As we approach the end of another year, slow down and gift yourself the time to reflect. Reflection helps you to consider what has happened and, to move forward intentionally.

Spend some time answering the following questions honestly.

- What stands out from my year?

- What really mattered to me?

- Where have I developed the most?

- How have I changed over the last year?

- What am I most proud of?

- Where did I struggle?

- What have I overcome?

- How well did I look after myself this year?

- Who and what am I most grateful for?

- Who and what may I be taking for granted?

- What brought me the most joy?

- What made me feel the most valued?

- Where and when did I challenge myself?

- Where have I shown myself compassion?

- What challenges do I still need to overcome?

- What can I let go of as I head into a new year?

- How do I want the year to end?

- What is my one word summary of 2023 and why?

- What do I need to do differently to be the person I want to become?

- What have I learned for a better future?

Soulitude7