

Weekly Inspirations

NEW YEAR SELF REFLECTION

GOALS AND OBJECTIVES

WHAT ARE YOUR GOALS FOR 2023?

These could be personal, professional, health, etc.

HOW WILL YOU ACHIEVE THESE GOALS?

Break them down into actionable steps.

**WHAT CHALLENGES MIGHT YOU FACE AND HOW
WILL YOU OVERCOME THEM?**

SELF-REFLECTION IS THE SCHOOL OF WISDOM.

- BALTASAR GRACIAN

Weekly Inspirations

NEW YEAR SELF REFLECTION

REFLECT ON THE PAST YEAR

WHAT WERE YOUR BIGGEST ACCOMPLISHMENTS?

DID THINGS GO AS PLANNED?

WHAT HAVE YOU LEARNED FROM YOUR
EXPERIENCES?

HOW HAVE YOU GROWN OR CHANGED AS A
PERSON?

Weekly Inspirations

NEW YEAR SELF REFLECTION

PERSONAL DEVELOPMENT

WHAT SKILLS WOULD YOU LIKE TO IMPROVE?
i.e. communication, time management, cooking, etc.

HOW WILL YOU MAKE TIME FOR SELF-CARE,
STRESS MANAGEMENT & WORK-LIFE BALANCE?

WHAT NEW HABITS DO YOU WANT TO
DEVELOPMENT OR OLD HABITS TO BREAK?

Weekly Inspirations

NEW YEAR SELF REFLECTION

GRATITUDE

LIST FIVE THINGS YOU ARE GRATEFUL FOR:

LIST FIVE PEOPLE YOU ARE GRATEFUL FOR AND
WHY YOU ARE GRATEFUL FOR THEM:

Weekly Inspirations

NEW YEAR SELF REFLECTION

VISION FOR THE FUTURE

WHERE DO YOU SEE YOURSELF IN 5 YEARS?

WHAT LEGACY DO YOU WANT TO LEAVE BEHIND?

WHAT REALLY MATTERS MOST TO YOU IN LIFE?