

The power of *reflection*

2020 has been an interesting year to say the least. And while, at times, things may have felt overwhelming, this year has also presented us with a unique opportunity to slow down, reflect, reprioritize, and find unique and creative solutions to continue our personal and professional growth and evolution. You've gone through some major transformations this year, whether you realize it or not, so use this sheet to guide you through a few minutes of reflection for all that you have overcome and achieved.

"significant moments in 2020"

3 songs that made you smile:

2 books that motivated you:

1 mentor / coach that kept you motivated:

training / webinars you enjoyed:

2 lockdown moments that empowered you:

3 moments that made you feel hopeful:

what was your biggest ah-ha moment:

what did you learn from it:

what was the biggest challenge you overcame:

what did you learn from it:

5 things you're grateful for from 2020:

***"the difference between school and life;
in school, you're taught a lesson and then given a test.
in life, you are given a test that teaches you a lesson."***

Your ability to see challenges as opportunities is what will set you on a trajectory toward growth and success. Taking time to reflect on your highs, lows, and lessons learnt can help you remain solution oriented so that you can take on obstacles with the confidence, knowing that you're armed with the right tools, knowledge, skills, and mindset. Take a few moments to reflect and look at where you'd like to go in 2021.

"looking forward into 2021"

About your habits:

3 habits you wish to form

3 habits you wish to change / break:

About your goals:

1 goal for your health and fitness:

3 action steps to achieve this:

1 goal for your intellectual life:

3 action steps to achieve this:

1 goal for your relationship and love life:

3 action steps to achieve this:

1 goal for your spiritual life:

3 action steps to achieve this:

1 goal for your work life:

3 action steps to achieve this:

1 goal for your parenting life:

3 action steps to achieve this:

1 goal for your financial life:

3 action steps to achieve this:

1 goal for your service to others life:

3 actions steps to achieve this:

"The 3 c's in life: Choice, Chance, Change.

You must make the CHOICE, to take the CHANCE, if you want anything in your life to CHANGE."

"in one year, I want to be able to look back at 2021 and be able to say..."

"if you commit to nothing you will be distracted by everything"