



## Closing Out the Year:

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“Life can only be understood backwards; but must be lived forwards.” - Soren Kierkegard

The most important step anyone can take in the development of themselves and in the development of their potential is to take time for healthy reflection.

Let's prepare for a new year by taking inventory of the past. Identifying our smartest decisions, significant accomplishments, and lessons learned is a great way to set us up for moving forward.

### EXERCISE:

Smartest decisions made last year:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Significant accomplishments from last year:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Greatest lessons learned from last year:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Most improved relationships from last year:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Things I learned about myself last year:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Things I am most grateful for from last year:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Words that best describe this past year:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

We do this not only to celebrate another year of living and learning but to make conscious those things we want to improve upon. Harnessing this self-knowledge prepares us to plunge ahead with purpose.

“Take time to deliberate; but when the time for action arrives, stop thinking and go in.” - Napoleon Bonaparte