

GRATITUDE WORKSHEET & *self reflections*

WHAT WAS GOOD ABOUT 2018?

WHAT WAS THE WORST THING ABOUT 2018?

WHAT DID YOU LEARN ABOUT YOURSELF THIS YEAR?

FOR WHICH MAJOR GOAL DID YOU LAY THE FOUNDATION?

IN WHICH AREAS OF LIFE DID YOU SHOW UP BOLDLY?

WHAT WAS YOUR WORD OF THE YEAR?

DID YOUR WORD OF THE YEAR HAVE ANY VALUE? HOW?

WHAT ARE YOU MOST GRATEFUL FOR THIS YEAR?

WHAT ARE YOUR HOPES FOR 2019?