

Reflections

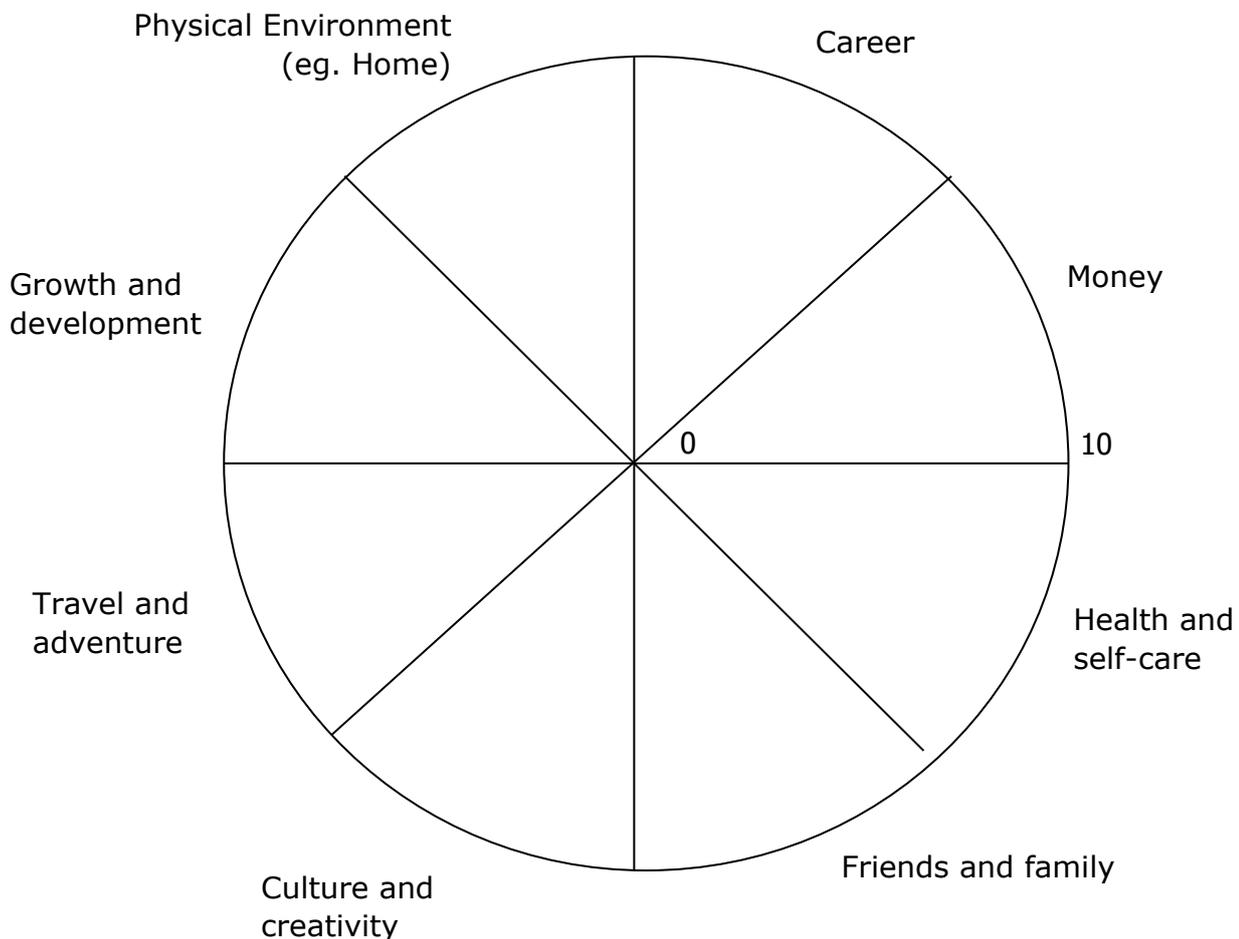
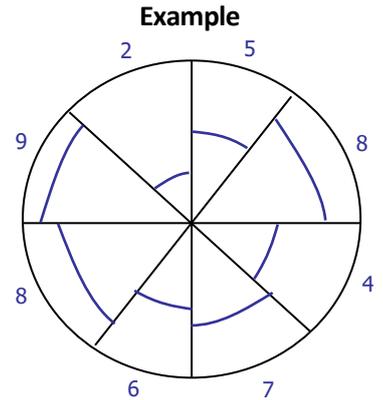
1. What are my favourite memories from 2021?
2. What or who inspired me?
3. What did 2021 teach me about myself?
4. What was a good use of resources – time, energy, emotion and money well spent?
5. What was my biggest challenge in 2021? What worked well about how I handled it? What would I change about my approach?
6. Who showed up for me and how can I nurture those relationships?
7. How did I honour my needs?
8. How did I cope with the uncomfortable?





Currently

1. The 8 sections in the Wheel of Life represent balance. You can choose to keep the suggested elements or create your own so it's meaningful and represents a balanced life for you e.g.
2. Taking the centre of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each area out of 10 by drawing a straight or curved line to create a new outer edge (see example)
3. The new perimeter of the circle represents your current 'Wheel of Life'.
4. What do you notice? How do you feel?



Future

1. How would I choose to live my life in 2022 if I knew I couldn't fail?
2. What limiting beliefs am I holding onto which I will choose to release?
3. How will I take good care of myself in 2022?
4. What 3 words describe how I choose *to be* in 2022?
5. What will I do more of and do less of this year?
6. What will I begin?
7. Where will I choose to focus my energy?
8. What boundary or boundaries will improve my peace?

