

## Reflections

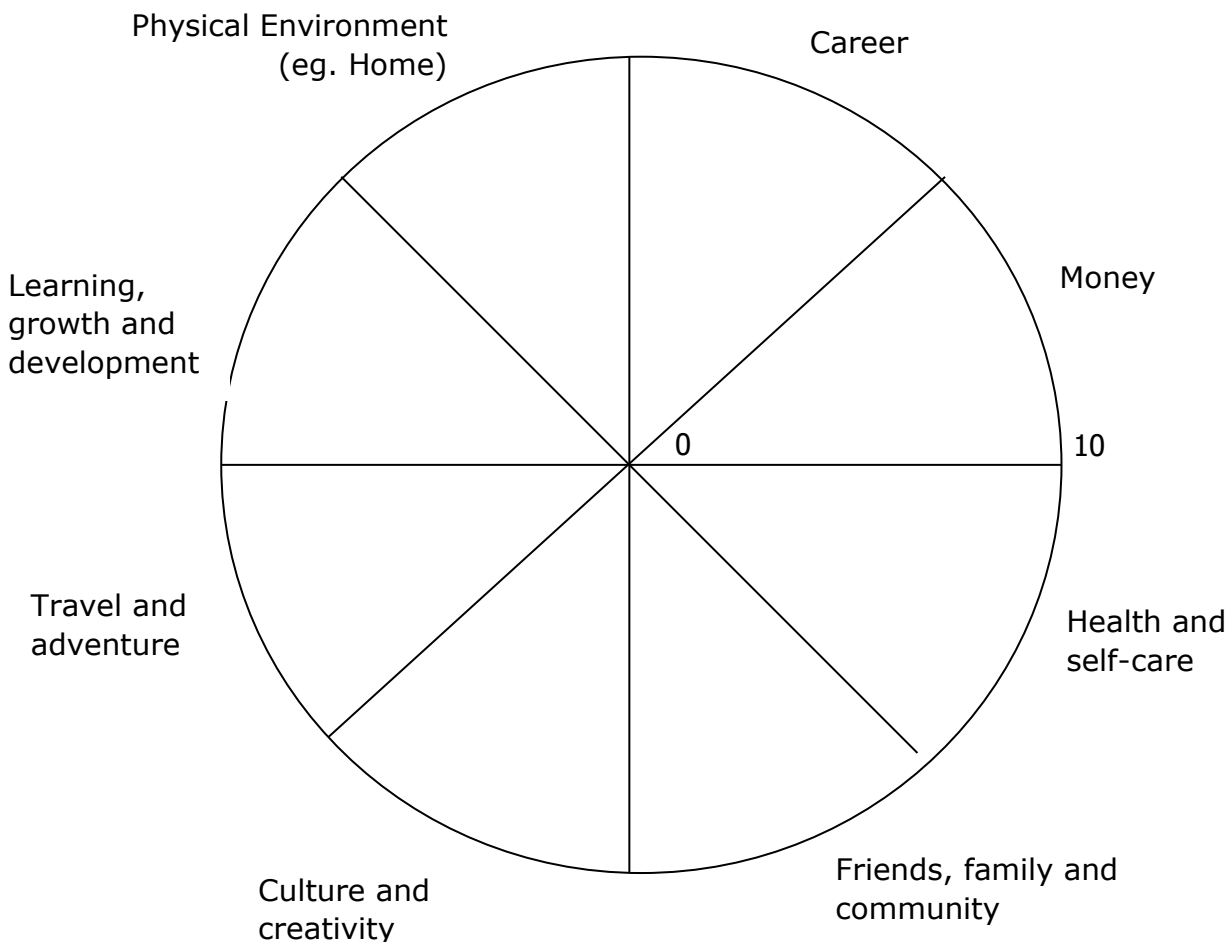
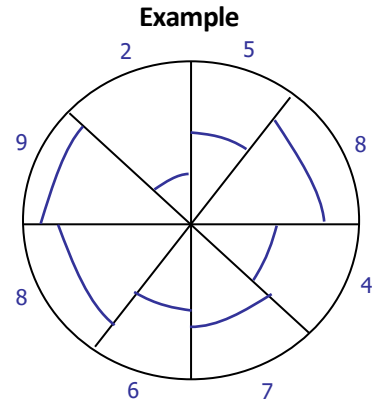
1. What memories from 2023 do I want to savour?
2. What or who inspired me?
3. What did 2023 teach me about myself, personally and professionally?
4. What was a good use of resources – time, energy, emotion and money well spent?
5. What challenged me in 2023? What worked well about how I handled it?
6. Who showed up for me and how can I nurture those relationships?
7. How did I honour my own needs?
8. I am grateful for.....





## Present

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 will I choose to live my life in 2024 if I knew I couldn't fail?
2. What limiting beliefs will I choose to release?
3. What learning, personal and professional, will I invite into my year?
4. How will I take good care of myself in 2024?
5. How will I connect with others?
6. What 3 words describe how I choose *to be* in 2024?
7. Where will I choose to focus my energy?
8. What boundary or boundaries will improve my peace?
9. How will I communicate them to others and hold them for myself?

