

# Self-Reflection

Time for some 'me time'

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1. What is your biggest achievement this year?

2. Is there an setback that you overcame this year that you are proud of?

3. What would you say was your setback? How have you learnt this year that will help you with next year.

4. What do you want to do less of?

5. How did you energise yourself?

6. What is your best memory from this year?

7. What advice would you give to yourself if you could go back to the beginning of the year?

8. Name three life-hacks or time-saving actions that have helped you through the year.

9. What word would you use to describe this past year for you (e.g. inspirational, challenging) and why?

10. What do you enjoy most about your work?

11. How did you grow yourself this year?

12. List 5 things you are grateful for.

**"There are far, far better things ahead than any we leave behind"** -C.S Lewis