

2024

Reflection



TAKING THE TIME TO REFLECT ON THE PAST YEAR CAN BE A GREAT TOOL TO HELP YOU SET BETTER GOALS FOR THE YEAR TO COME

Achievements

Memories

Challenges

- _____
- _____
- _____

Lessons Learned

- _____
 - _____
 - _____
-

2024

Reflection



TAKING THE TIME TO REFLECT ON THE PAST YEAR CAN BE A GREAT TOOL TO HELP YOU SET BETTER GOALS FOR THE YEAR TO COME

Level 10 life

	1	2	3	4	5	6	7	8	9	10
<input type="radio"/> LIFE AREA (HEALTH, CAREER, WELLBEING...)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Habits to...

Keep

Stop

Start