Why is achieving this important to me?
What will success look like? (How will I know if I have succeeded?)

Action Steps

What are the next 2-3 small, specific actions I will need to take in order to move toward seeing this goal accomplished?

Relational:

What are the most important values in my life?
If I could only see one goal, mission, or project happen this year, what would it be?
Why is achieving this important to me?
What will success look like? (How will I know if I have succeeded?)

Action Steps

What are the next 2-3 small, specific actions I will need to take in order to move toward seeing this goal accomplished?

Vocational:

What are the most important values in my life?
If I could only see one goal, mission, or project happen this year, what would it be?
Why is achieving this important to me?
What will success look like? (How will I know if I have succeeded?)

Action Steps

What are the next 2-3 small, specific actions I will need to take in order to move toward seeing this goal accomplished?

Physical:

What are the most important values in my life?
If I could only see one goal, mission, or project happen this year, what would it be?
Why is achieving this important to me?
What will success look like? (How will I know if I have succeeded?)

Action Steps

What are the next 2-3 small, specific actions I will need to take in order to move toward seeing this goal accomplished?

Financial:

What are the most important values in my life?
If I could only see one goal, mission, or project happen this year, what would it be?
Why is achieving this important to me?
What will success look like? (How will I know if I have succeeded?)

Action Steps

What are the next 2-3 small, specific actions I will need to take in order to move toward seeing this goal accomplished?

Community:

What are the most important values in my life?

If I could only see one goal, mission, or project happen this year, what would it be?

Why is achieving this important to me?

What will success look like? (How will I know if I have succeeded?)

Action Steps

What are the next 2-3 small, specific actions I will need to take in order to move toward seeing this goal accomplished?

FINAL THOUGHTS

Looking back over this exercise, what do I notice about my life?

What would have to happen by the end of next year for me to look back and consider 2025 a success?

Who am I becoming? Do I like who I am becoming? If so, how can I celebrate that? If not, what can I do to address that?

What friends, family members, or colleagues could I share some of these insights and reflections with?

How can I keep these reflections accessible so as to return to them from time to time through the year?

Consider the question that Jesus asked the blind man Bartimaeus “What do you want me to do for you” (Mark 10:35-42)? If Jesus were to ask me that question directly, how would I answer? Why that answer?

Who can help keep me motivated, encourage me, and regularly hold me accountable to accomplishing my goals and to ensure they are aligned with what truly matters to me?

This personal reflection tool for leadership was created by J.R. Briggs and the team at Kairos Partnerships. Kairos Partnership exists to help leaders overcome their unique leadership challenges by equipping them to lead with clarity, confidence, and consistency. We do this through leadership coaching, consulting, spiritual direction, speaking, and writing.

To view more resources or to learn more about KP check out www.kairospartnerships.org or www.jrbriggs.com